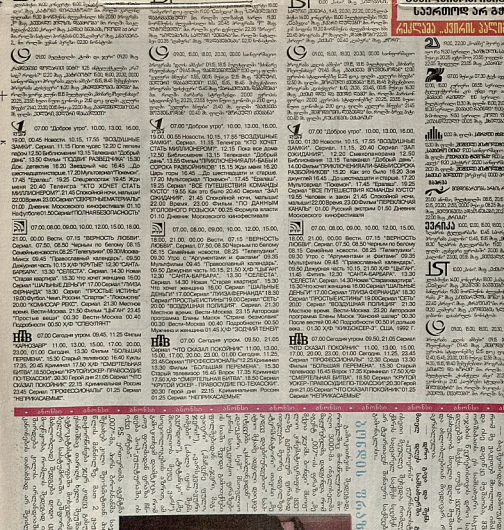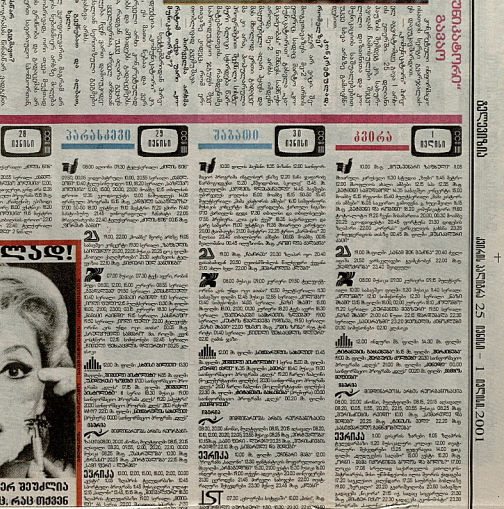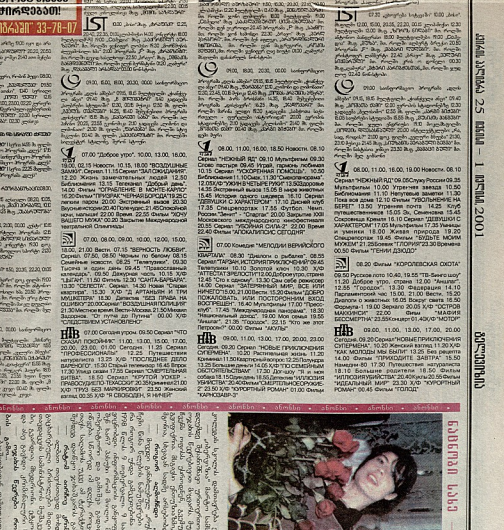ტელეგიდი