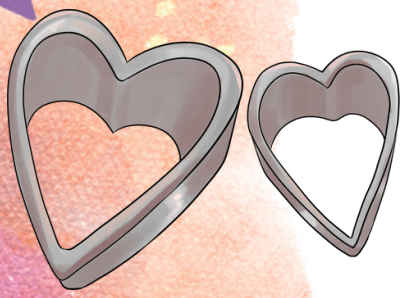Ich beim Kneten