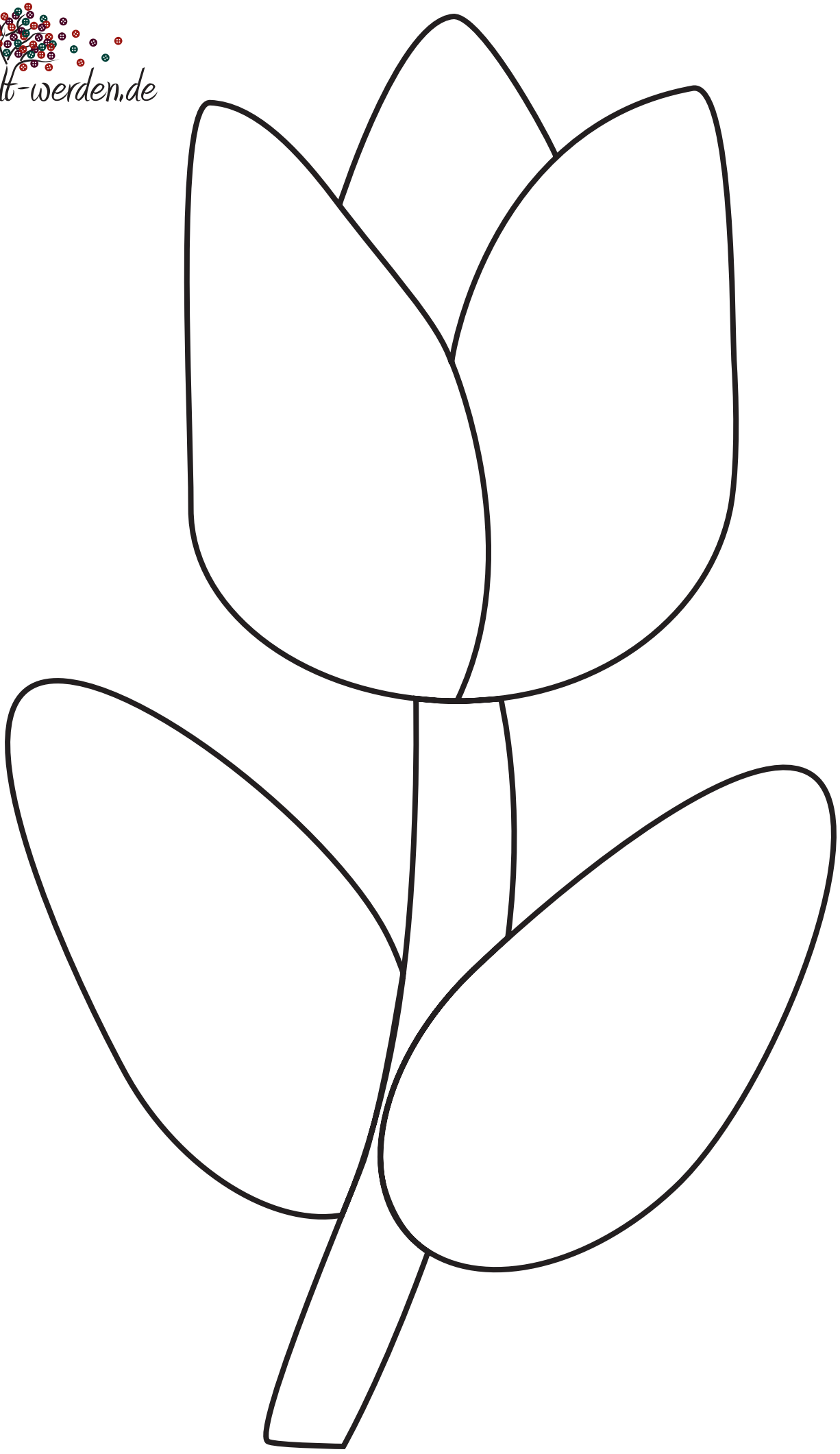Mal-alt-werden.de