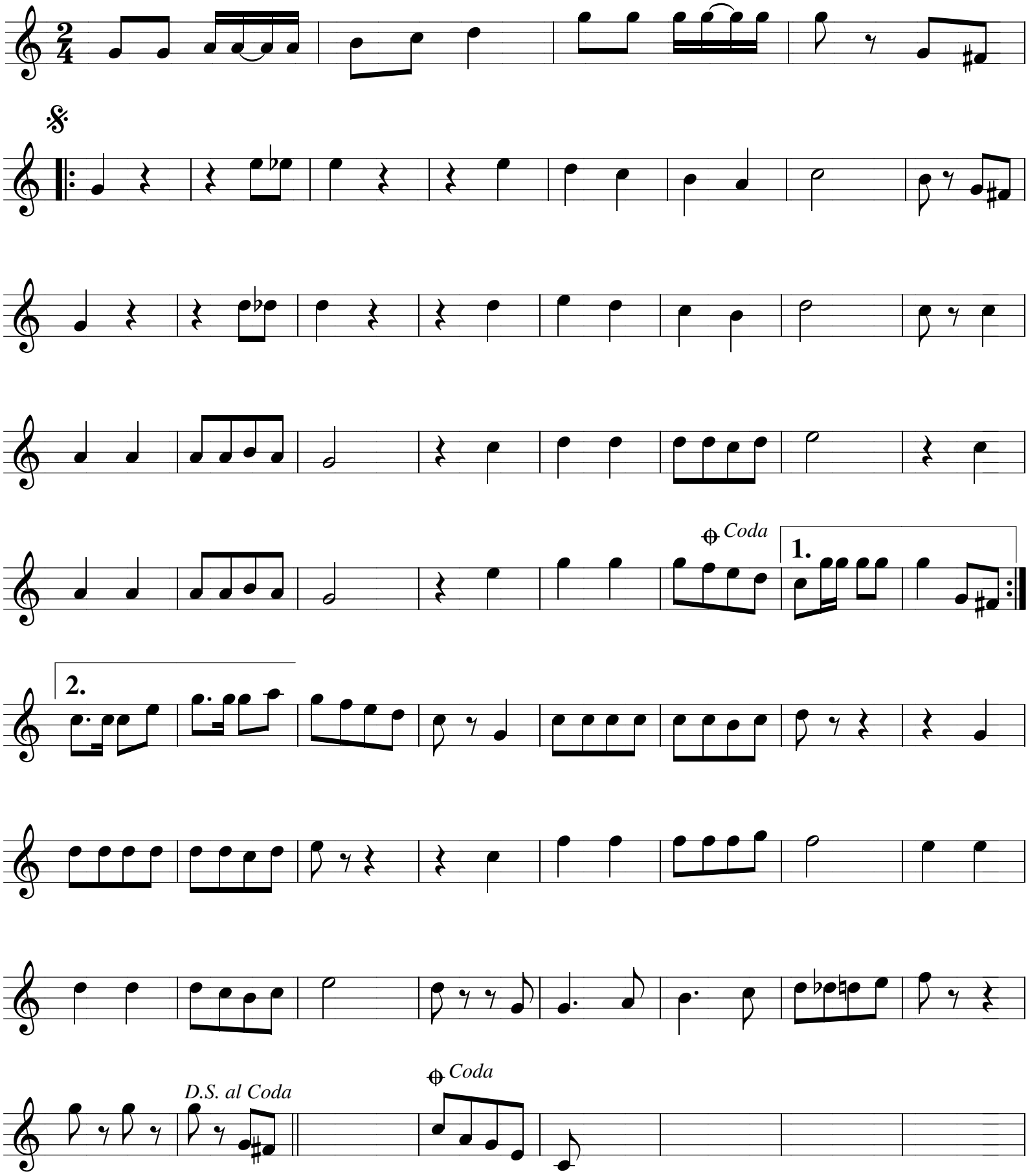Diech allein