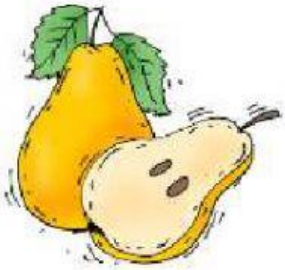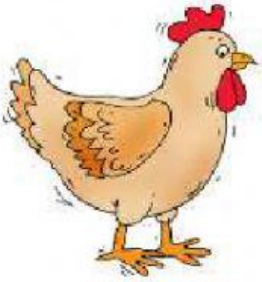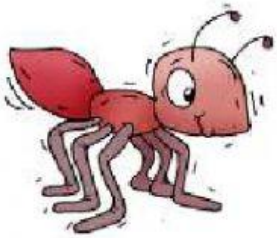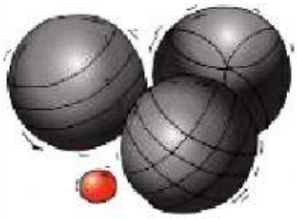J'entends OU