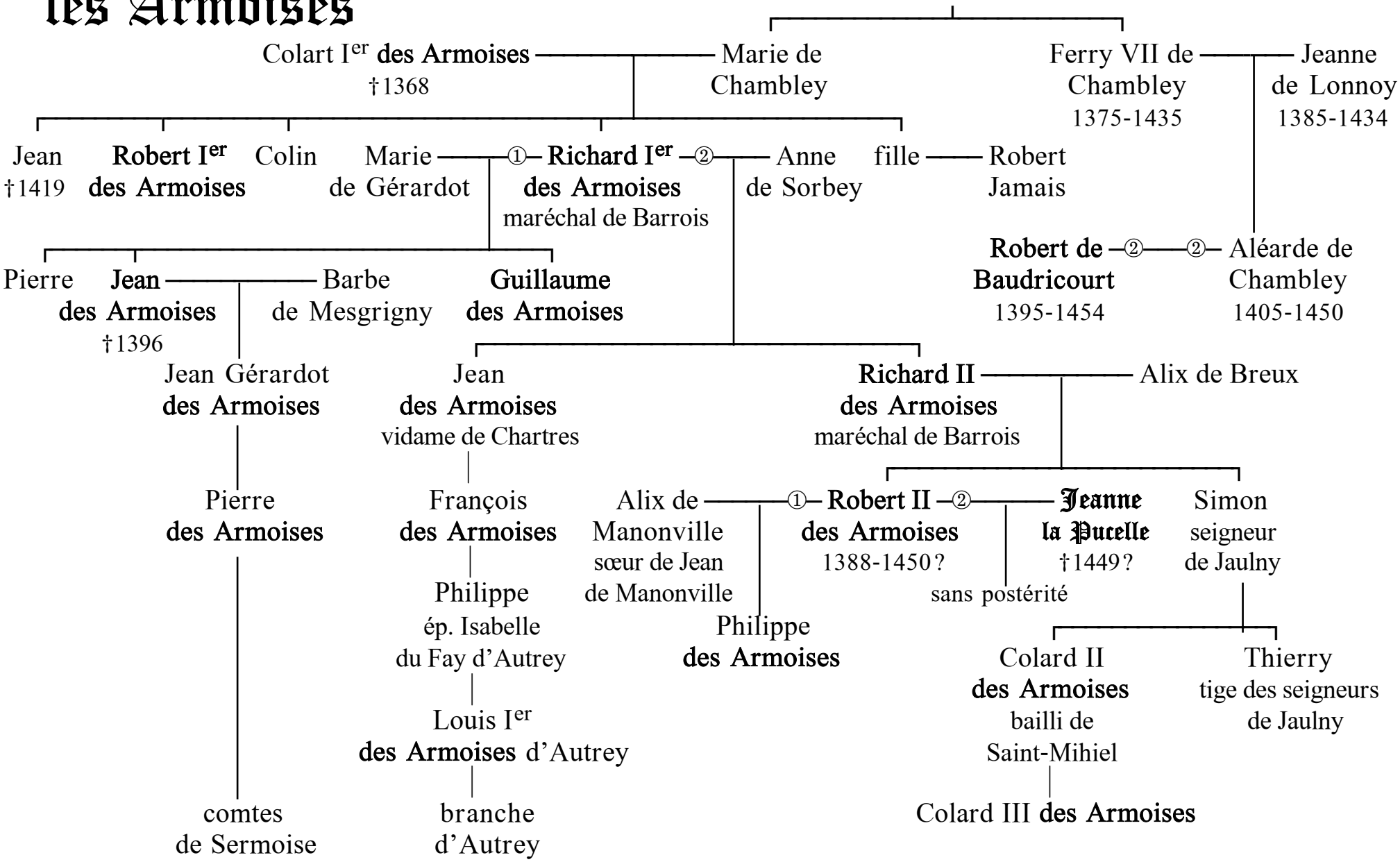les Armoises