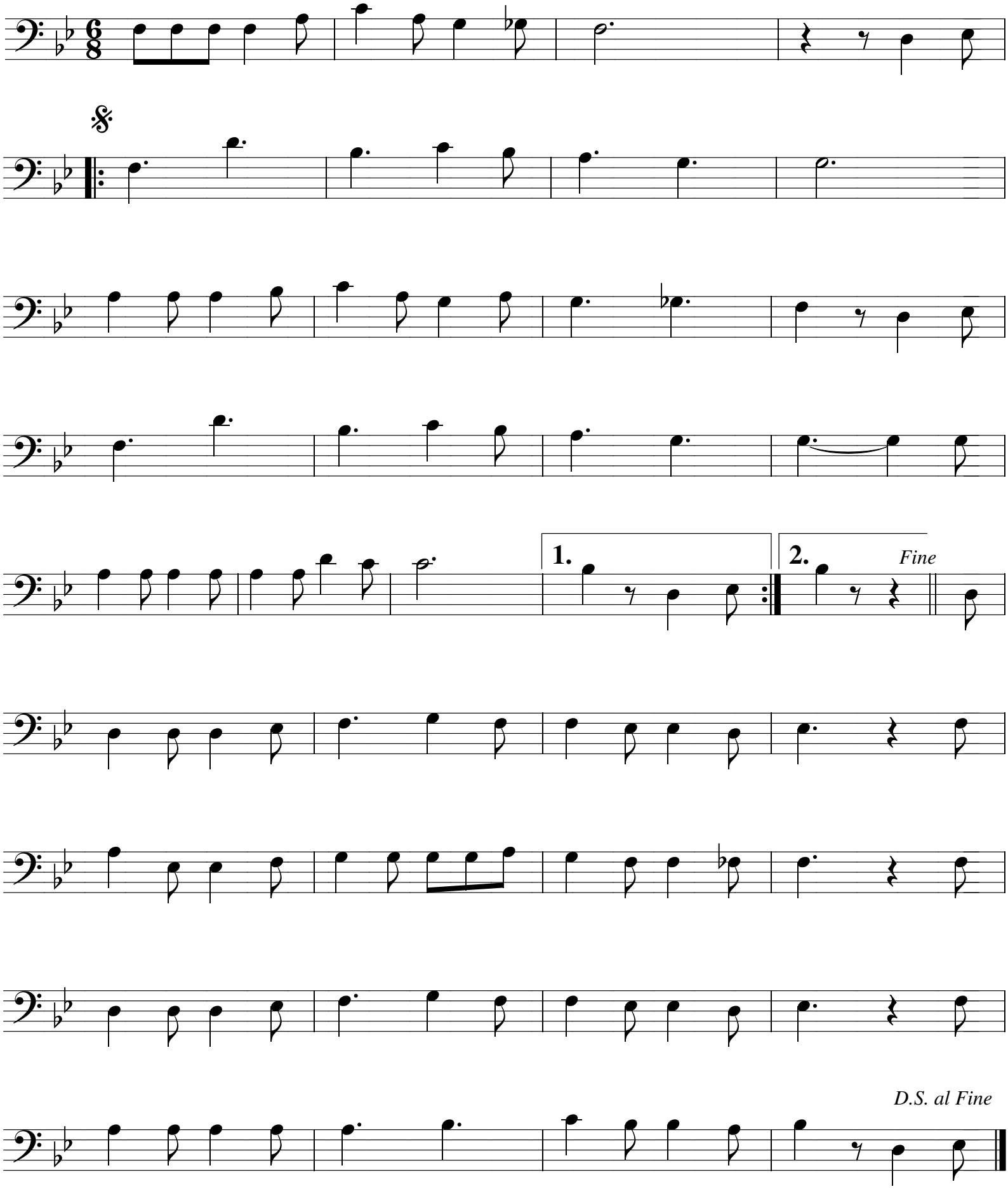Vaan Mestreech nao boe