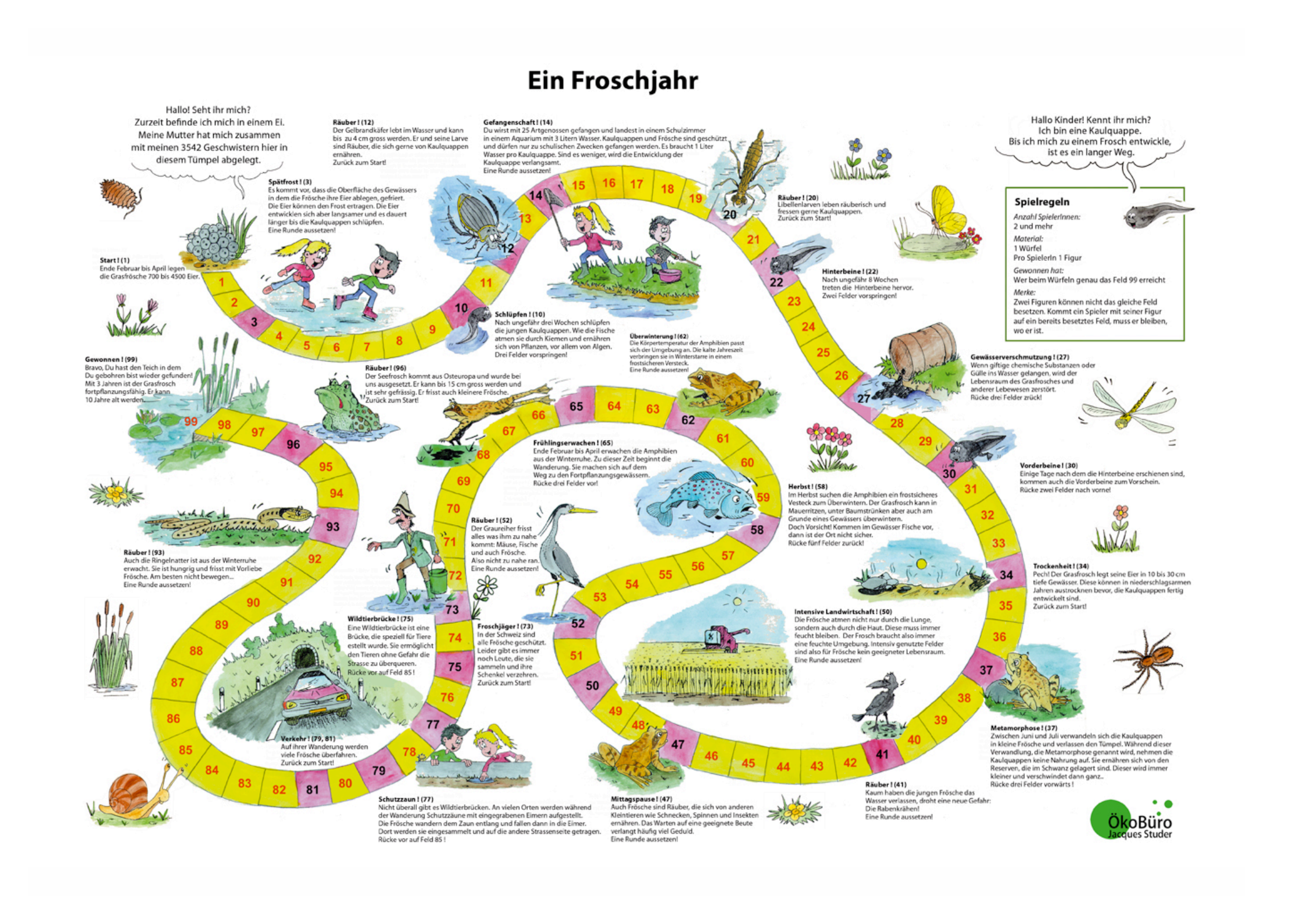Ein Froschjahr