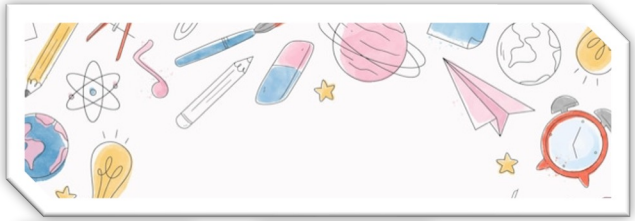

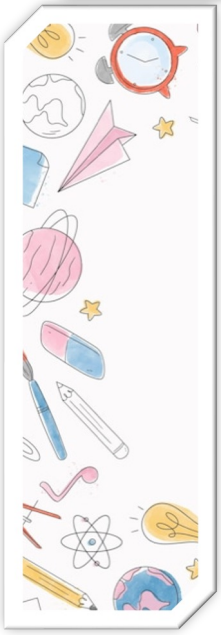
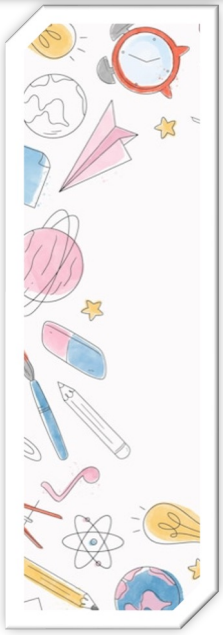
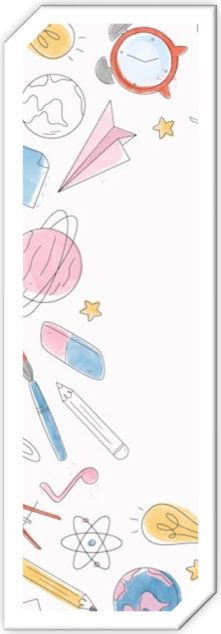
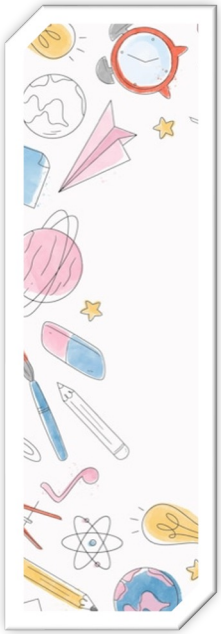
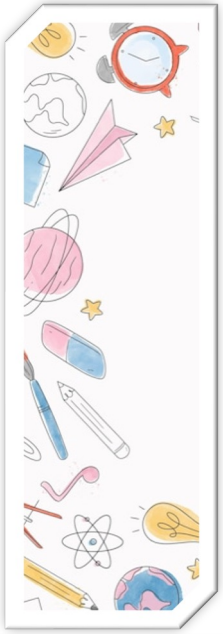
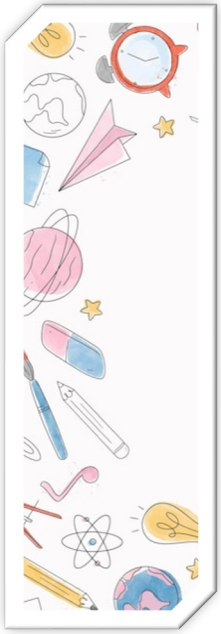
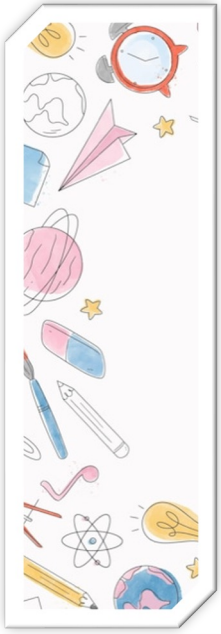
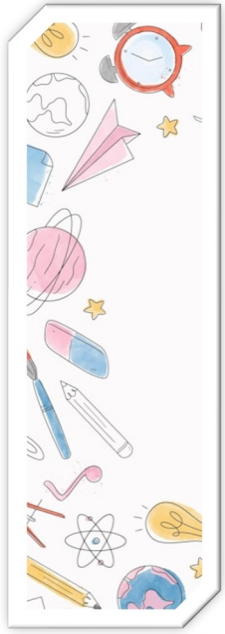

https://charlyseblog.wordpress.com