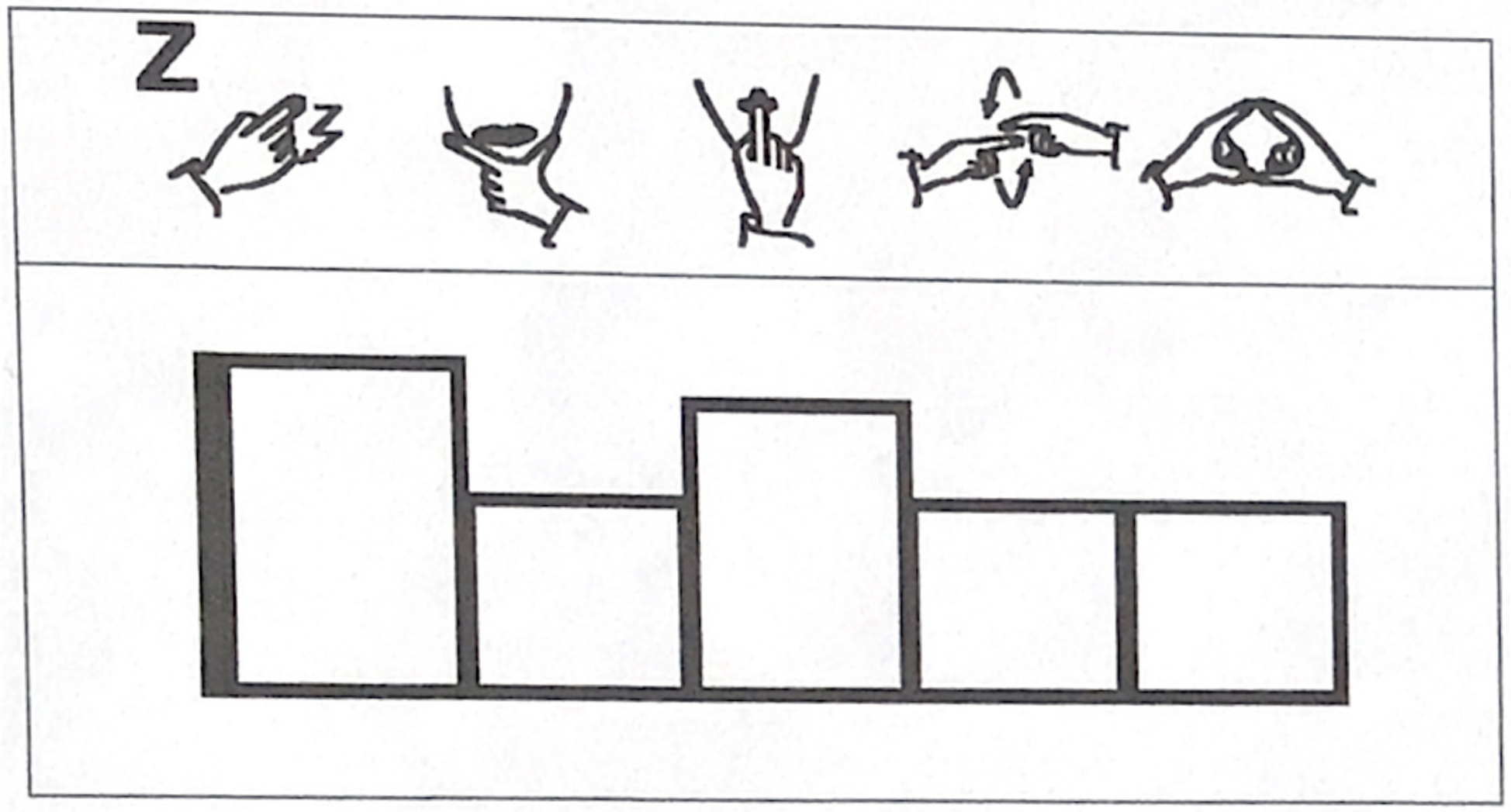