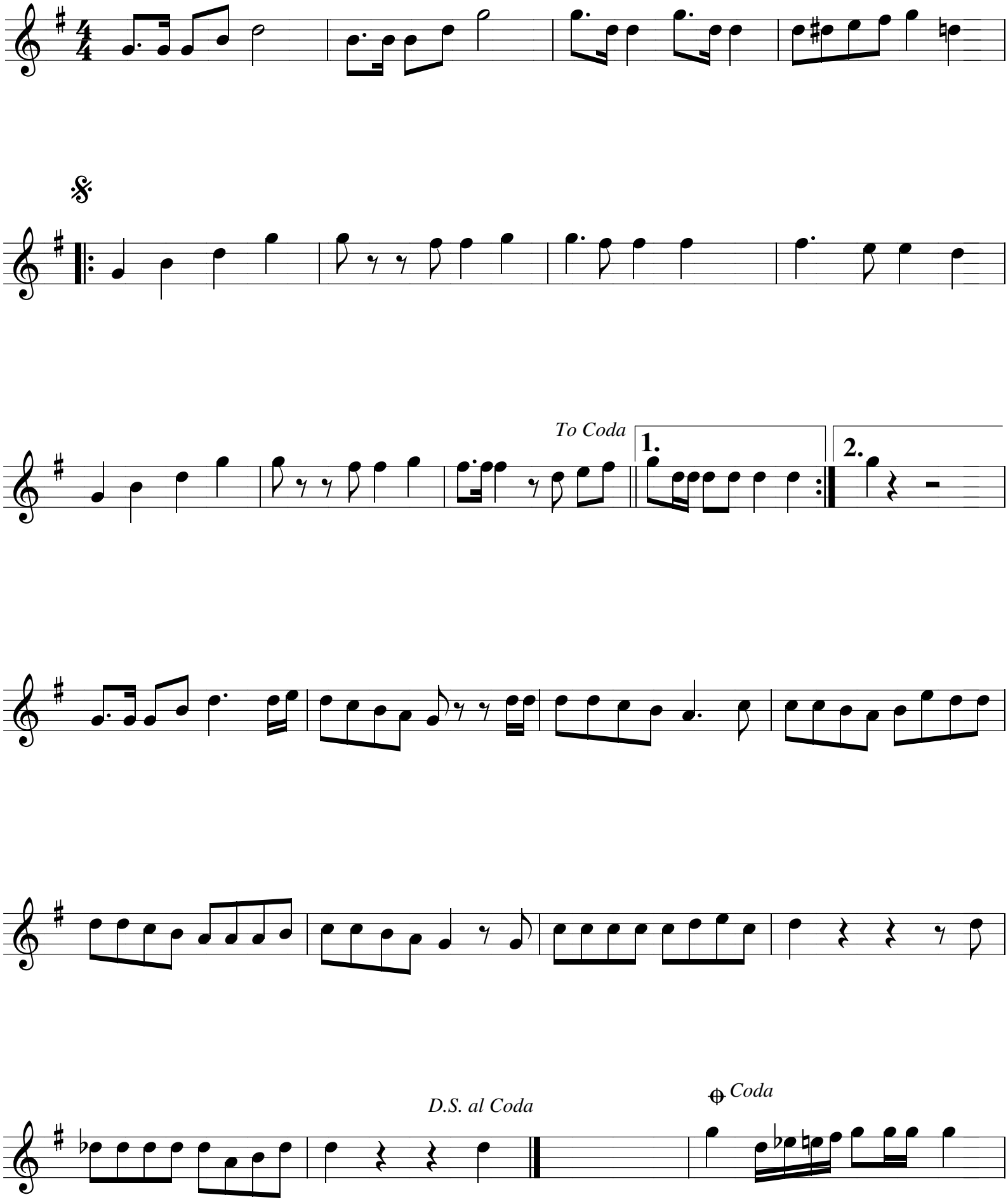Vanaovend keump de sjat vaan miech