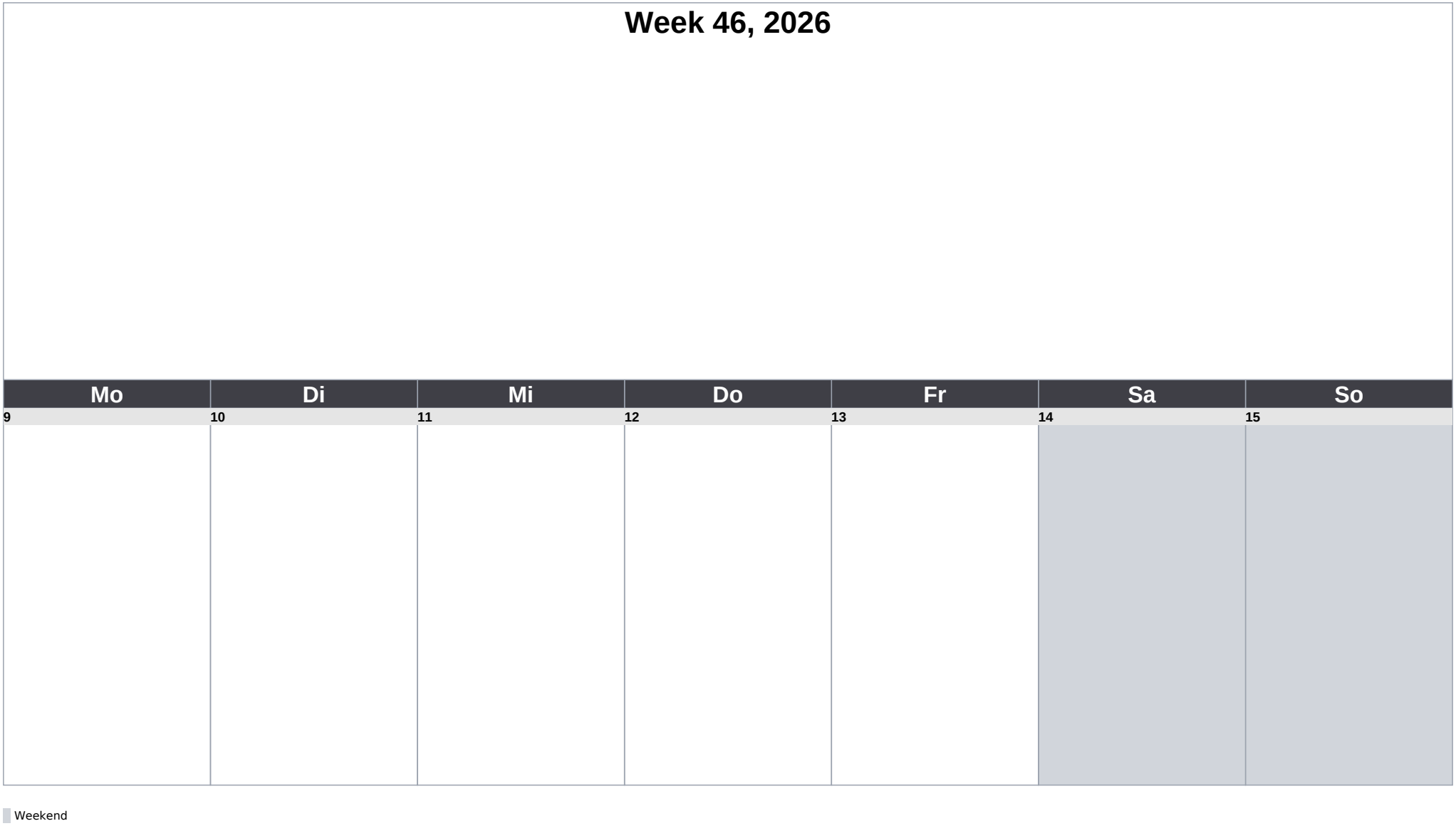Diese Woche