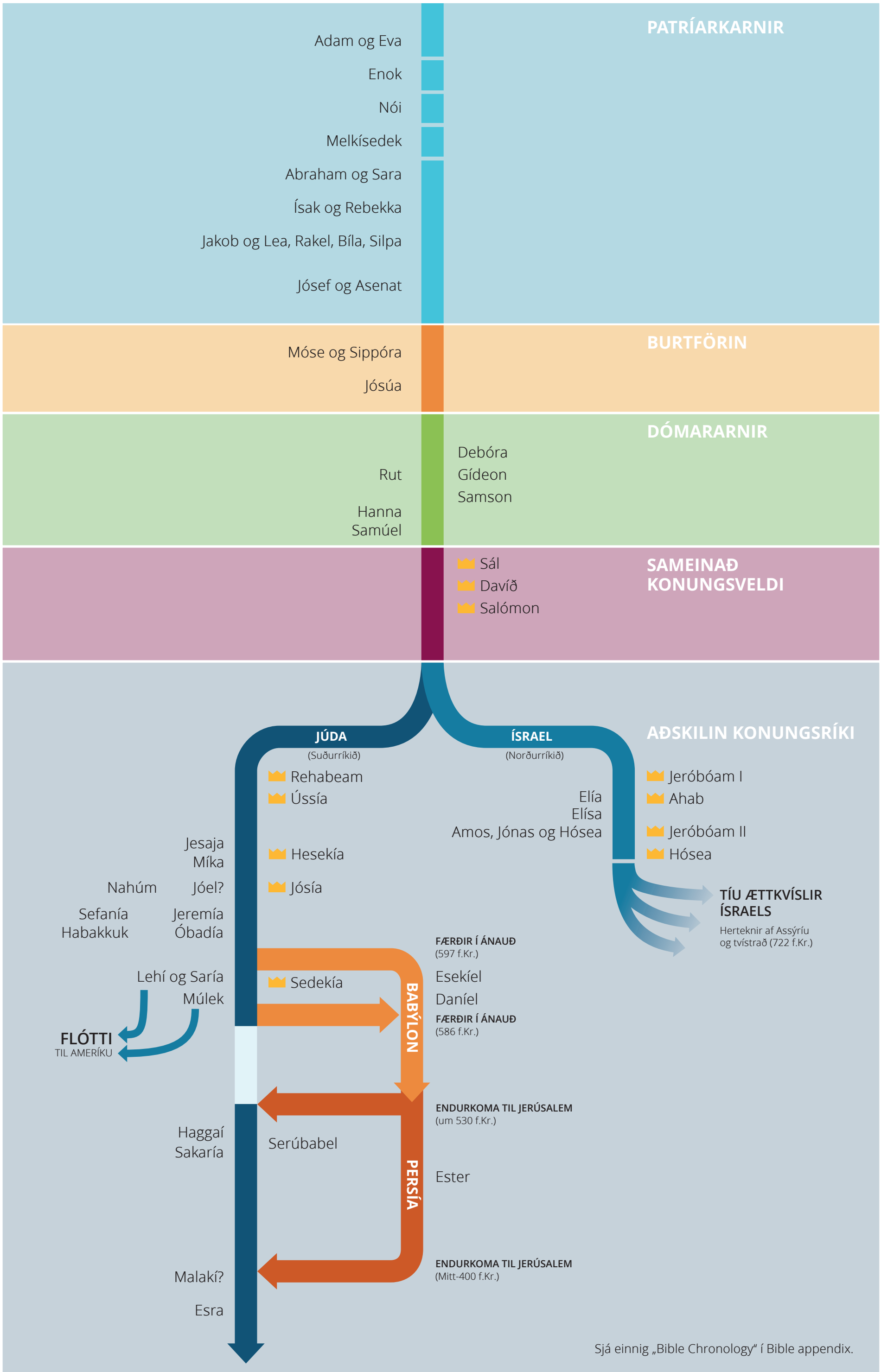Yfirlit Gamla testamentisins