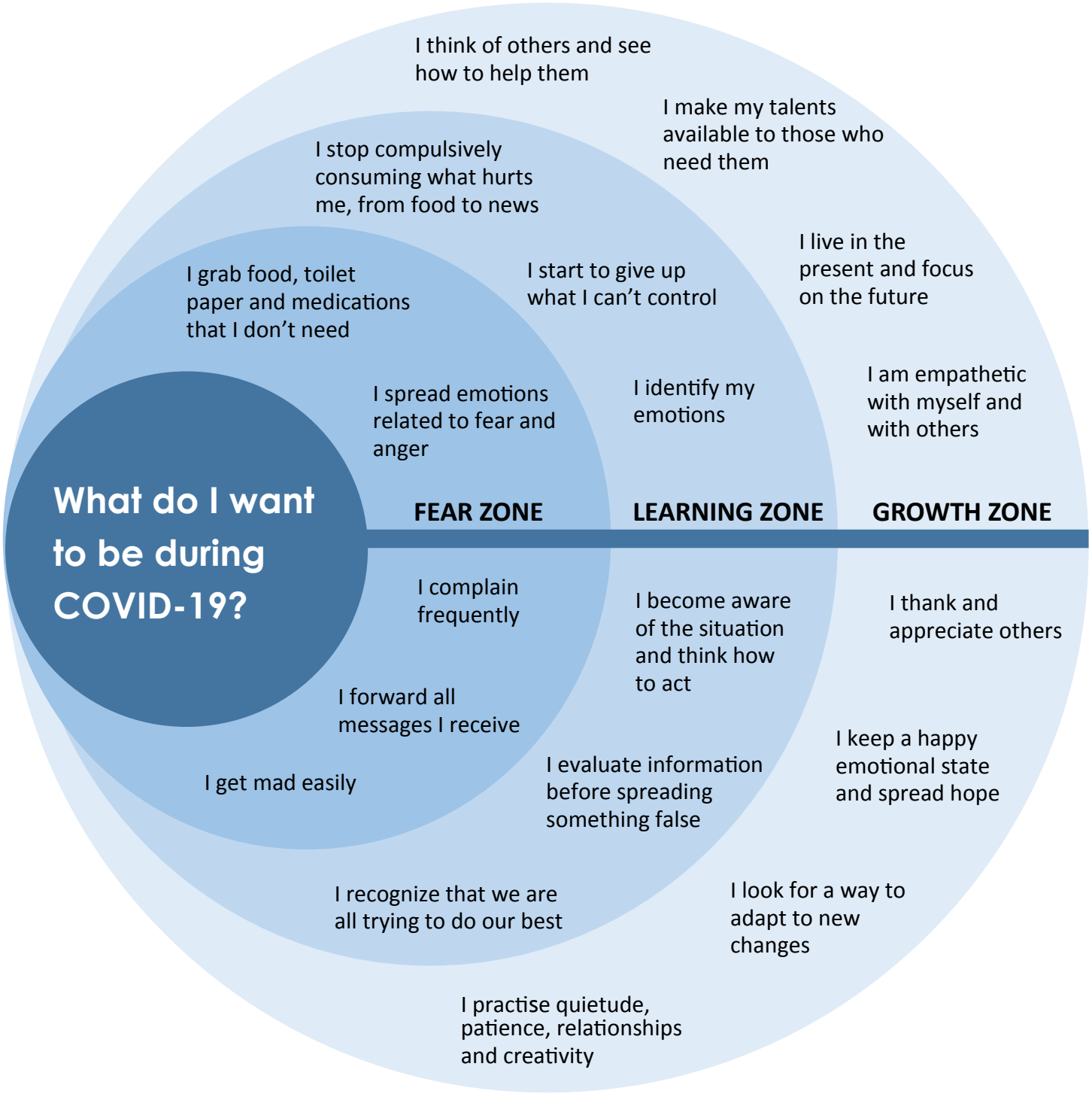

Source: Unknown
Attributed to Dr. Monika Langeh and/or Ken Seidu, Godfrey Okumu from Nigeria and Dr. Anne Mwangi from Kenya.