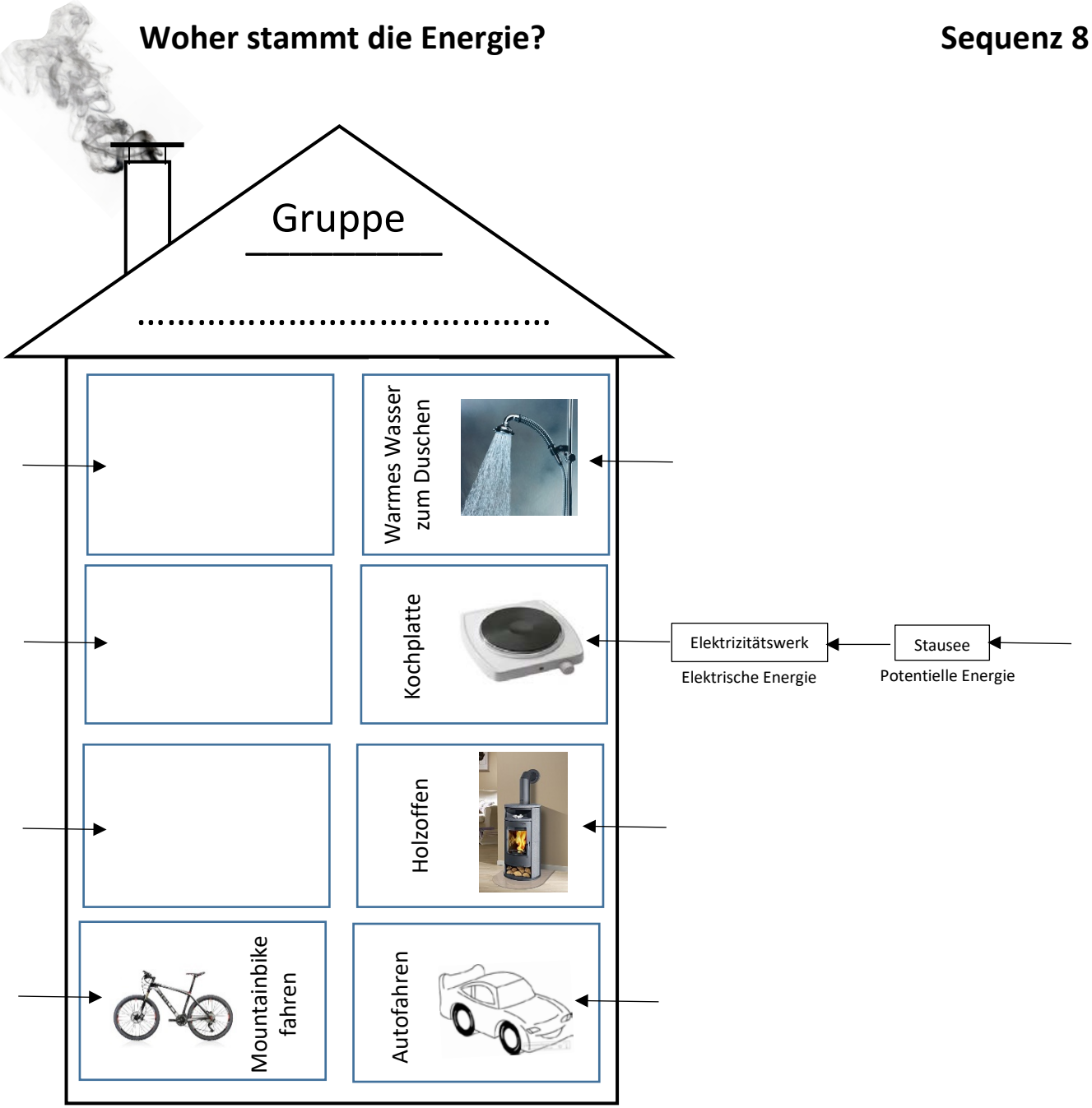Woher stammt die Energie?