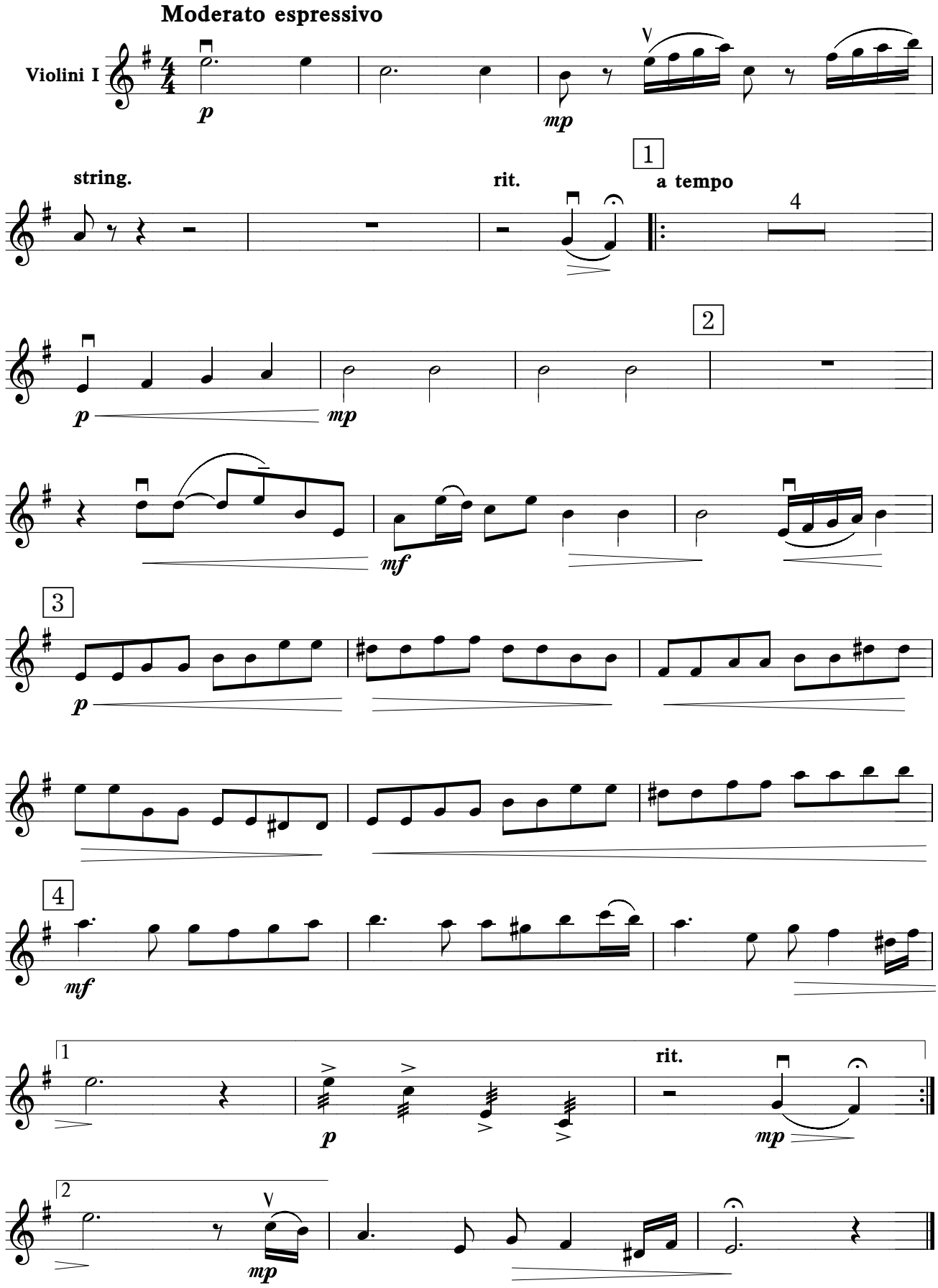ПОДНИМИ МЕНЯ