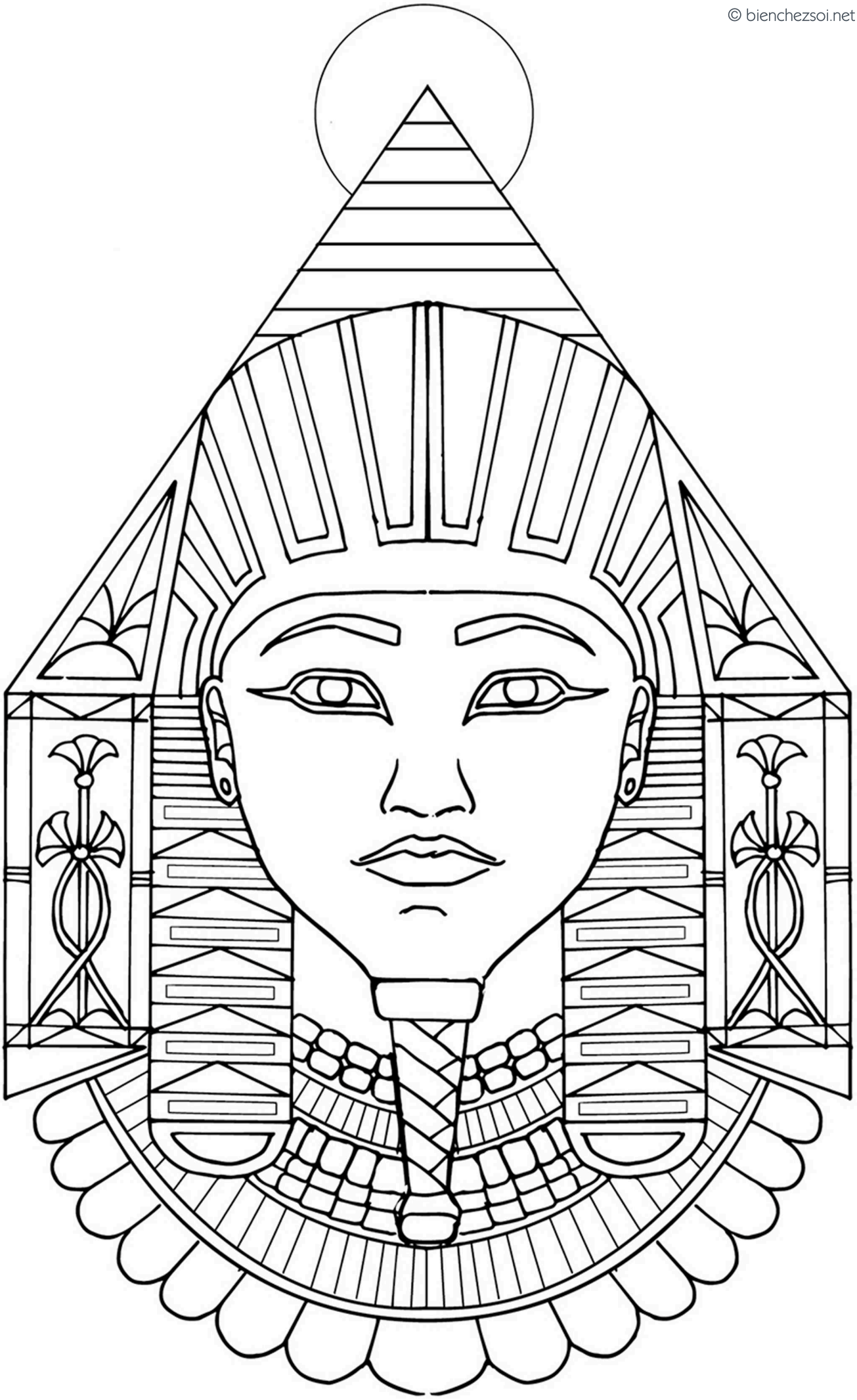© bienchezsoi.net