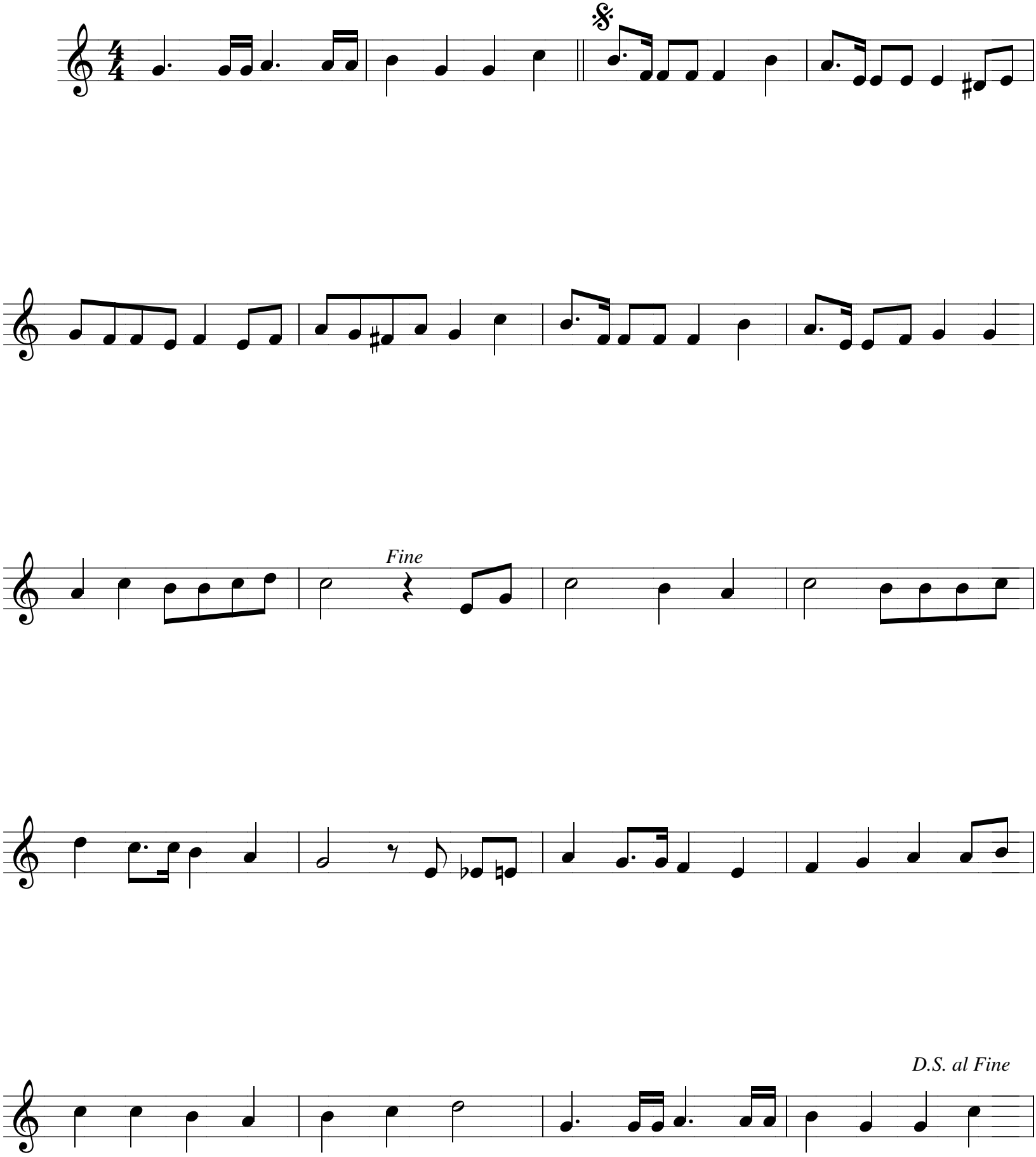Paaf boem zeet ut kenon