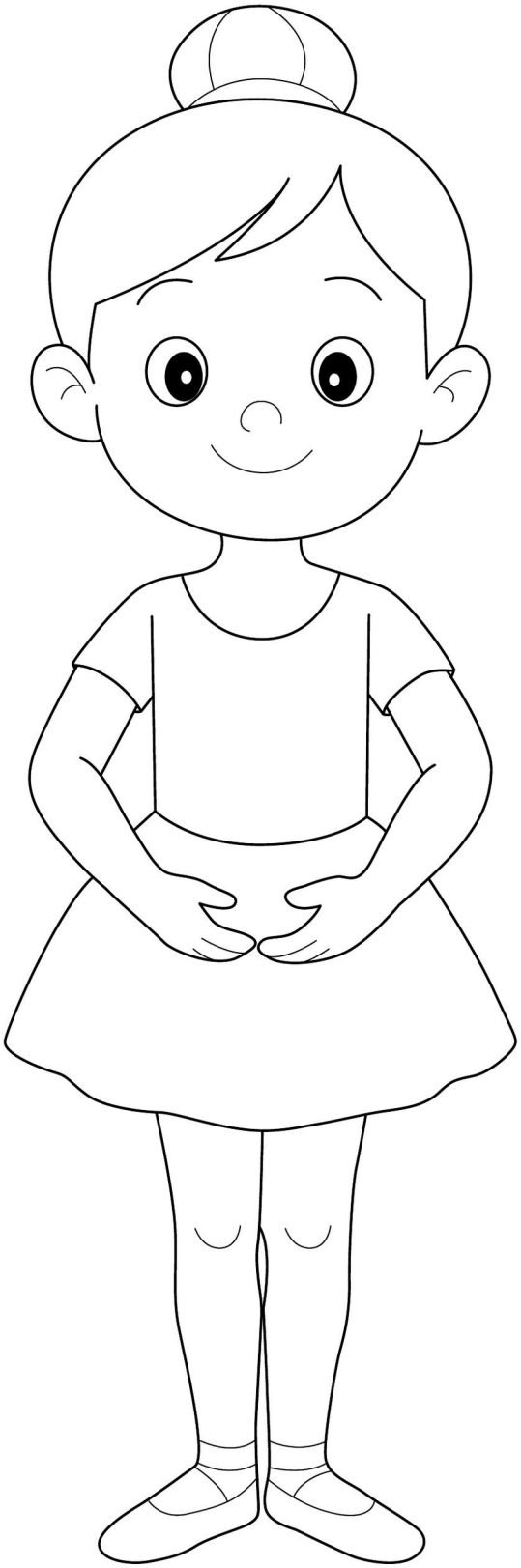