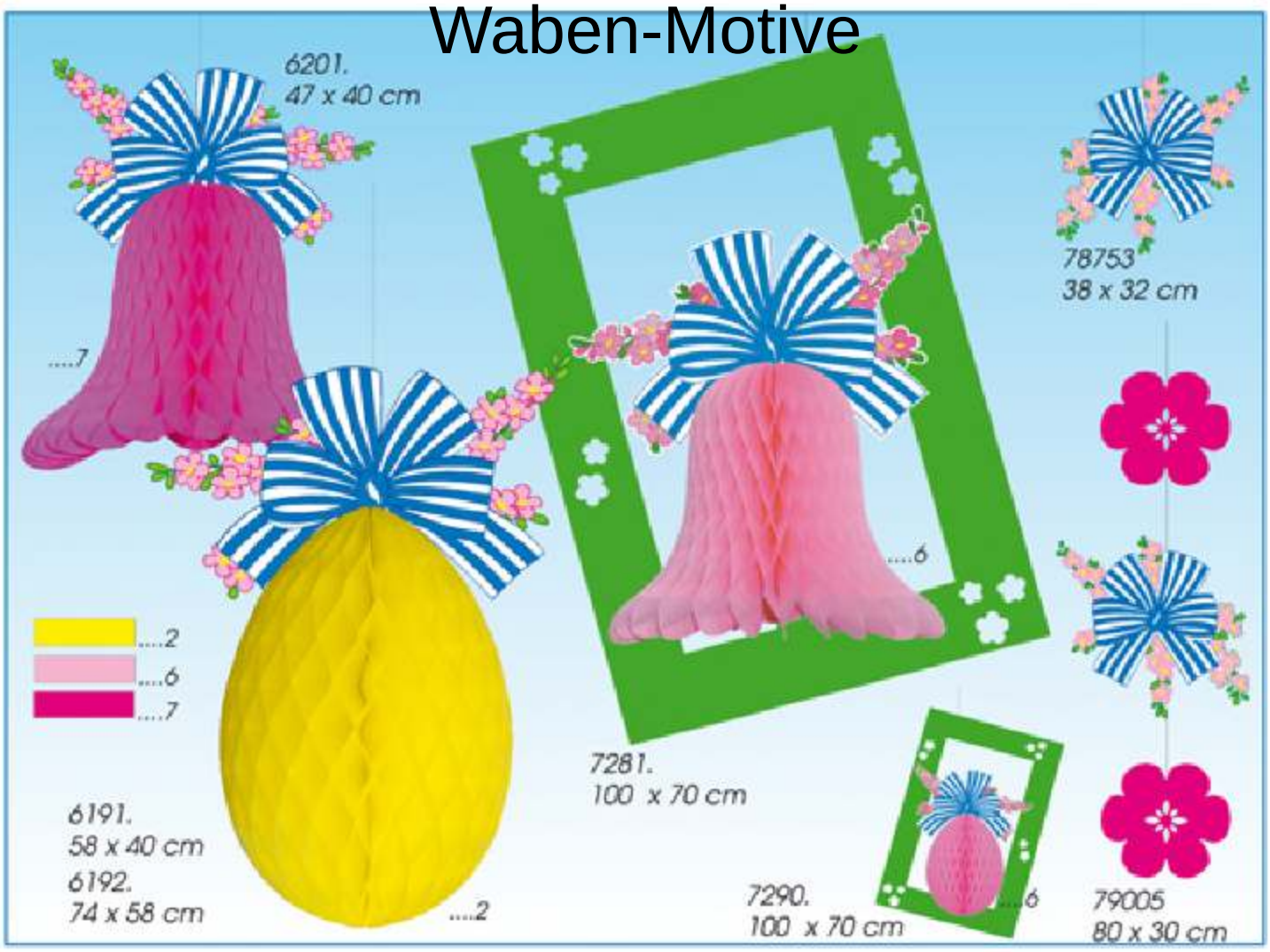