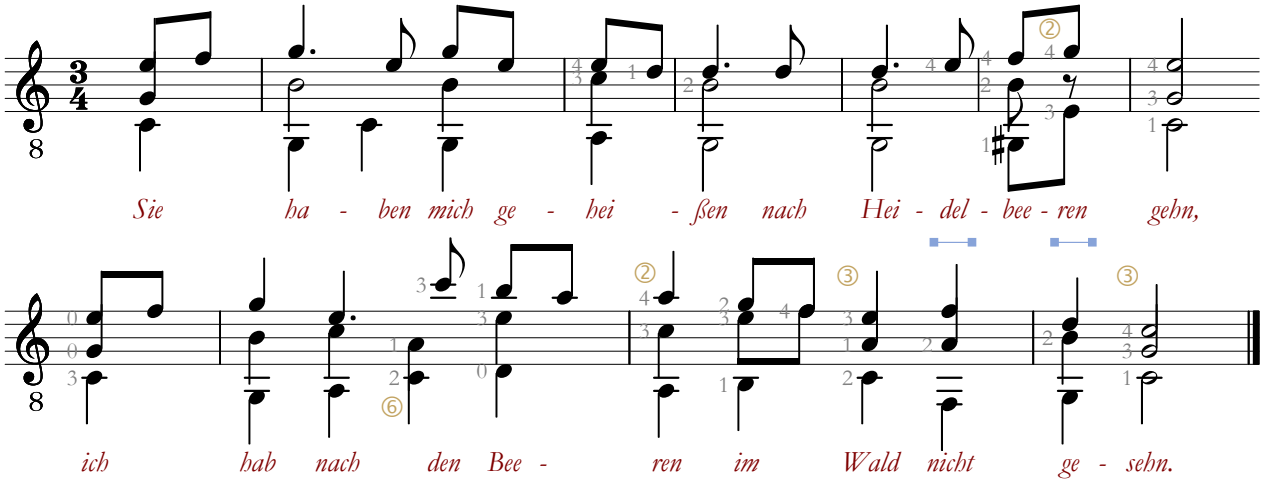Sie haben mich geheißen