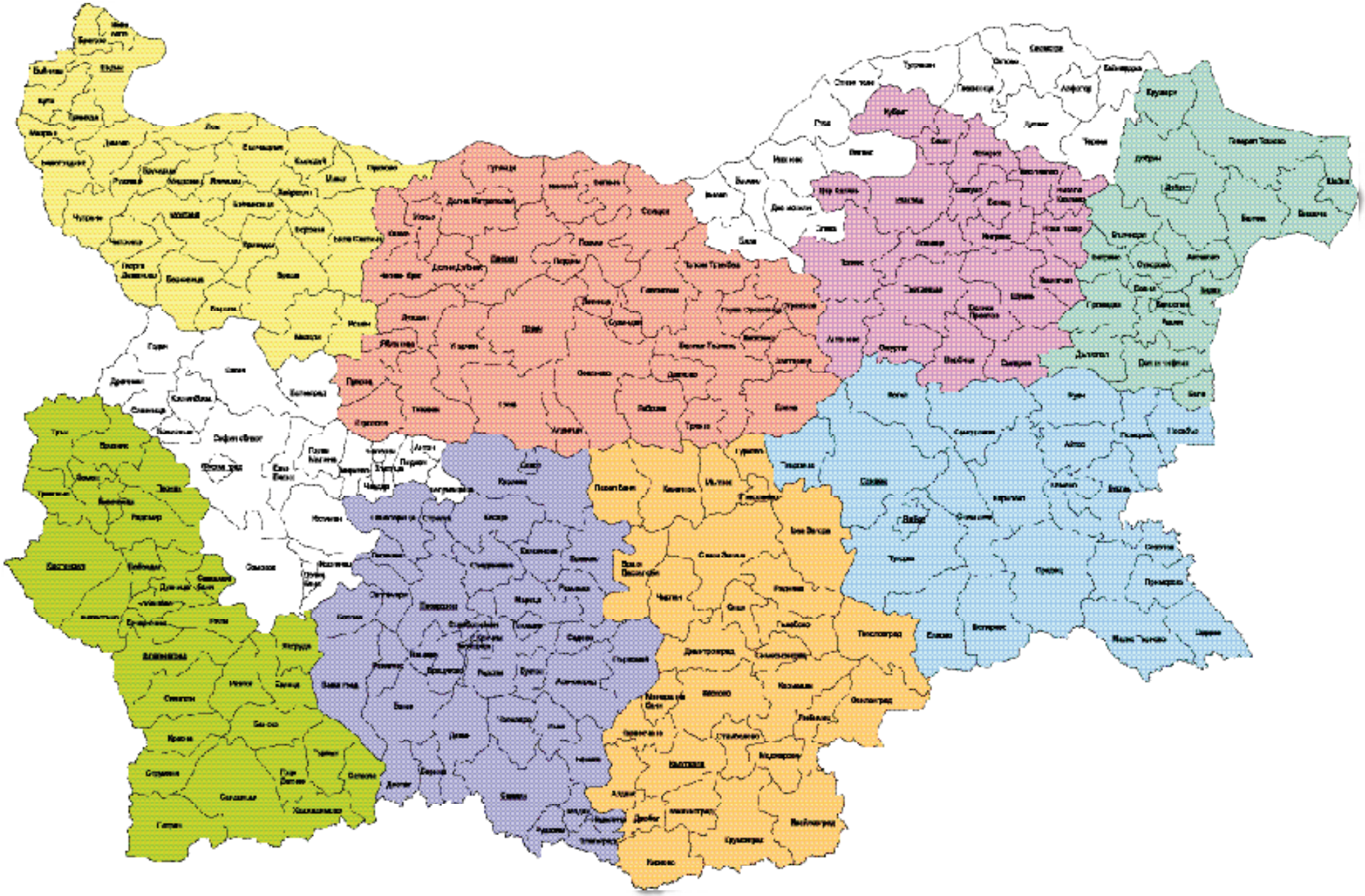Региони