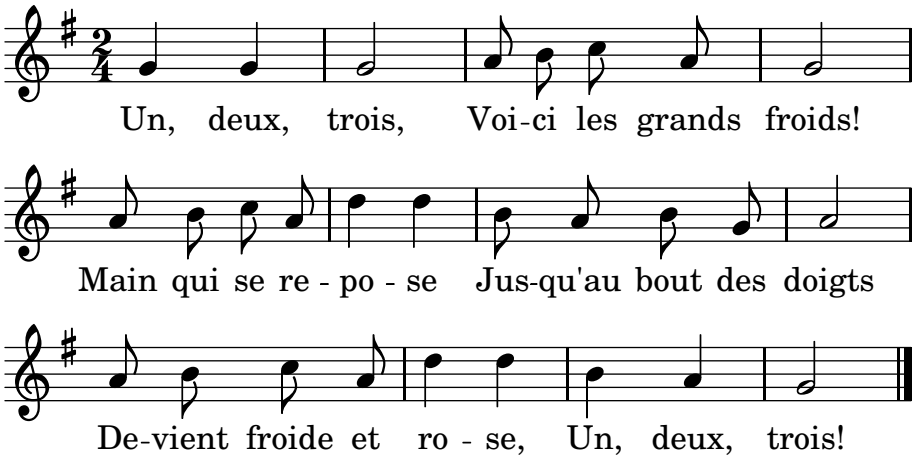Les grands froids