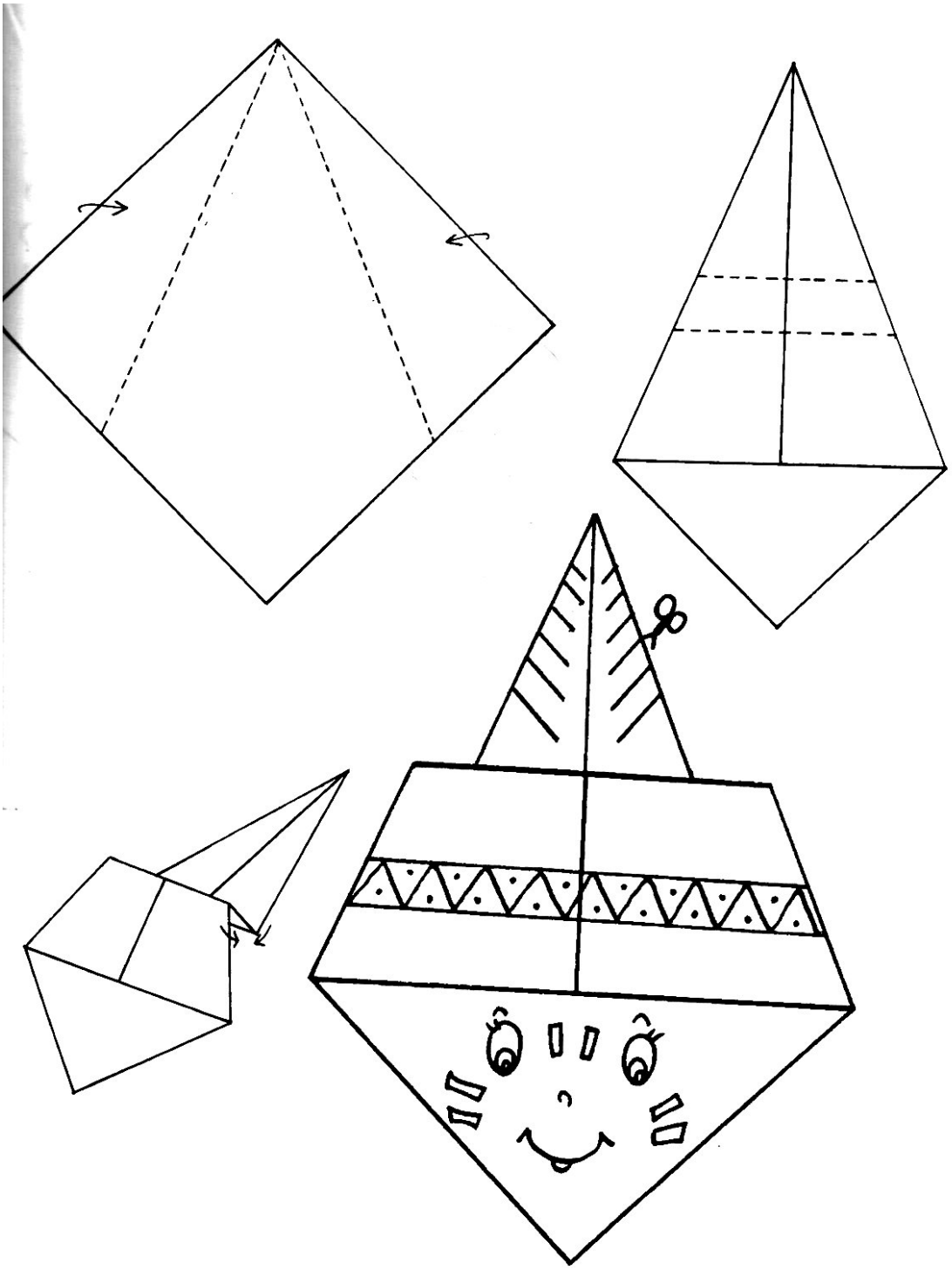
https://www.youtube.com/watch?v=oQ3xccgo9io

https://www.youtube.com/watch?v=1XEtiRbez3M

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