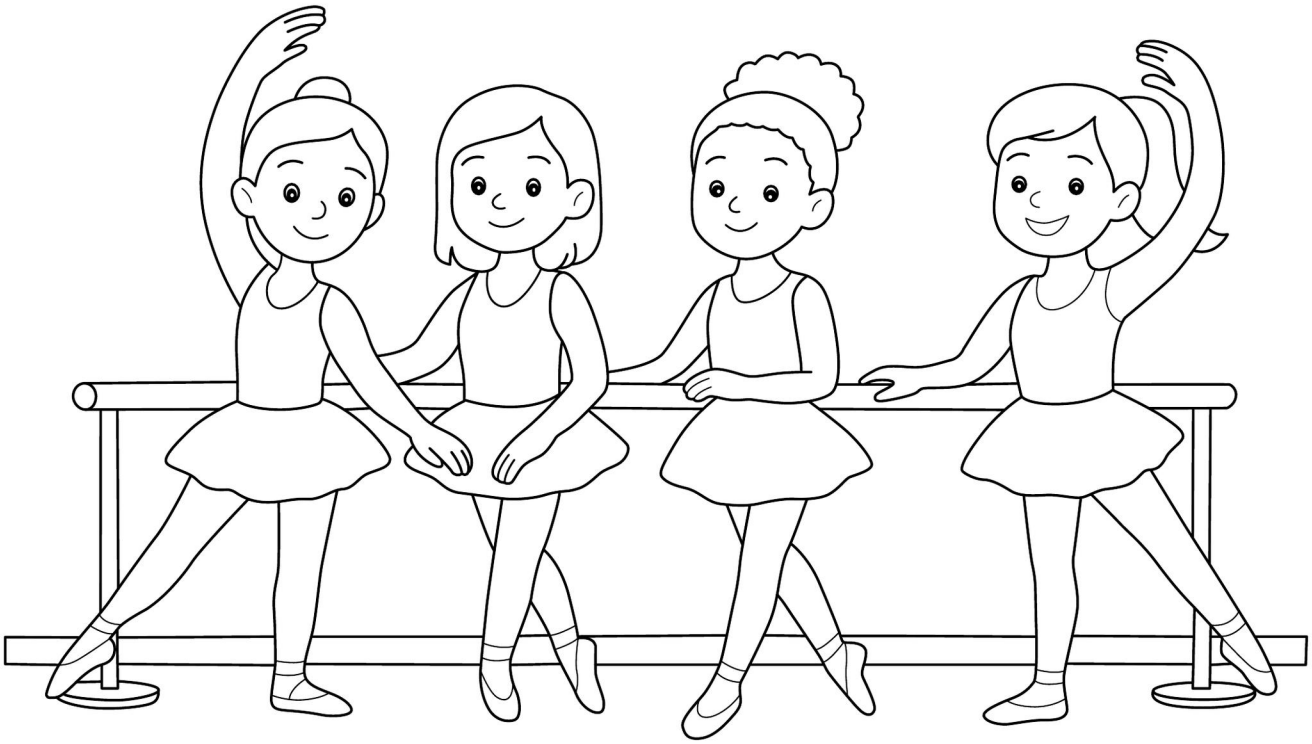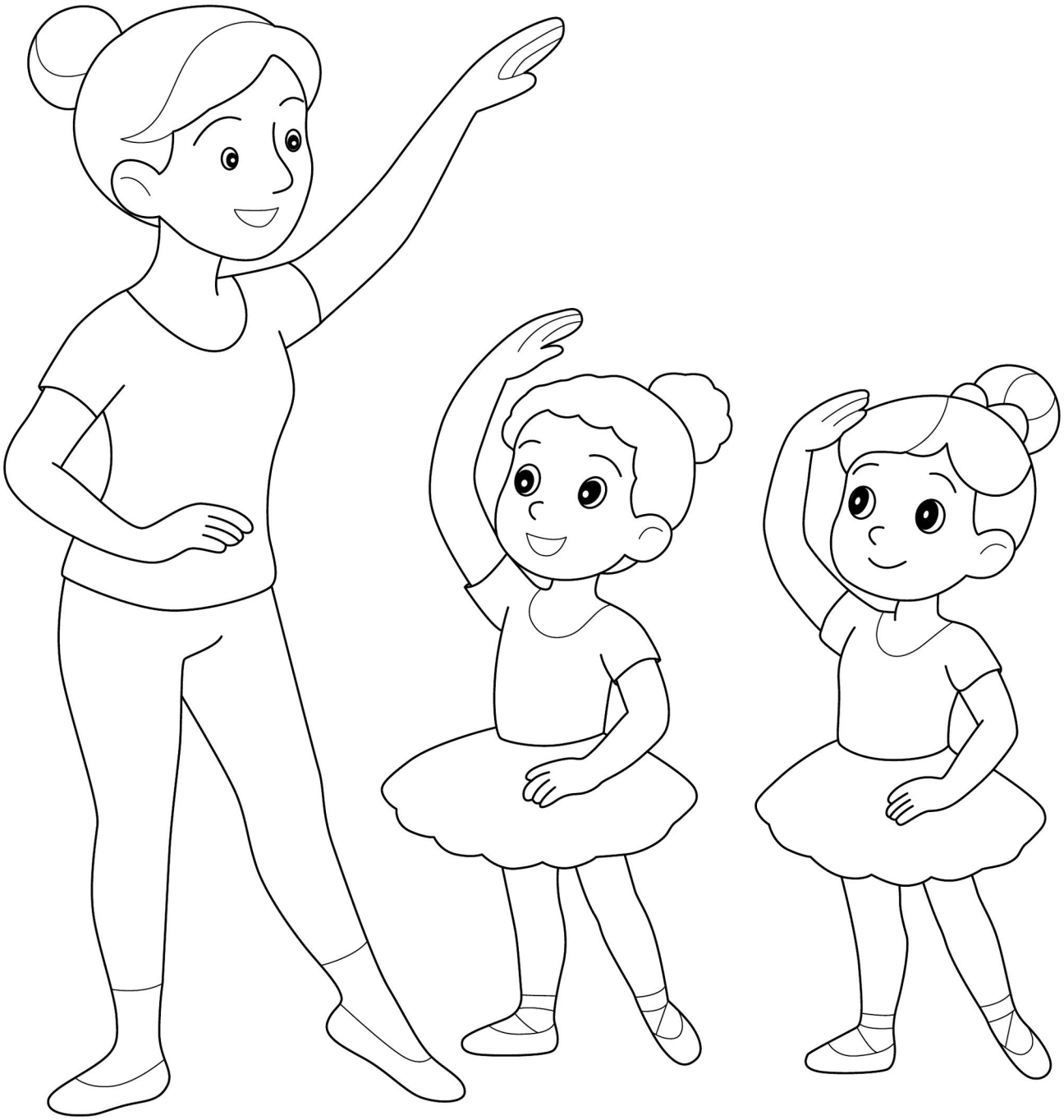