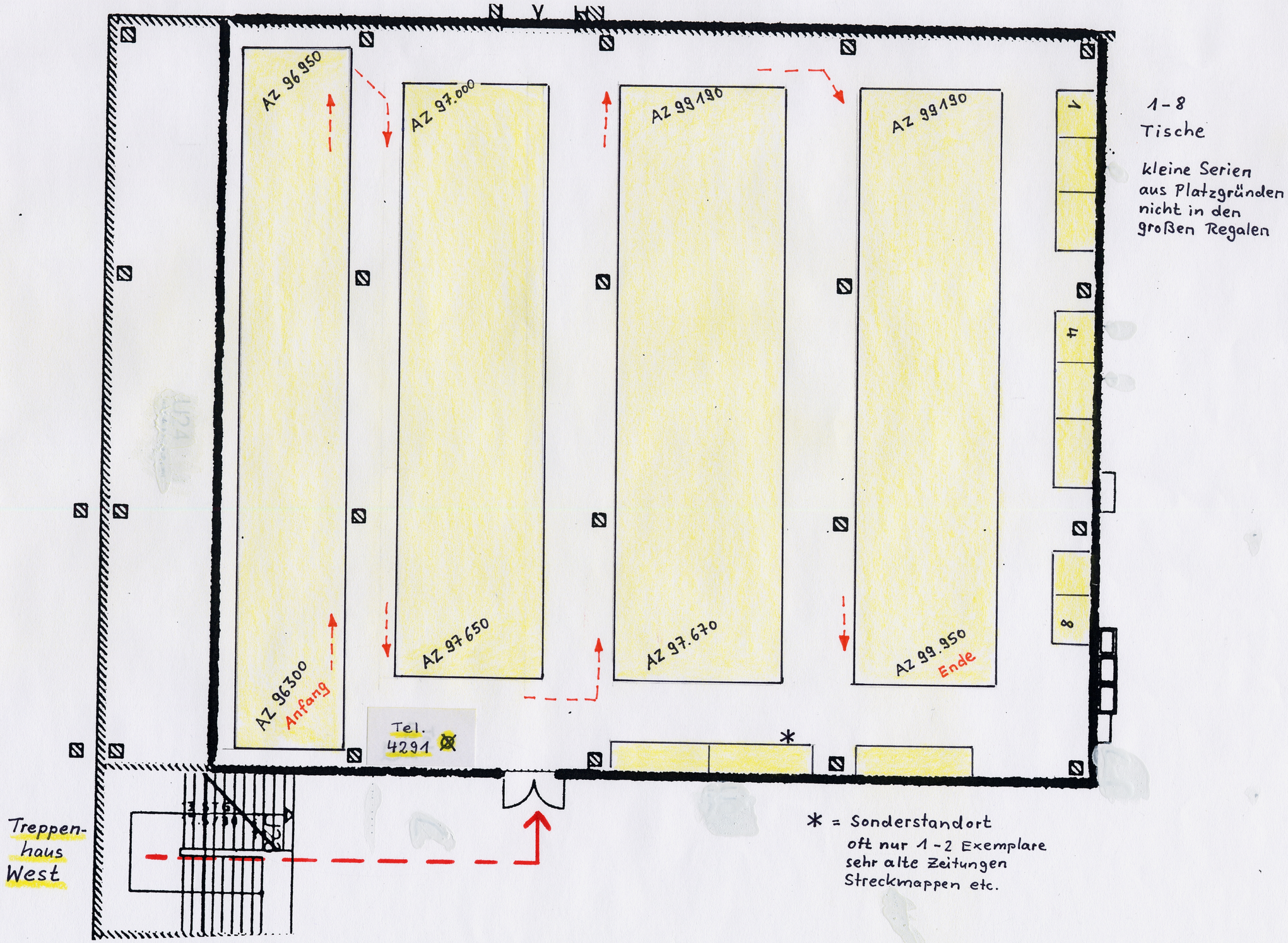Zeitungsmagazin 1