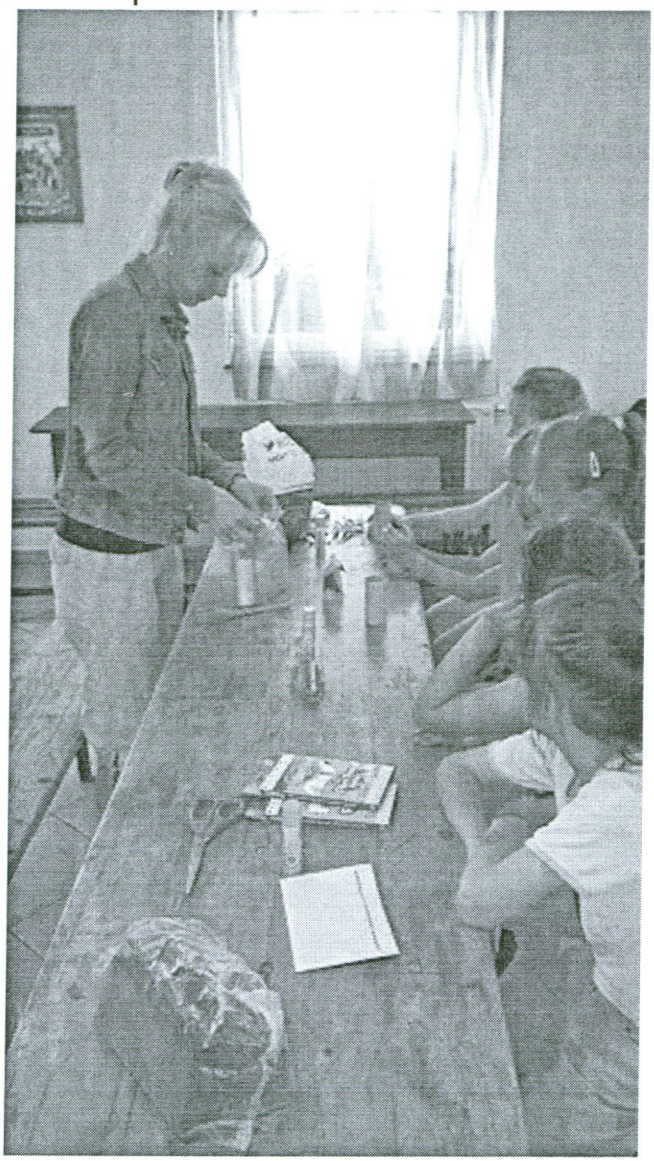Gyermeknap