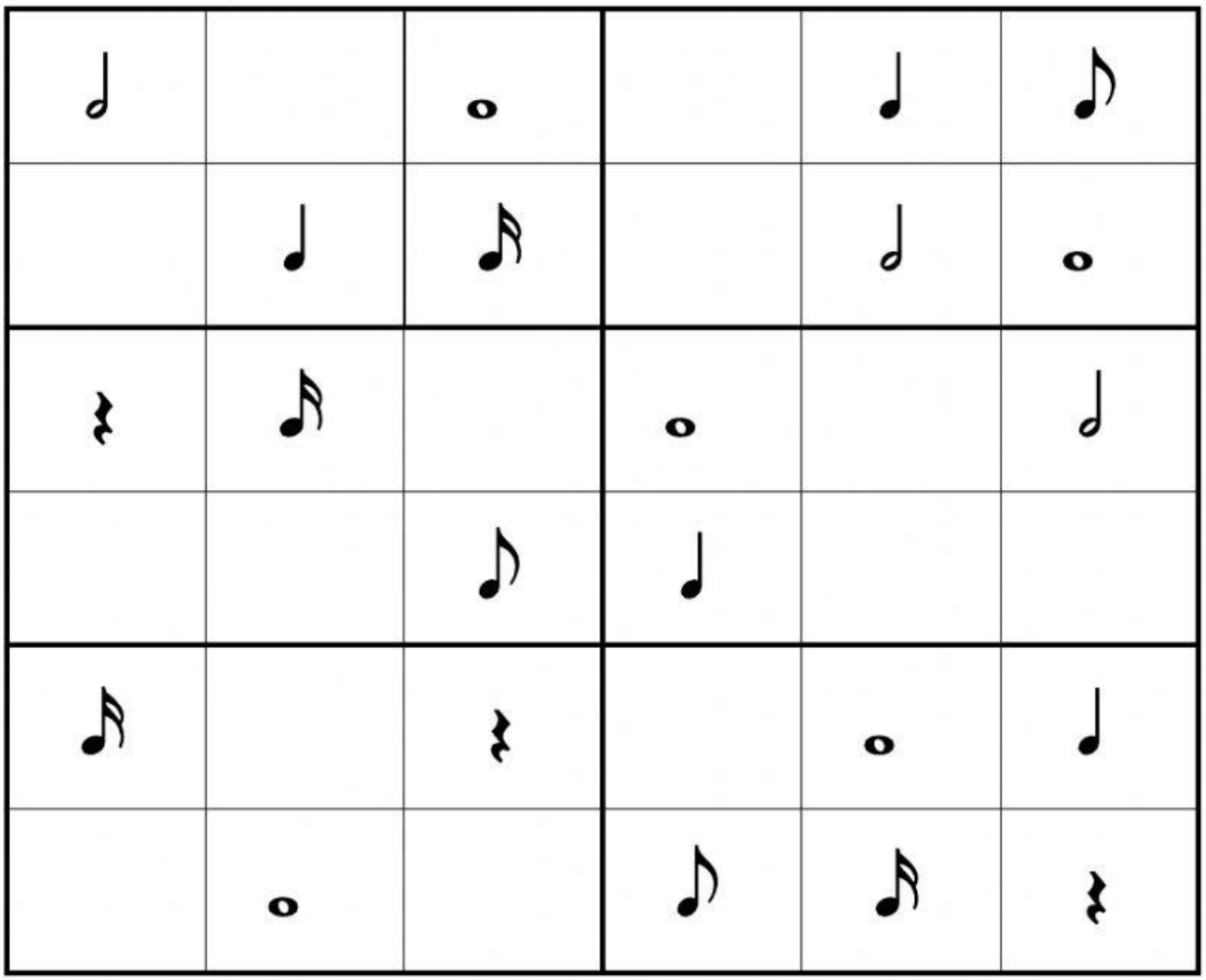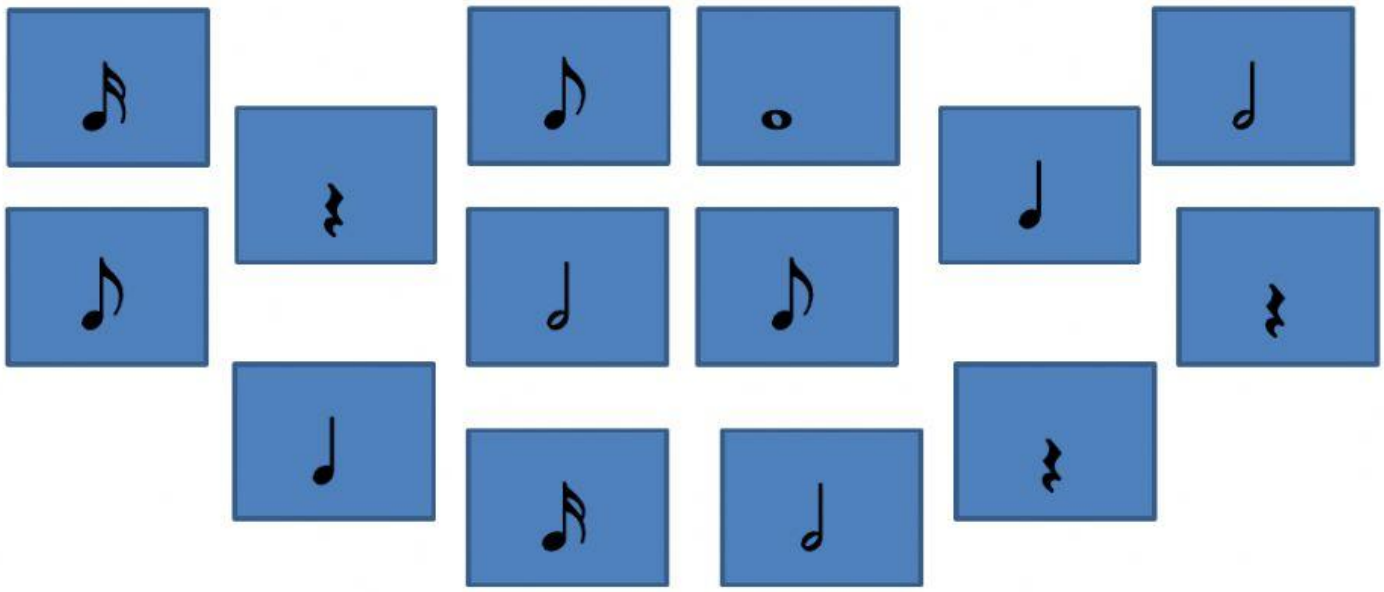Išspęsk