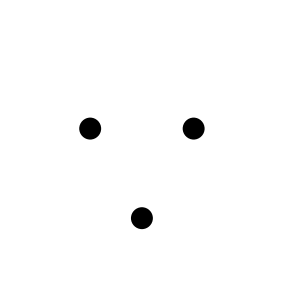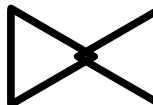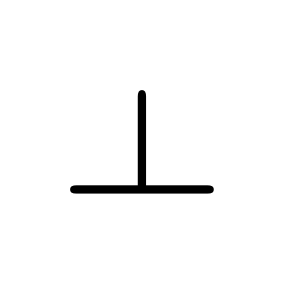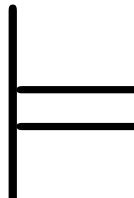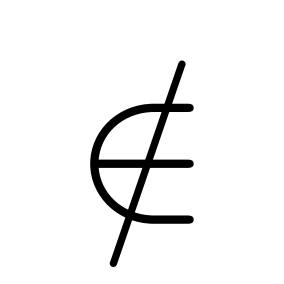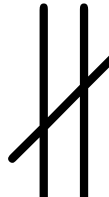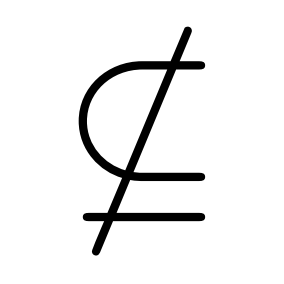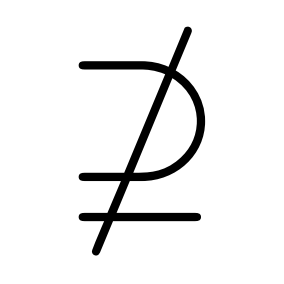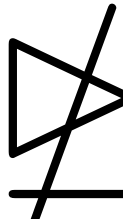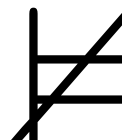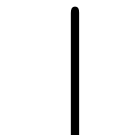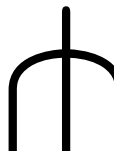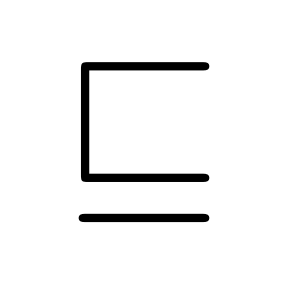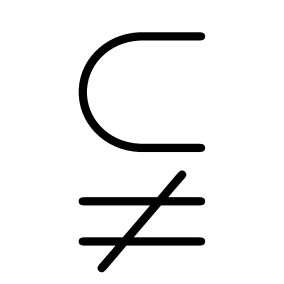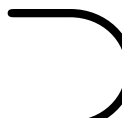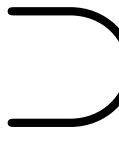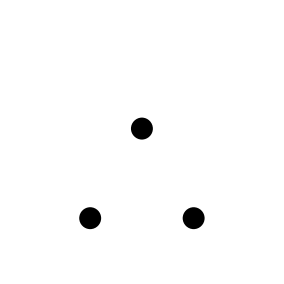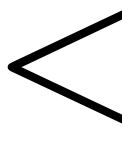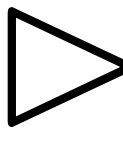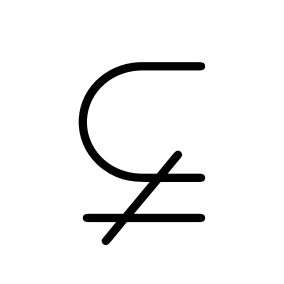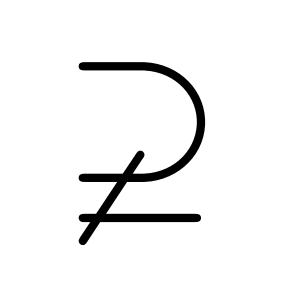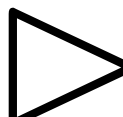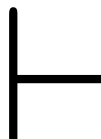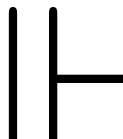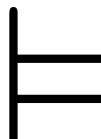Э