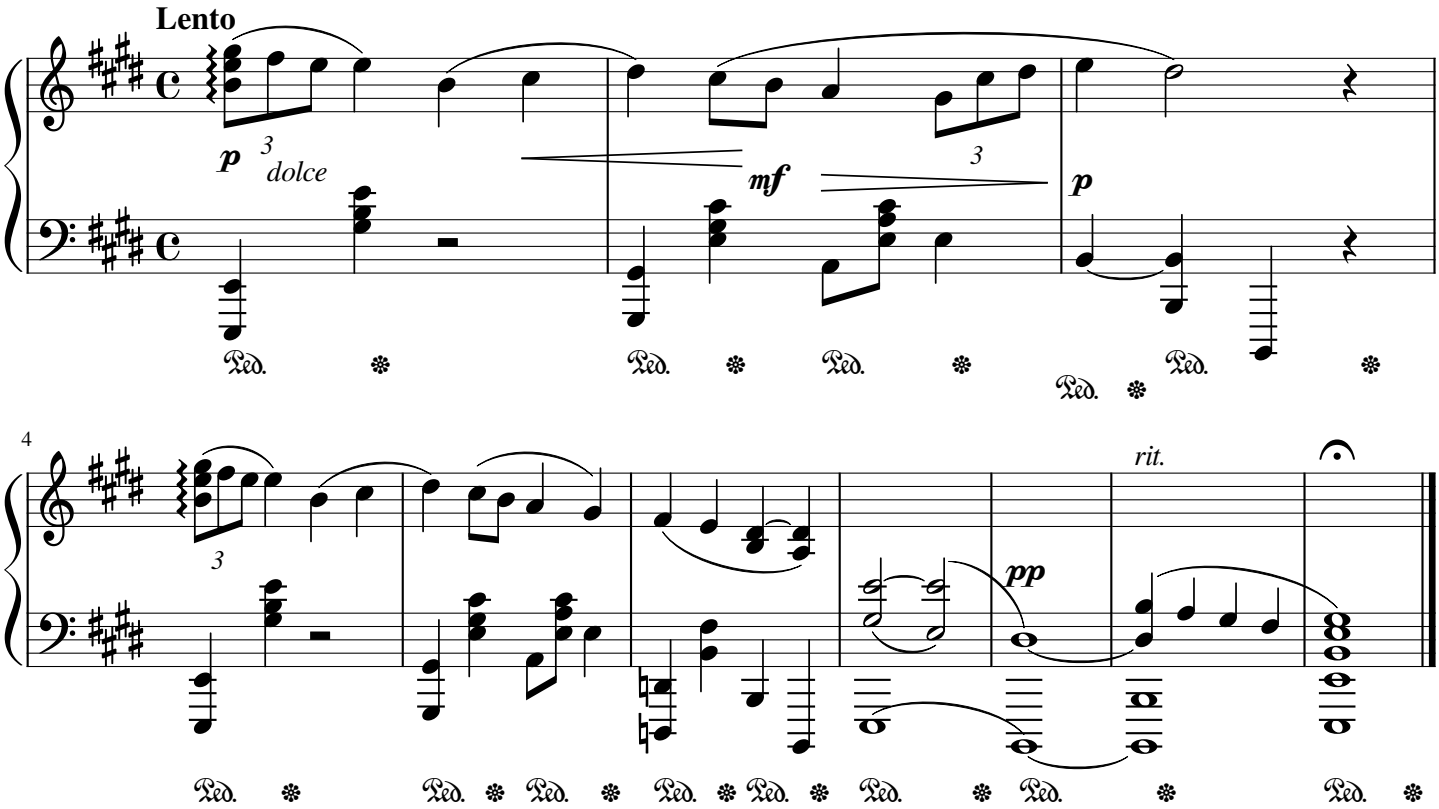
Calmness

Miklos Martinko