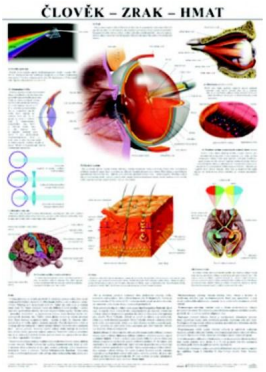Zrak a hmat