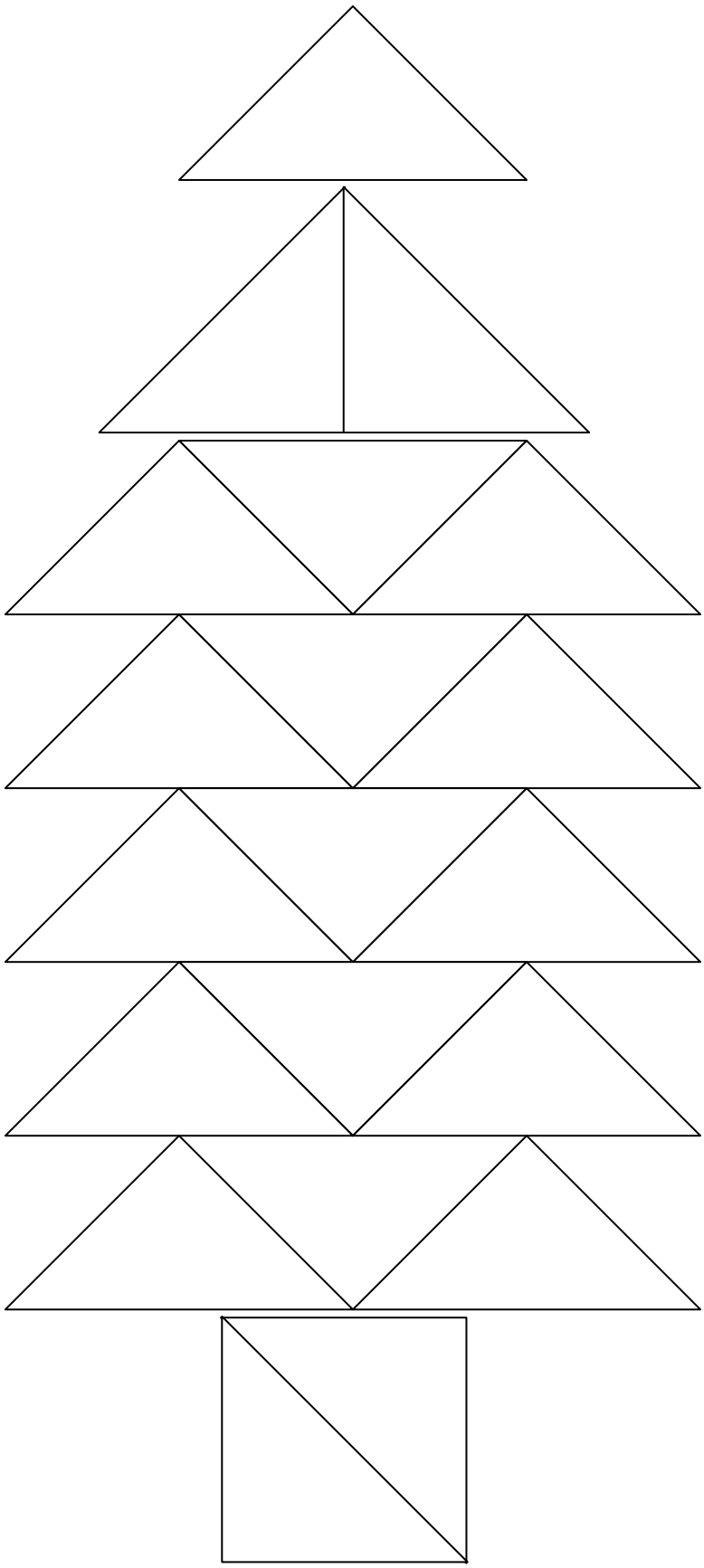phonemus.fr