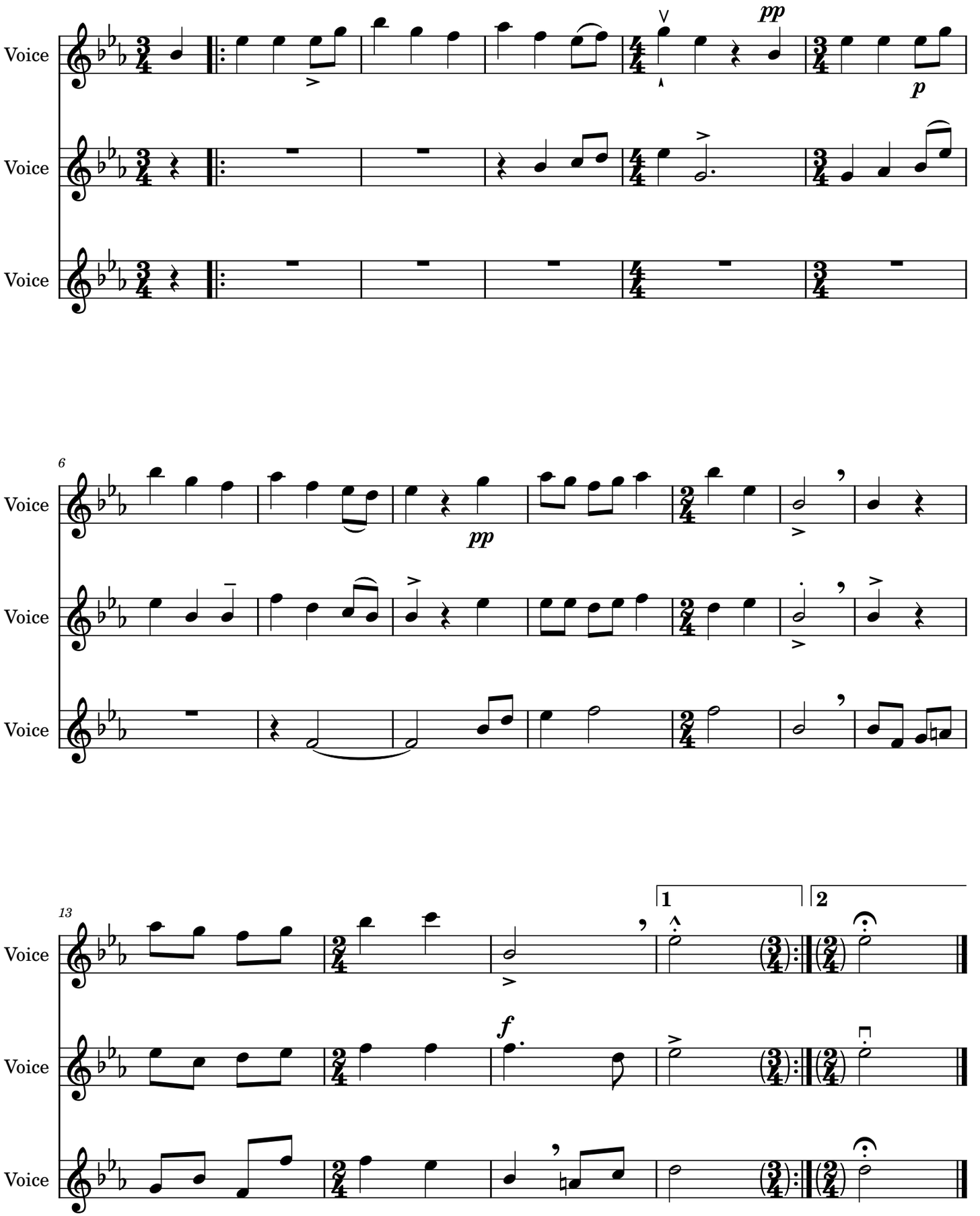Amak egin ninduen