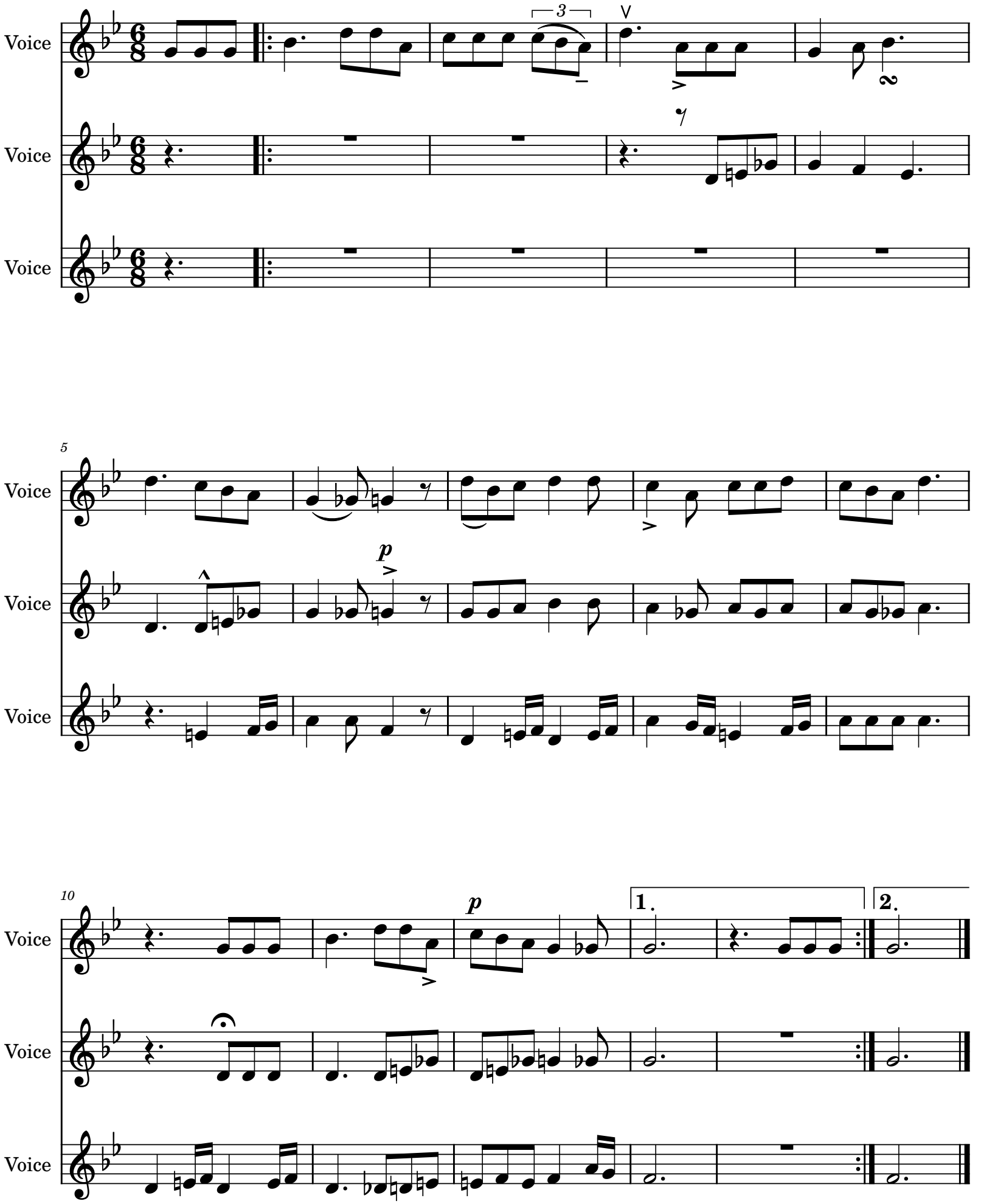Hitzkuntzarik lehena