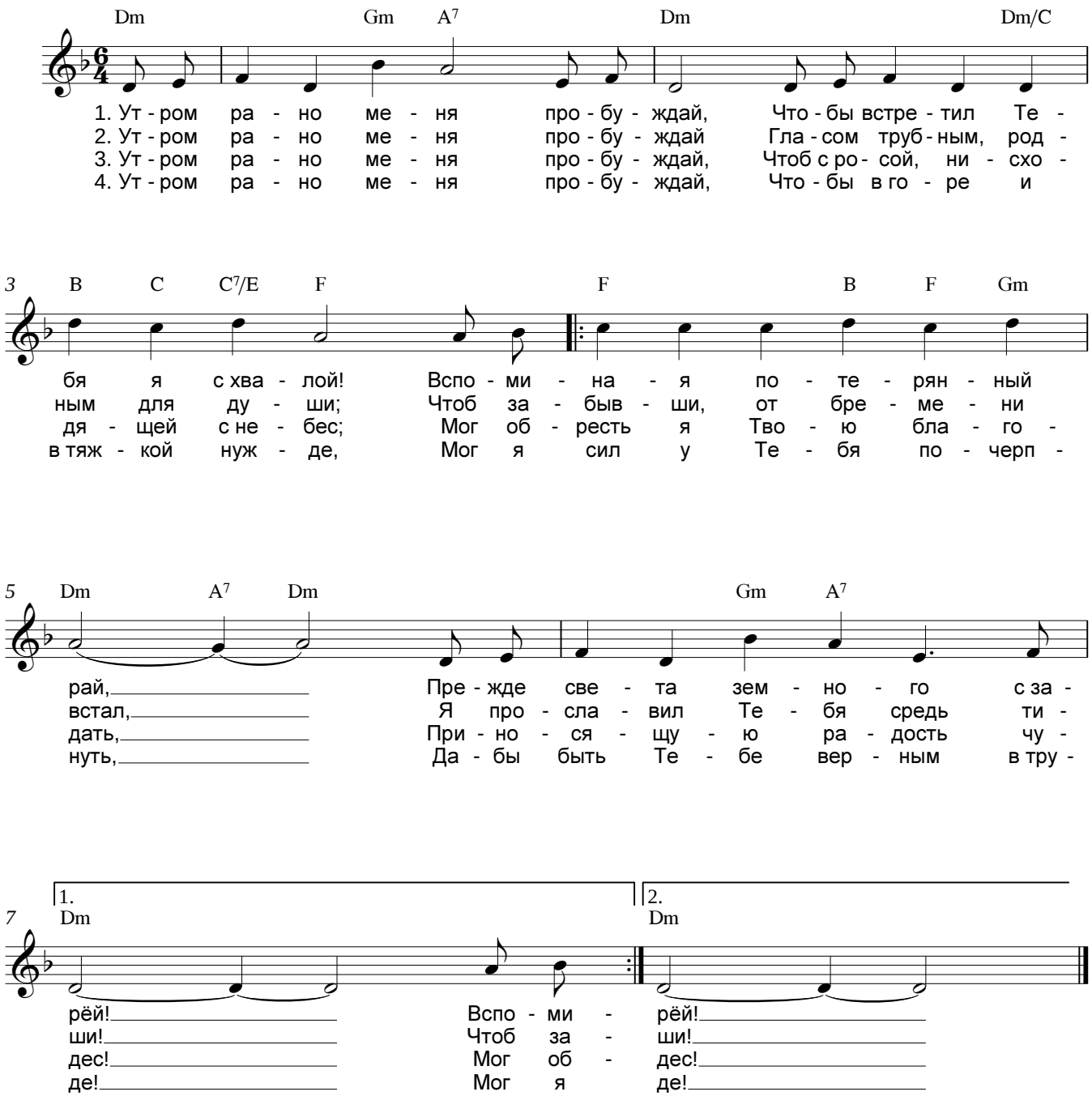Утром рано меня пробуждай