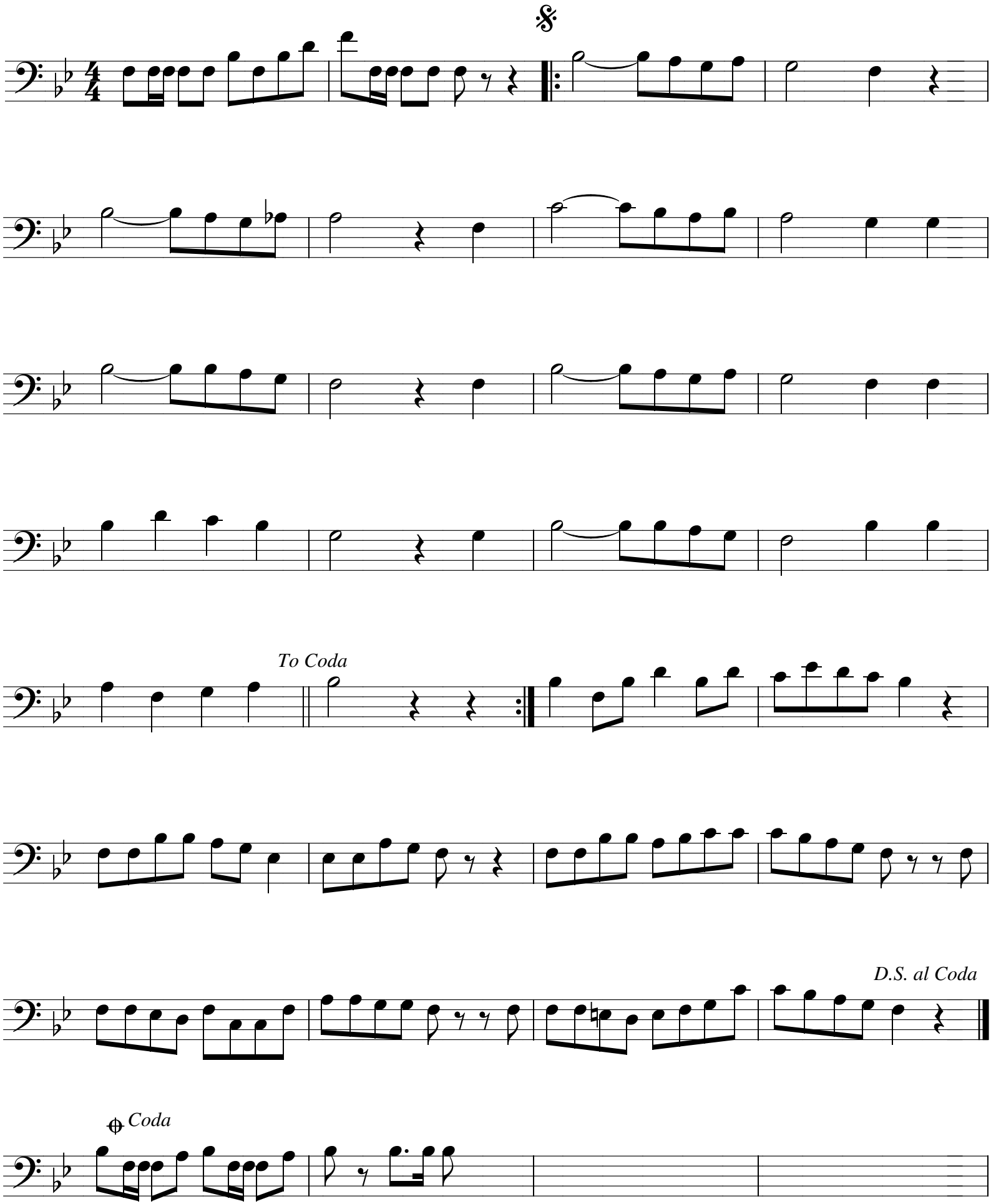Zjer sjeij oet