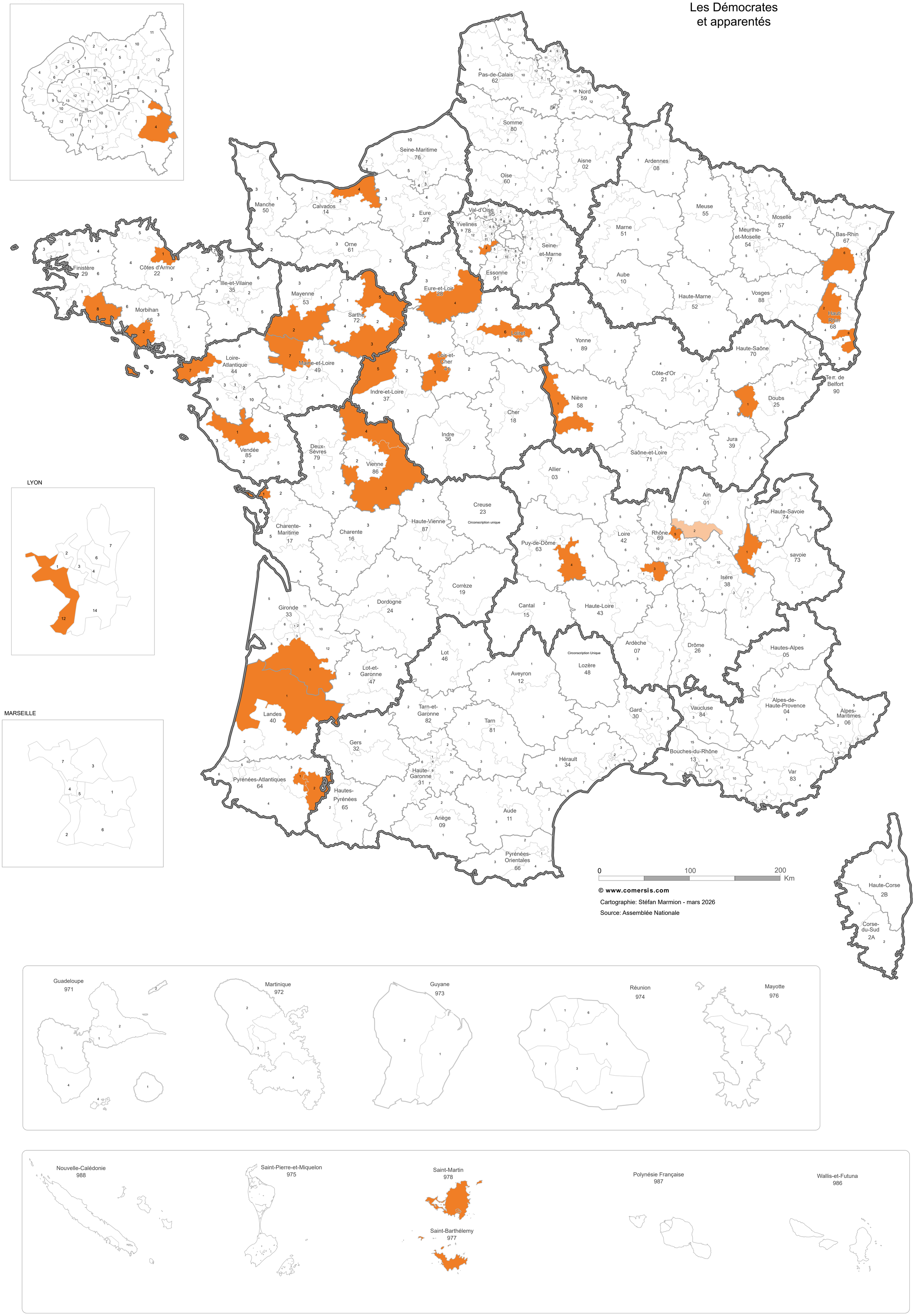Les Démocrates et apparentés