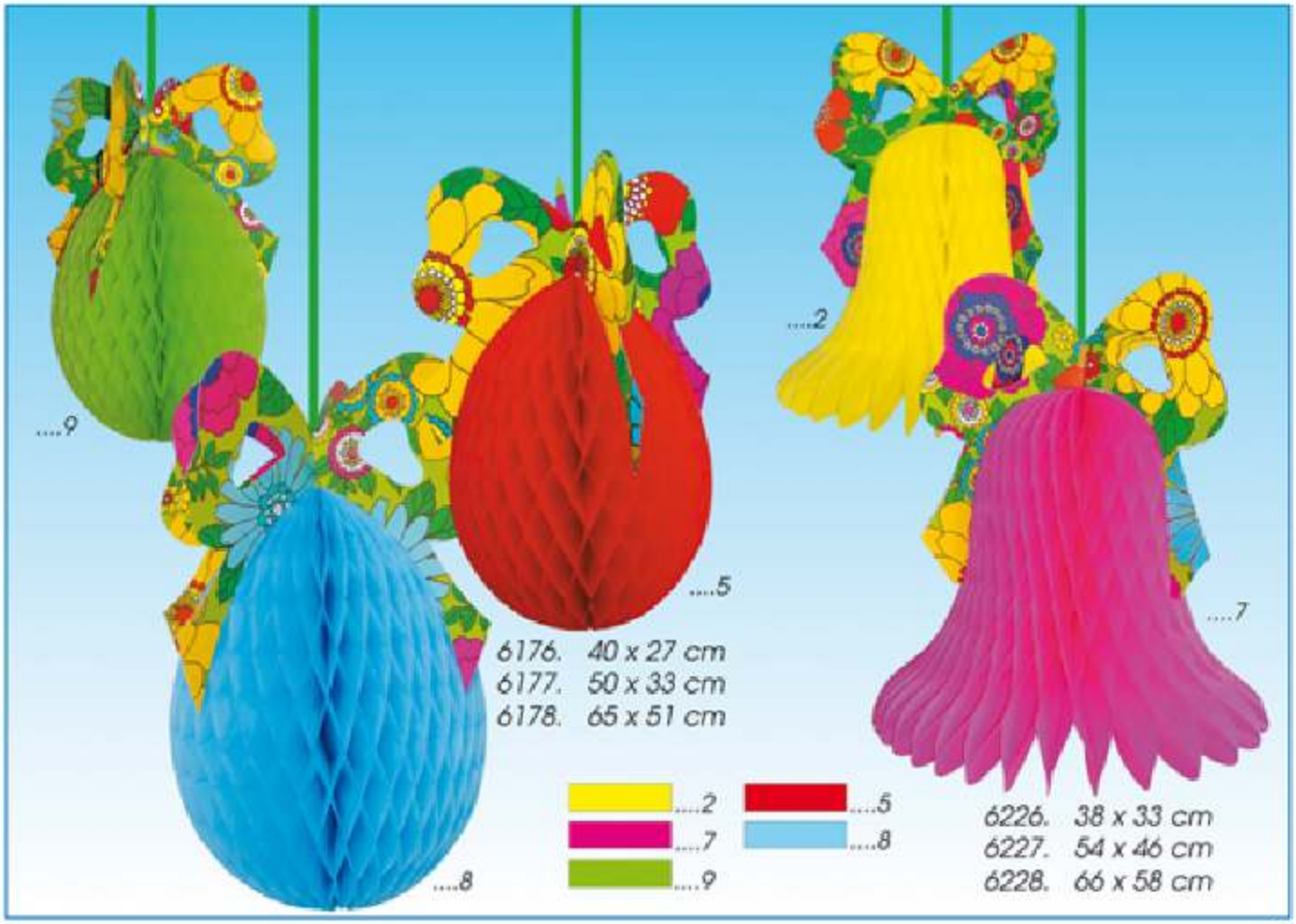Waben-Motive