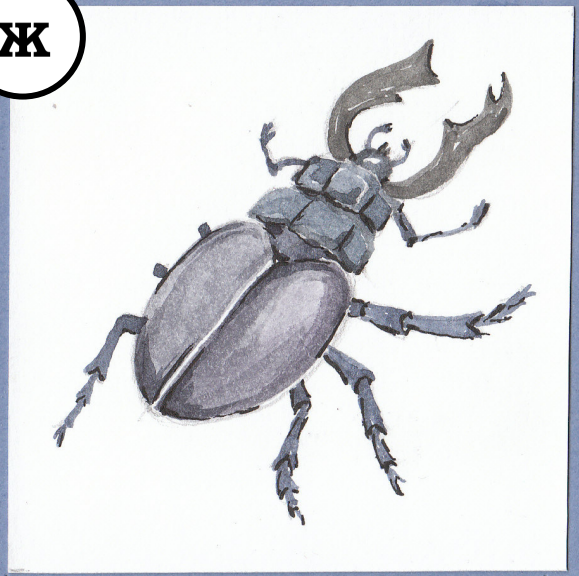Ж