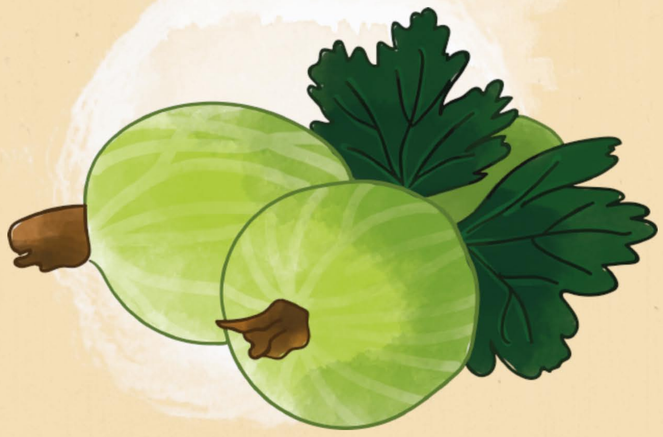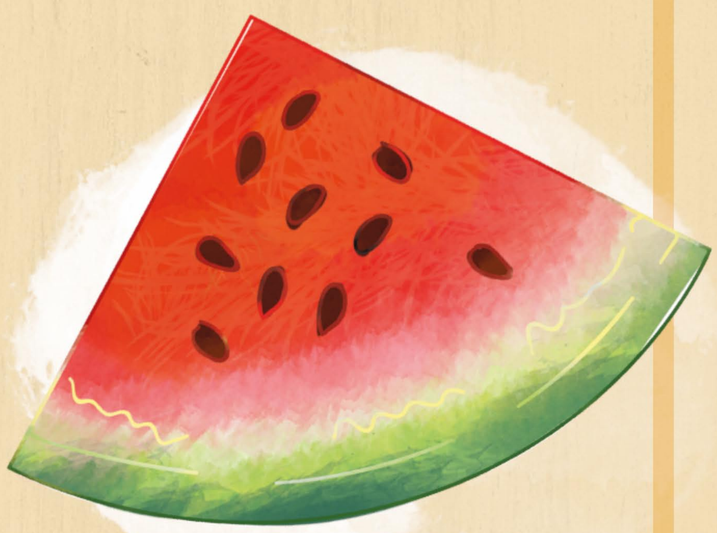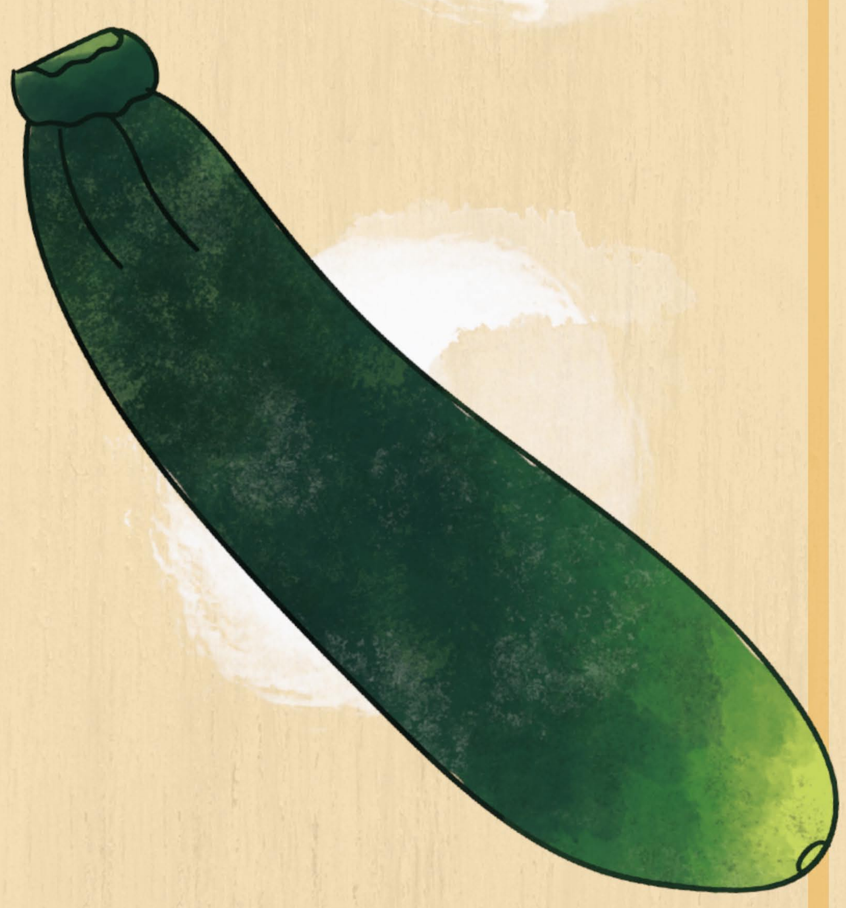Sommer