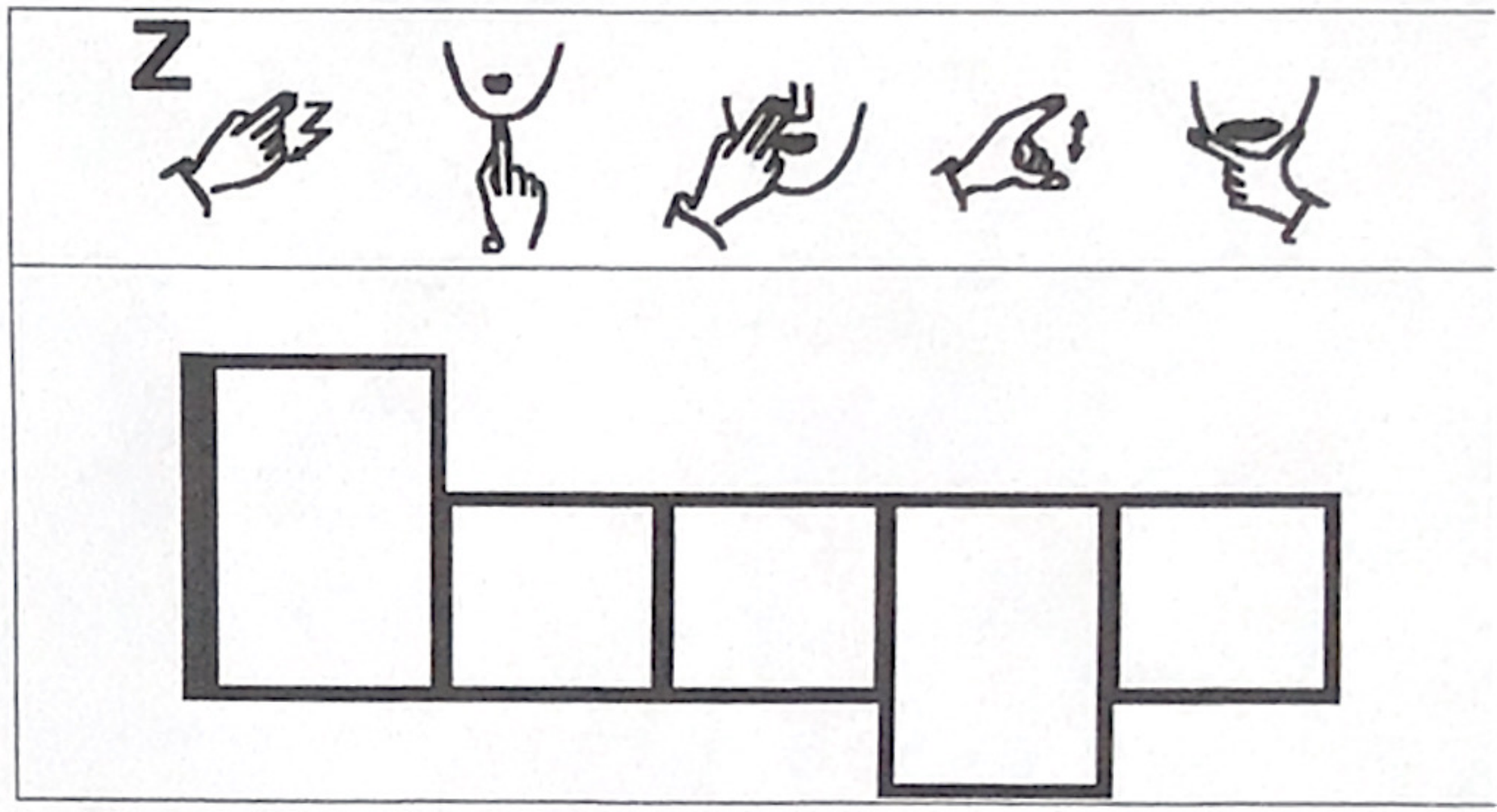