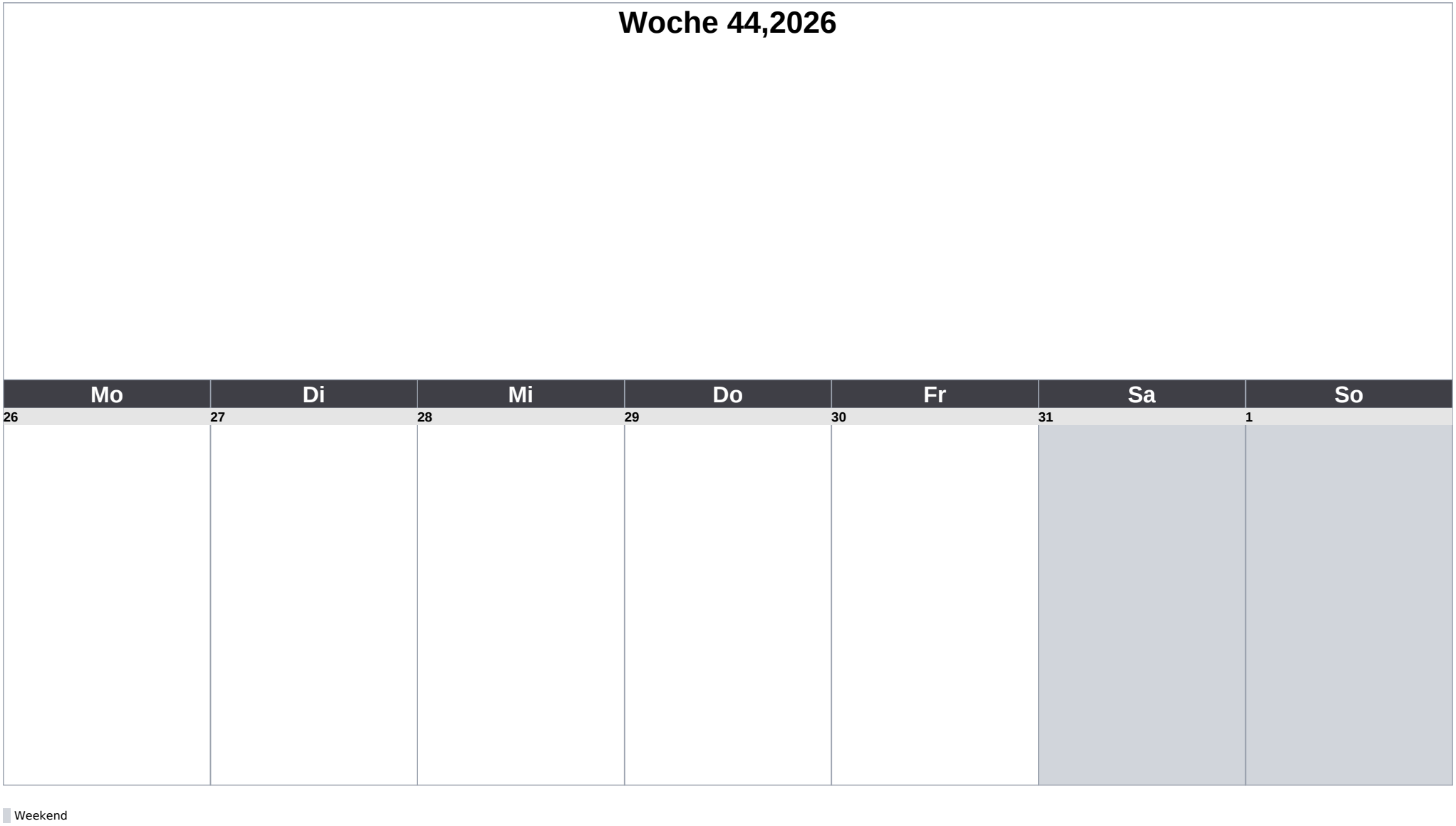Wochenkalender