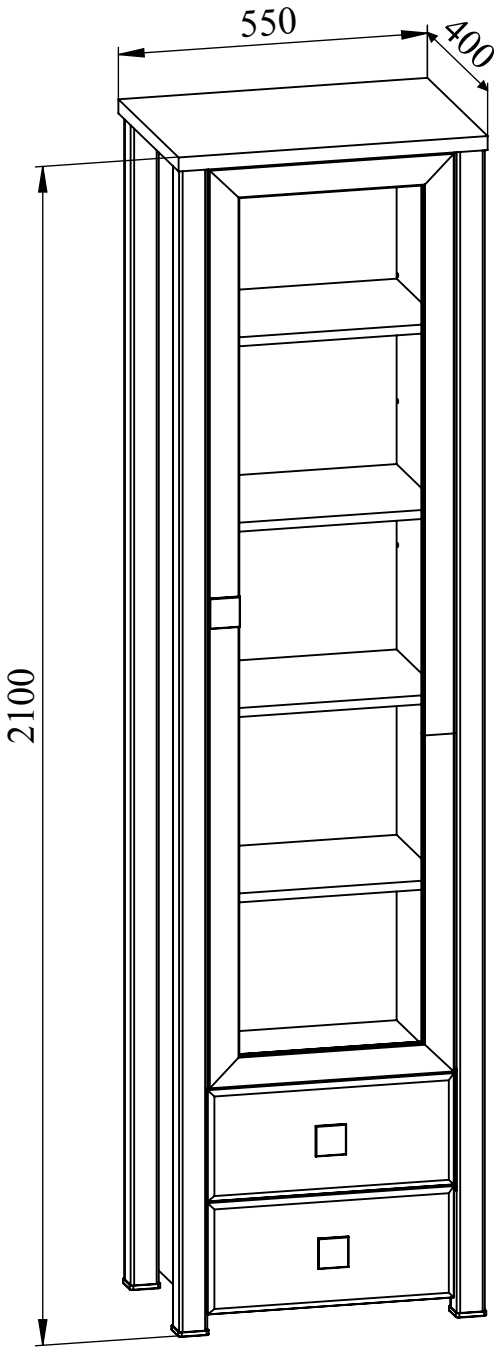ИЗ-16