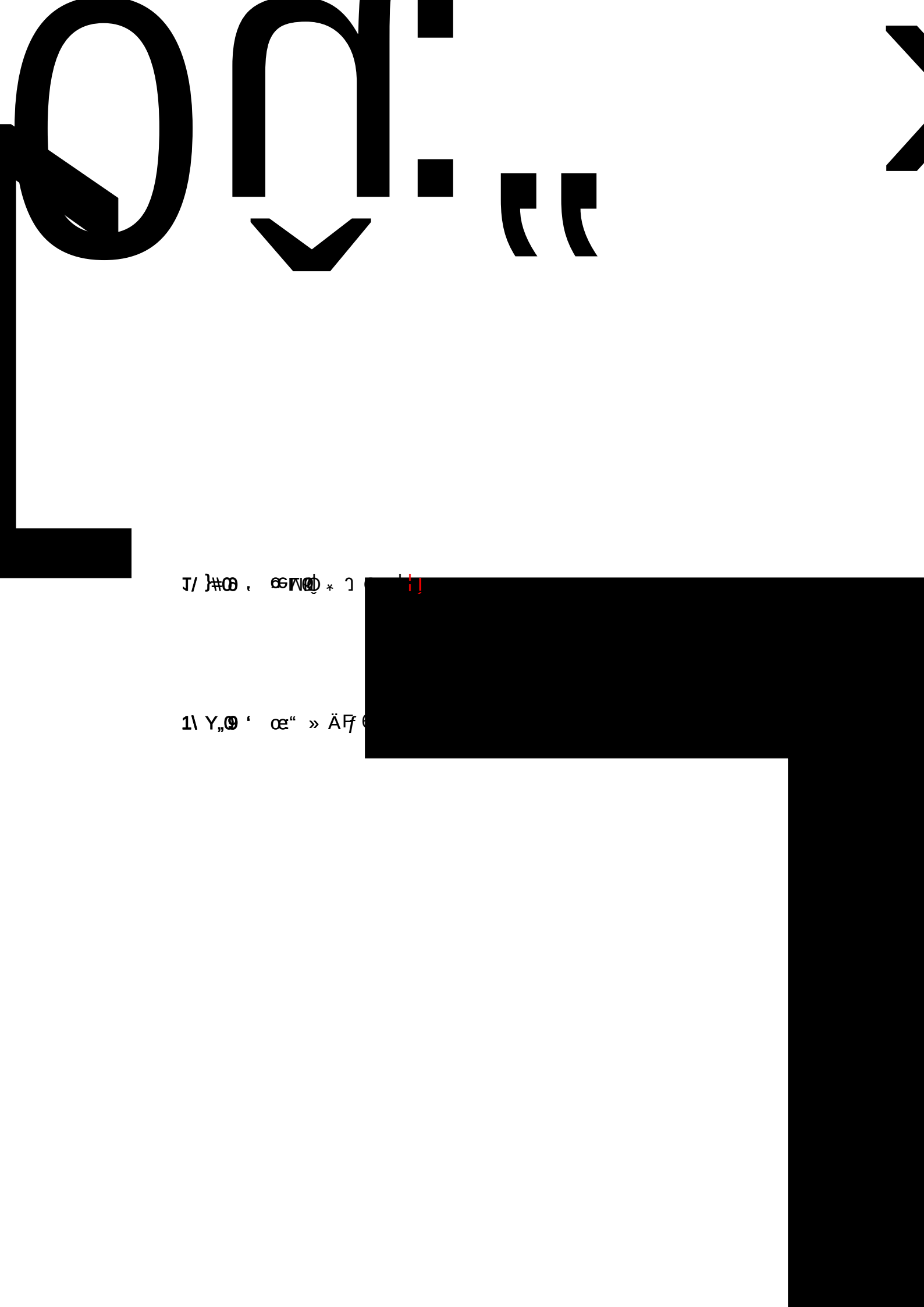هم