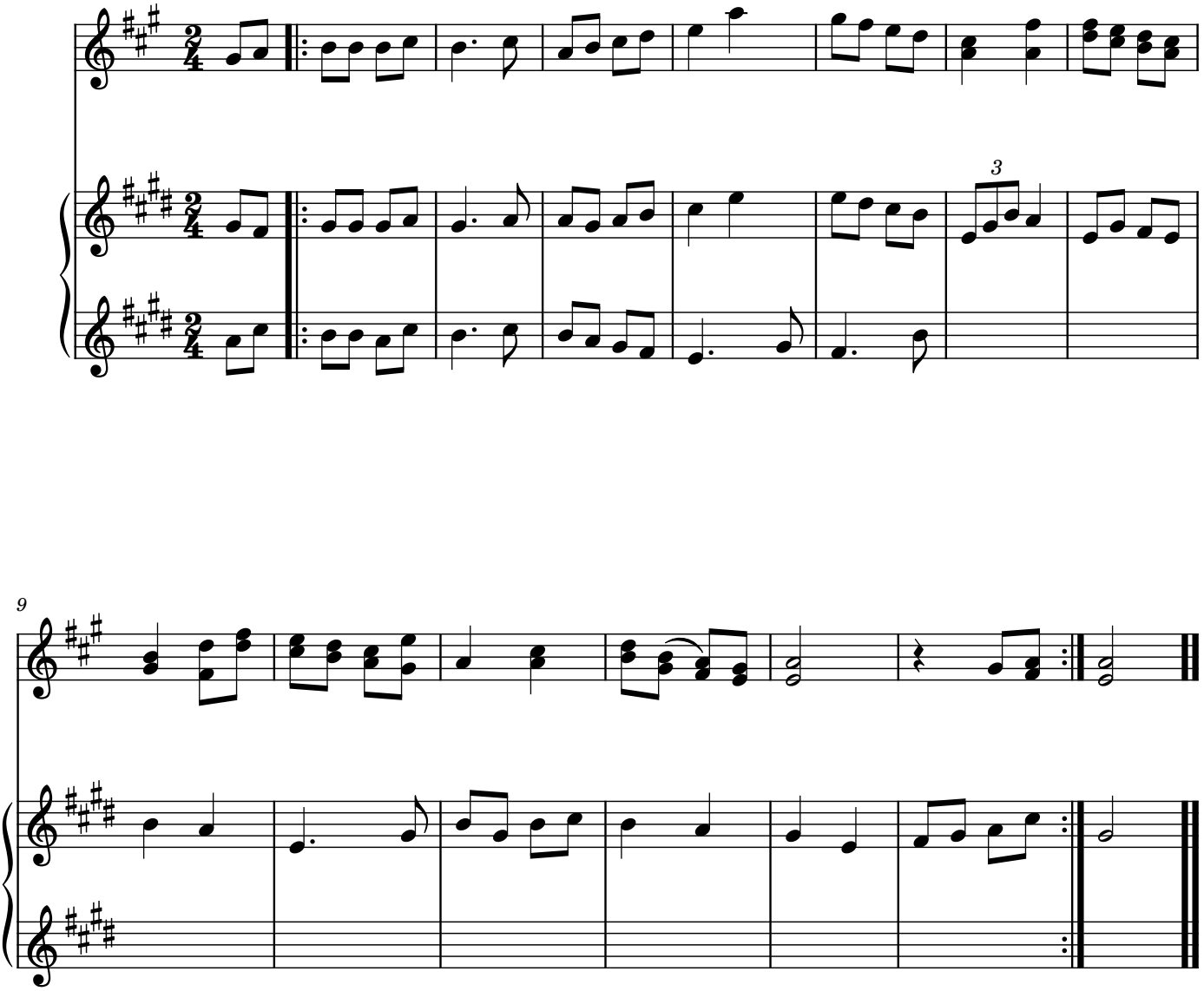Amodioetan nintzen