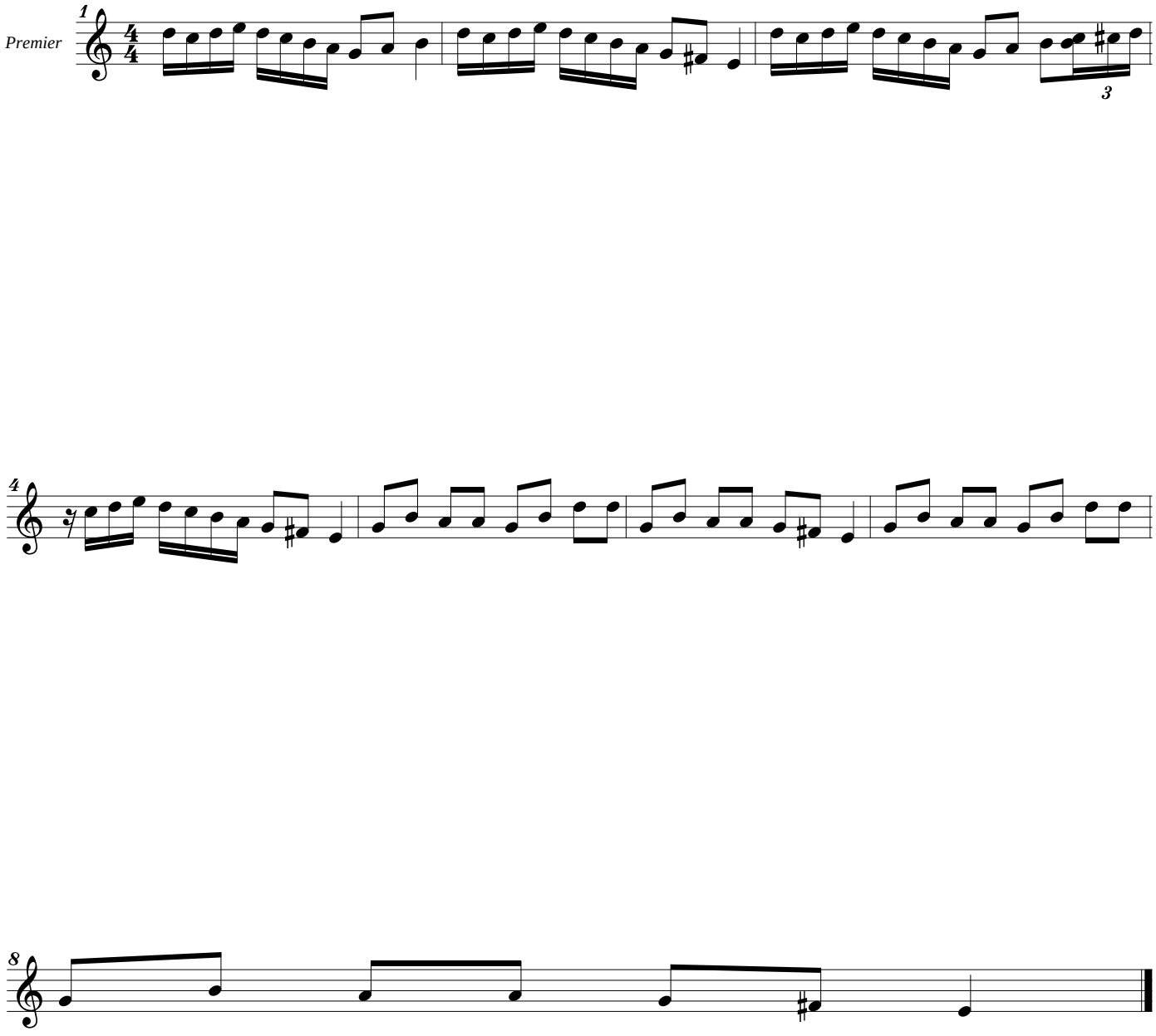Alunélul