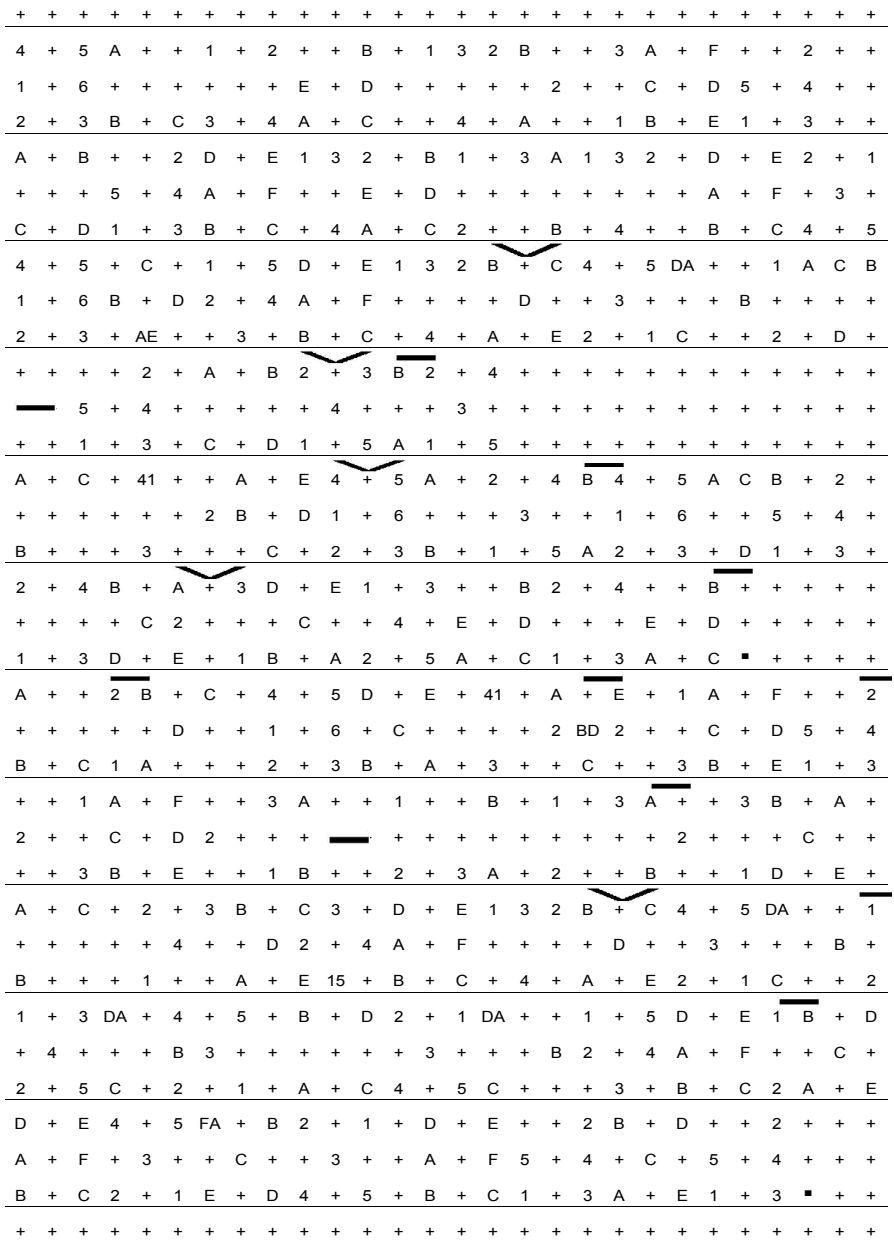Udělám si sám