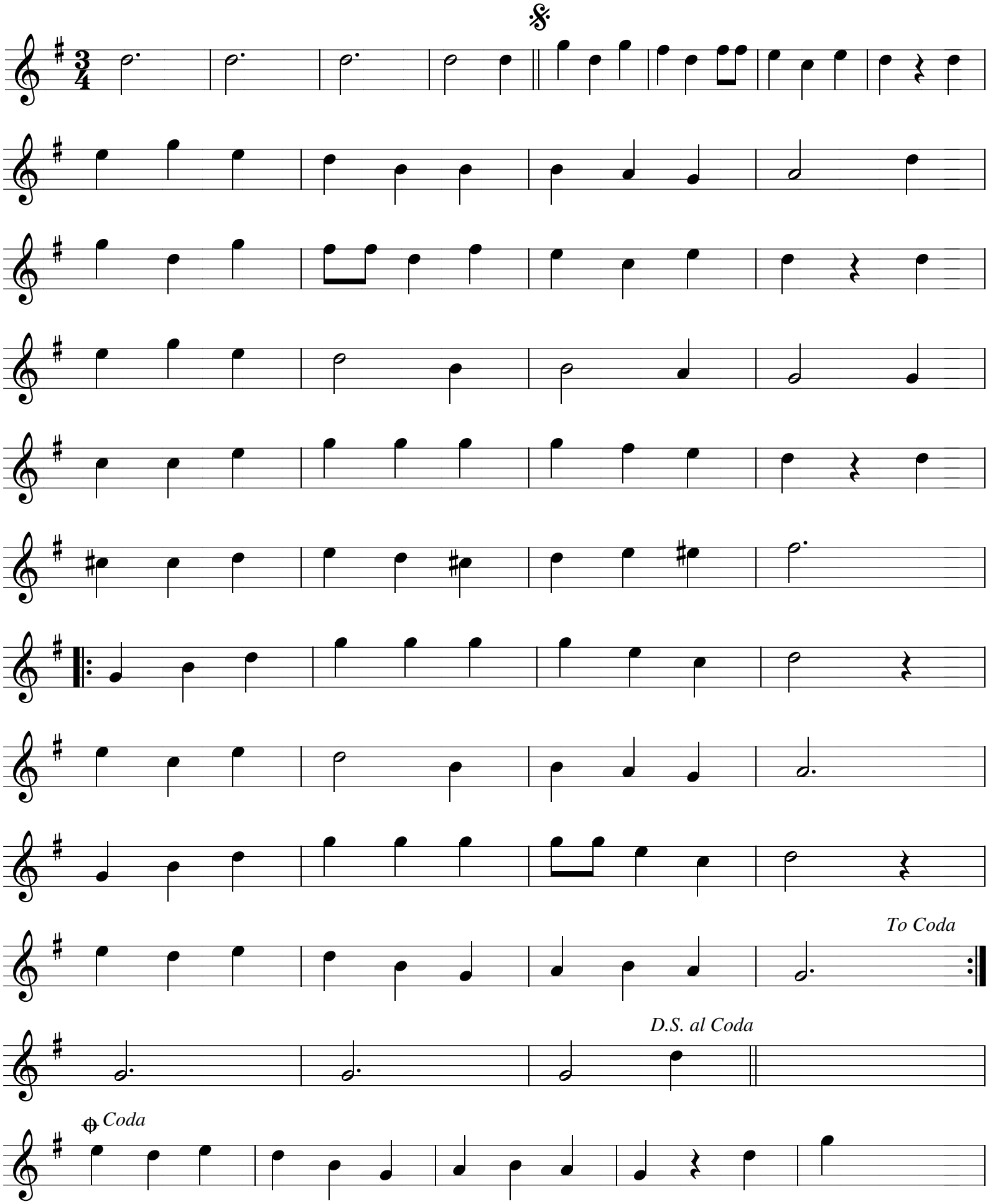Same mèt diech