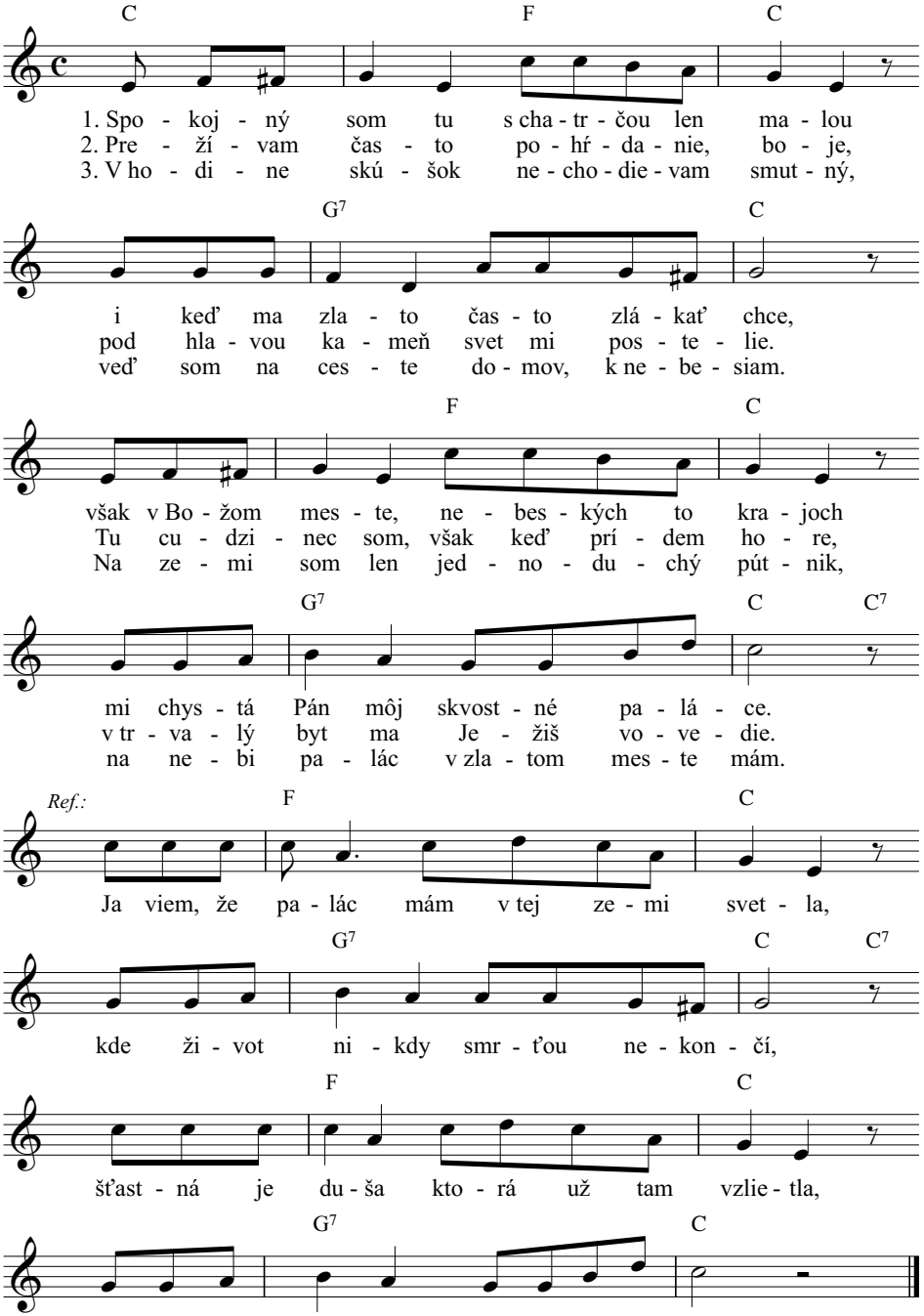Spokojný som tu

