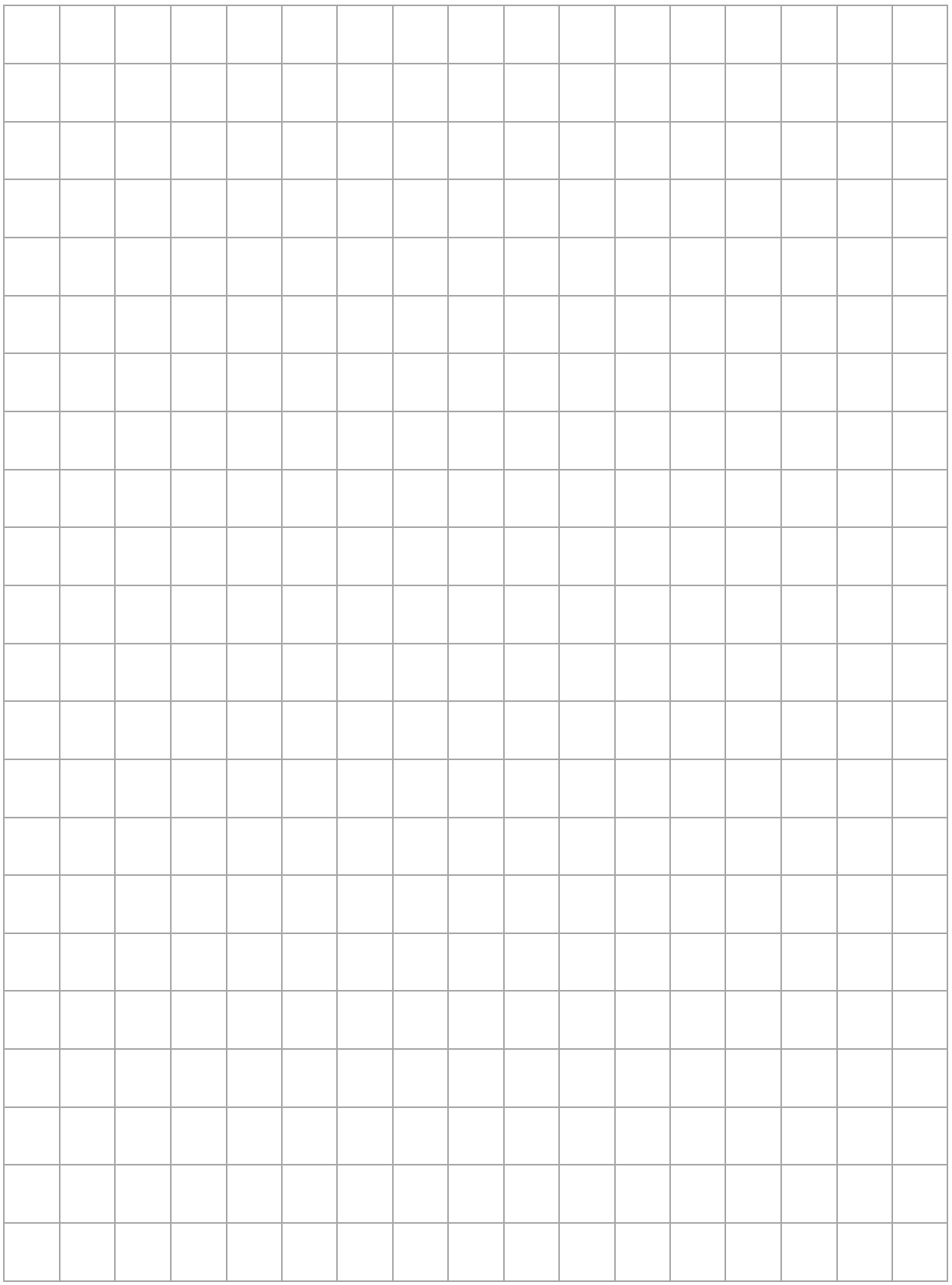Aval Notiz