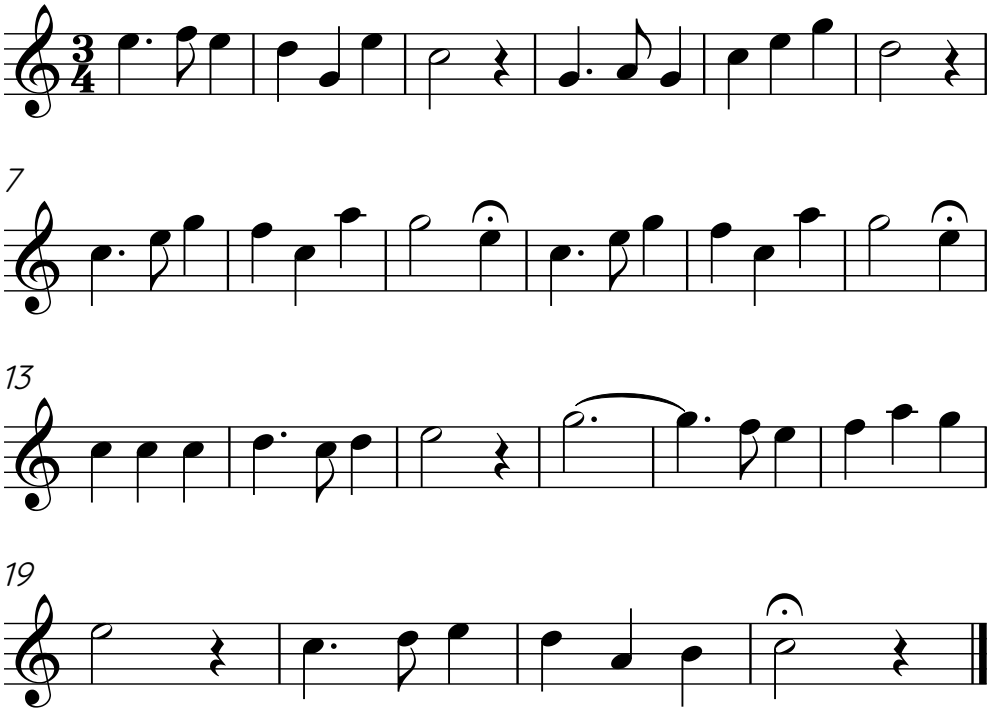Luegid vo Berg und Tal