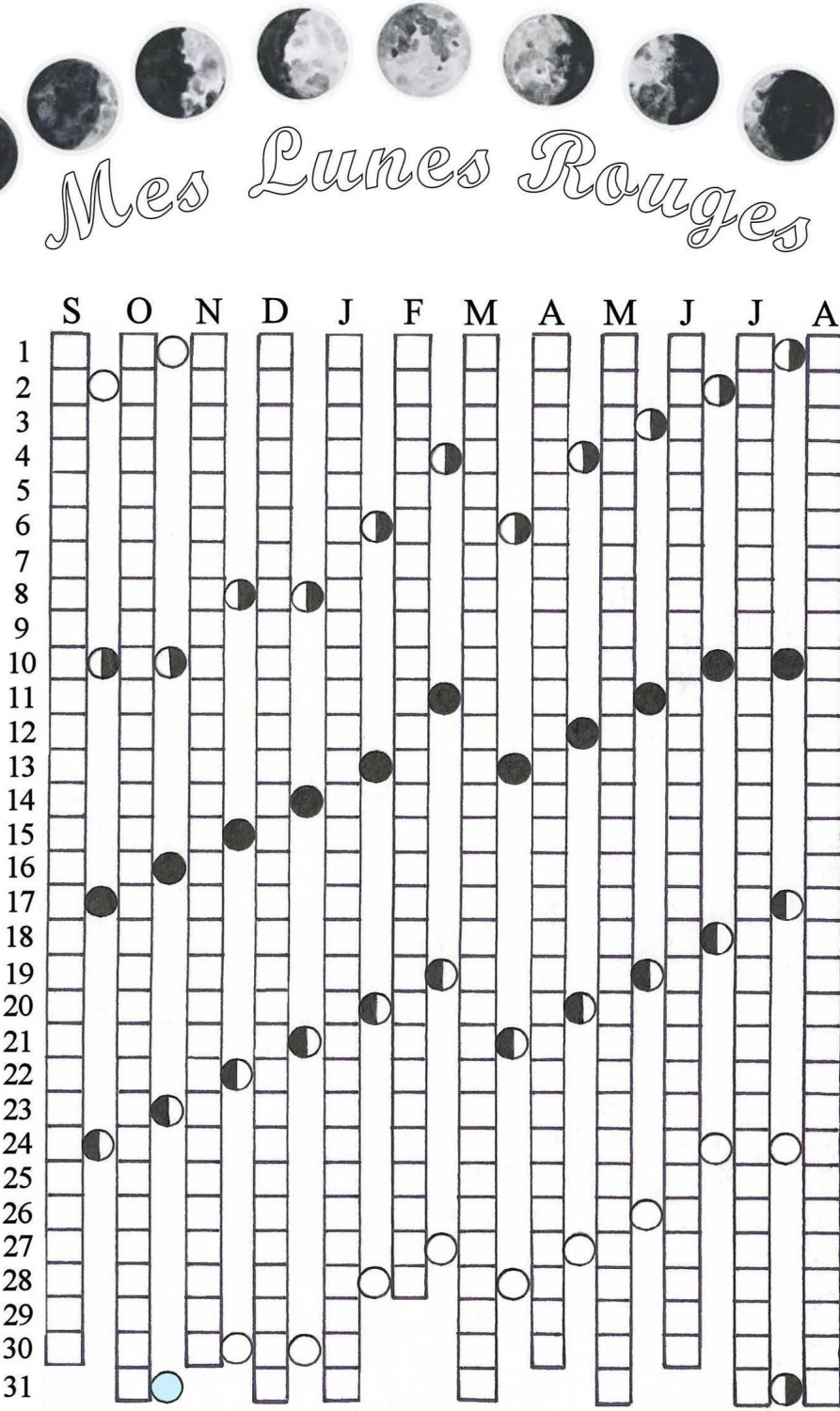Mes Lunes Rouges