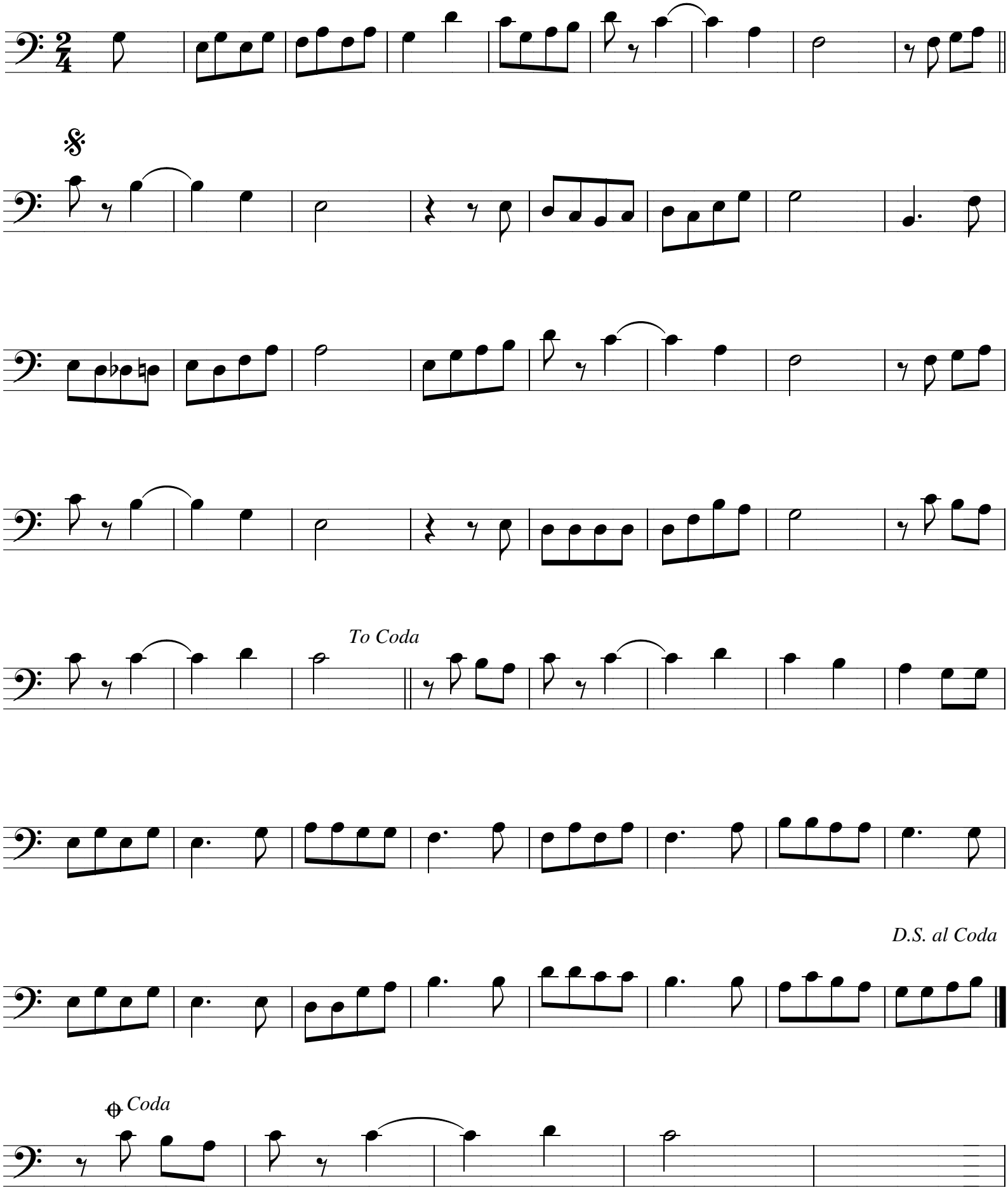Iech bin de kluts kwiet