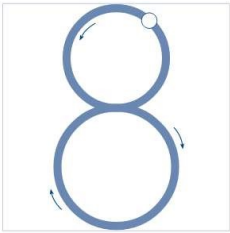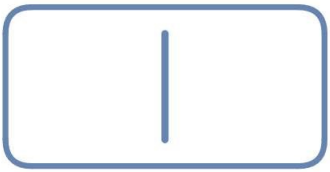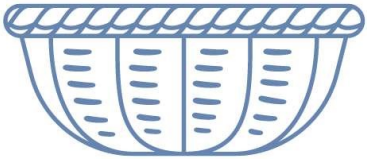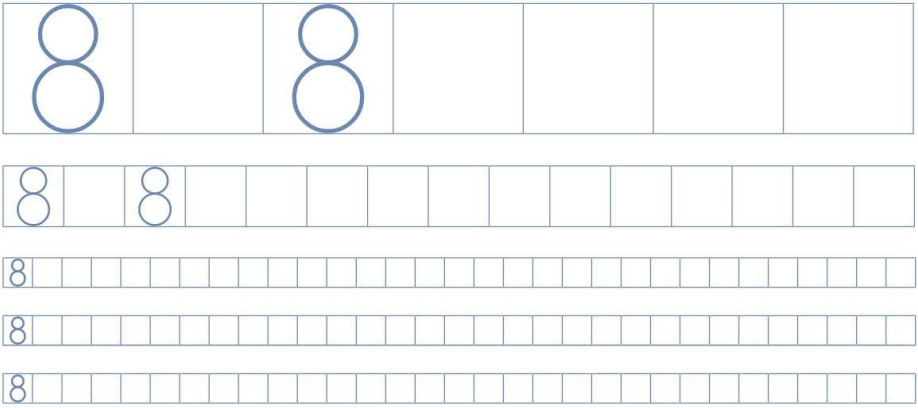Tanvarázs