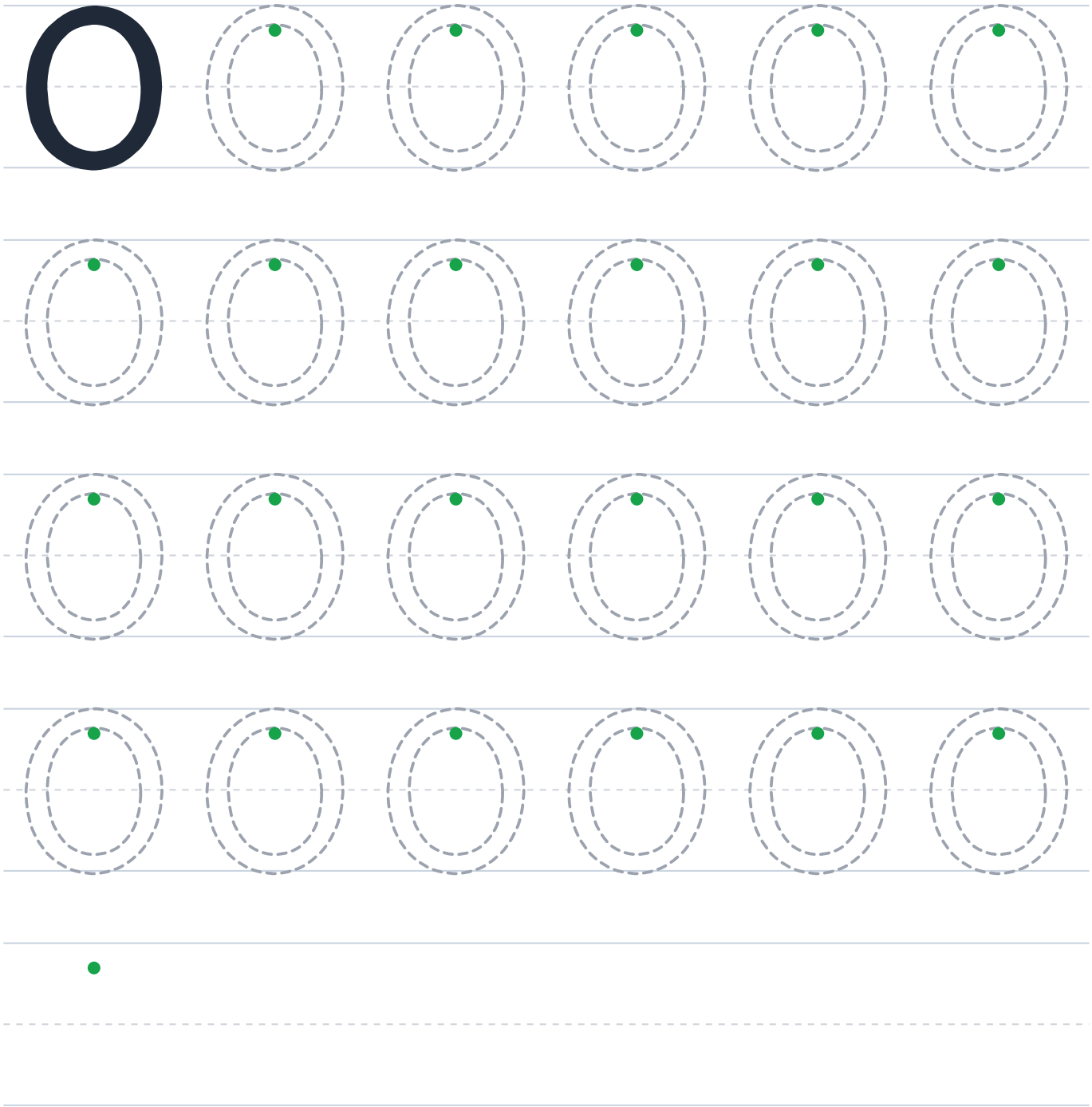Skrivövning för bokstaven O