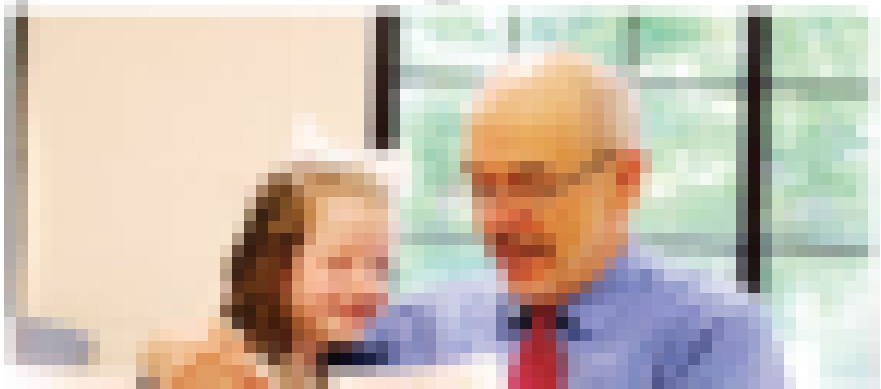World-famous author Wally Lamb speaks to VMC