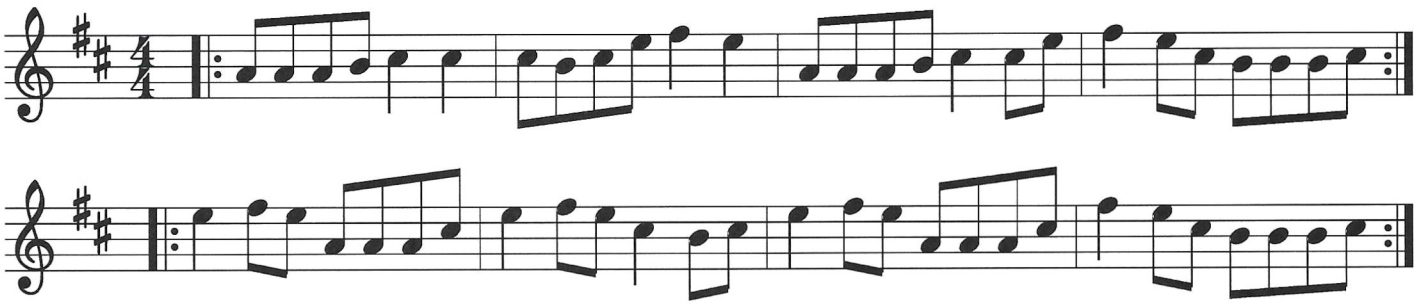Och Is Duine Truagh Mi