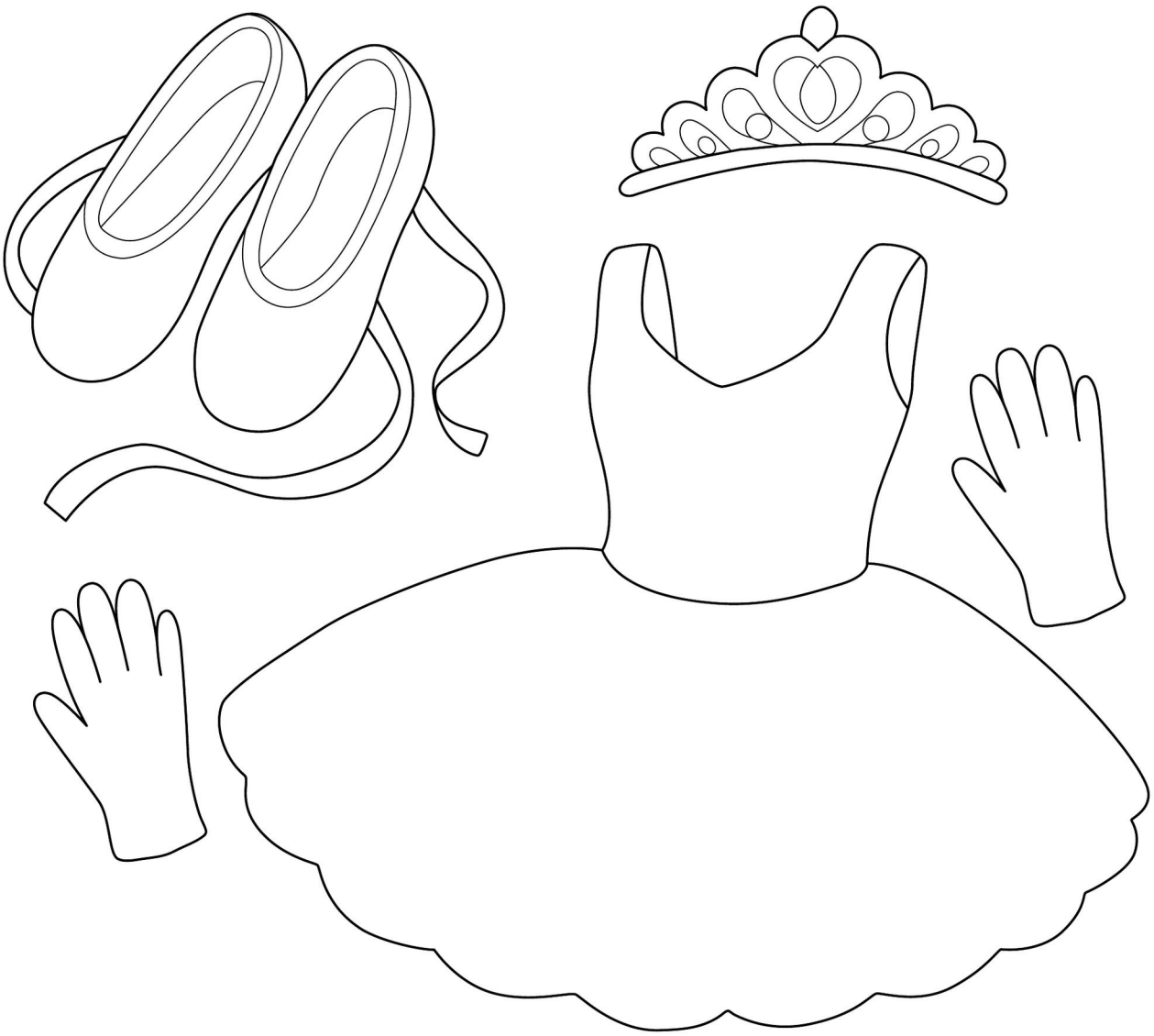בלט