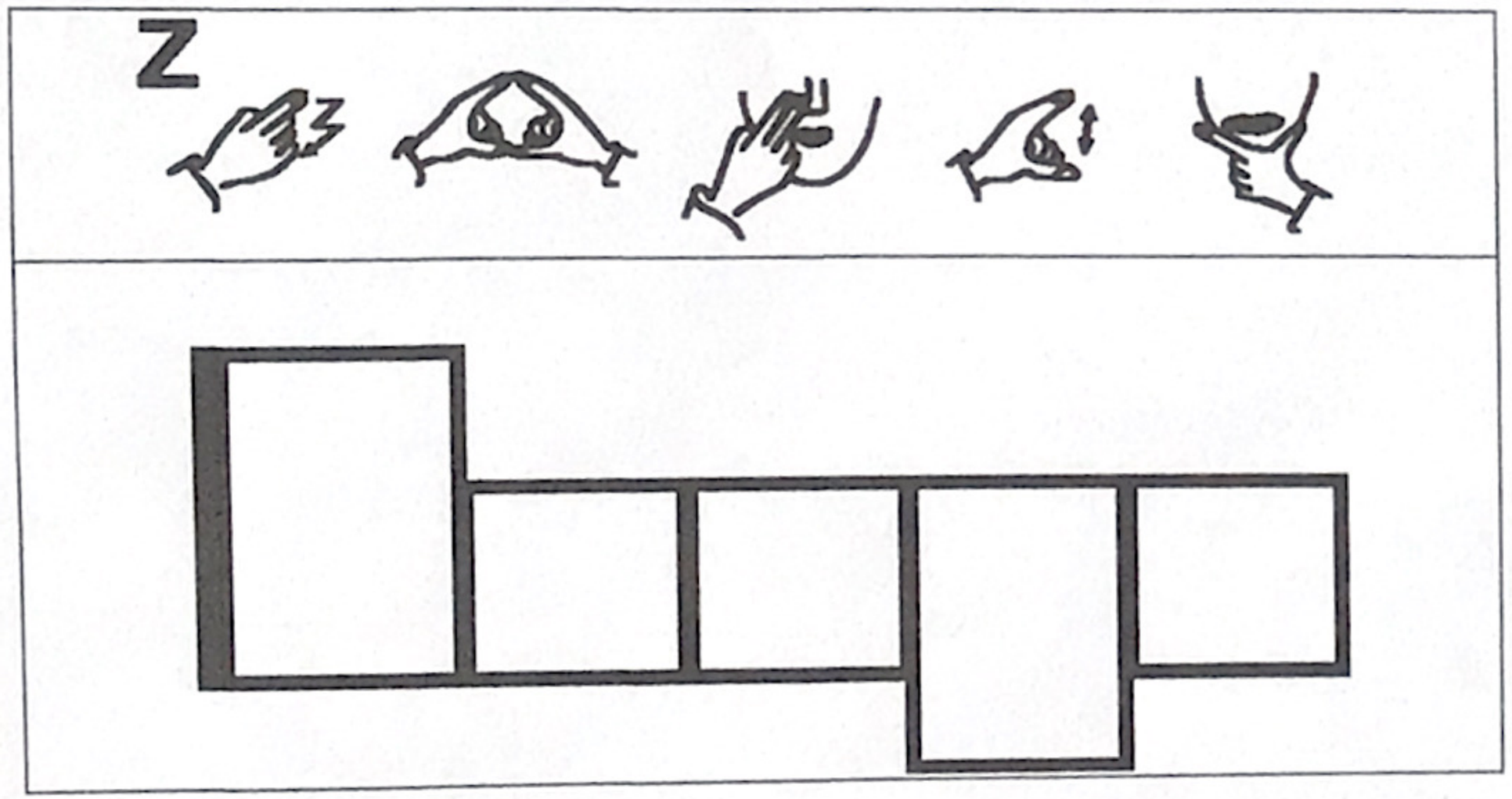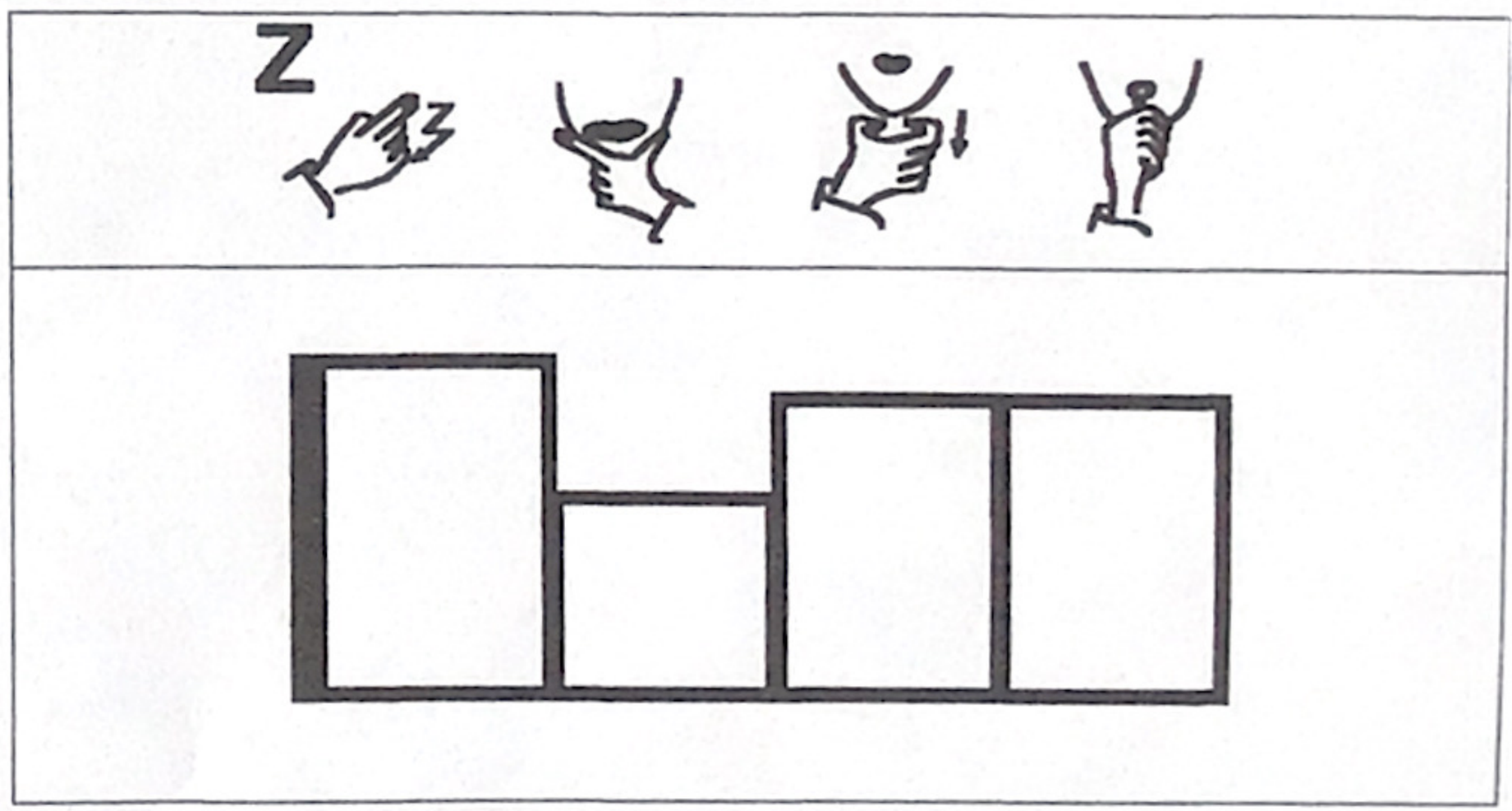Schreiben nach Lautgebärden Z