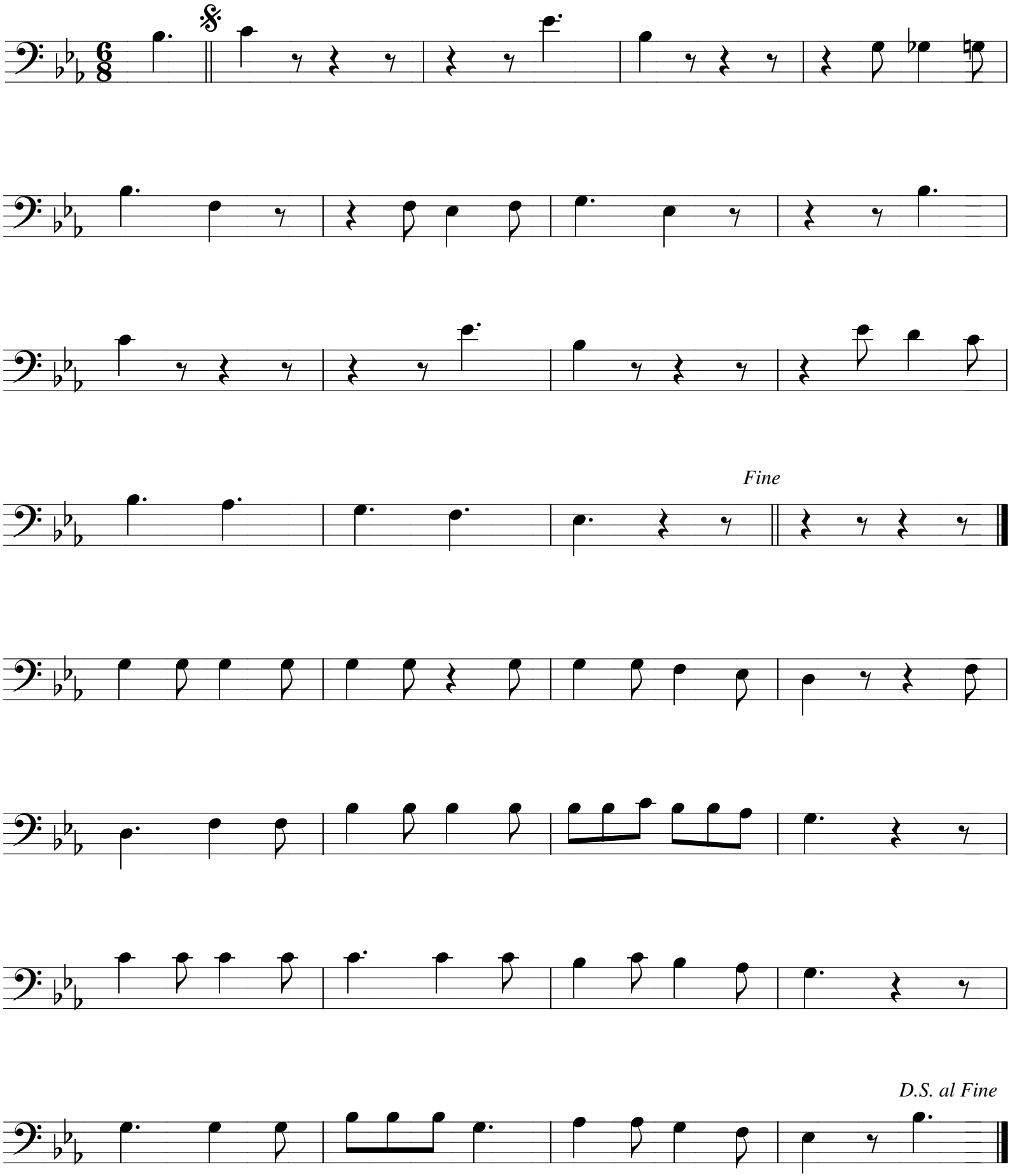Iech bin es ingel gebore