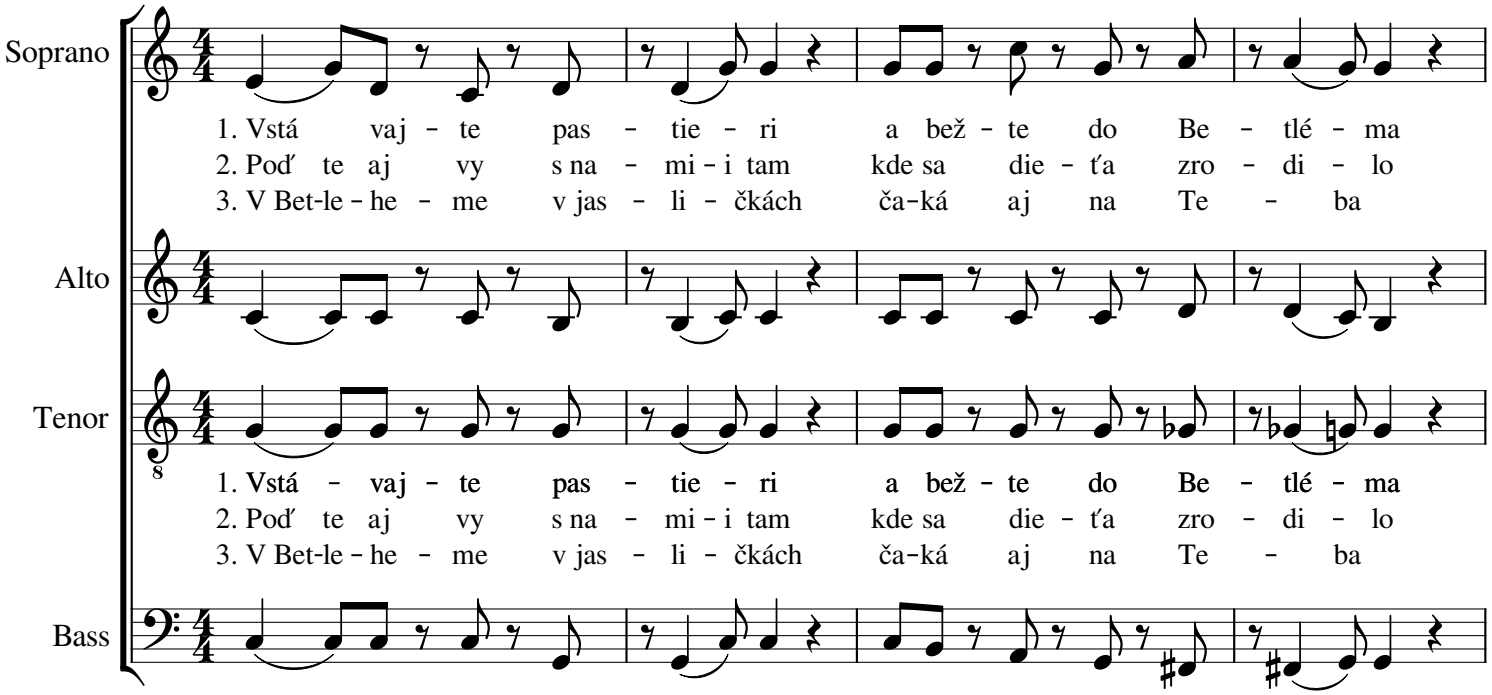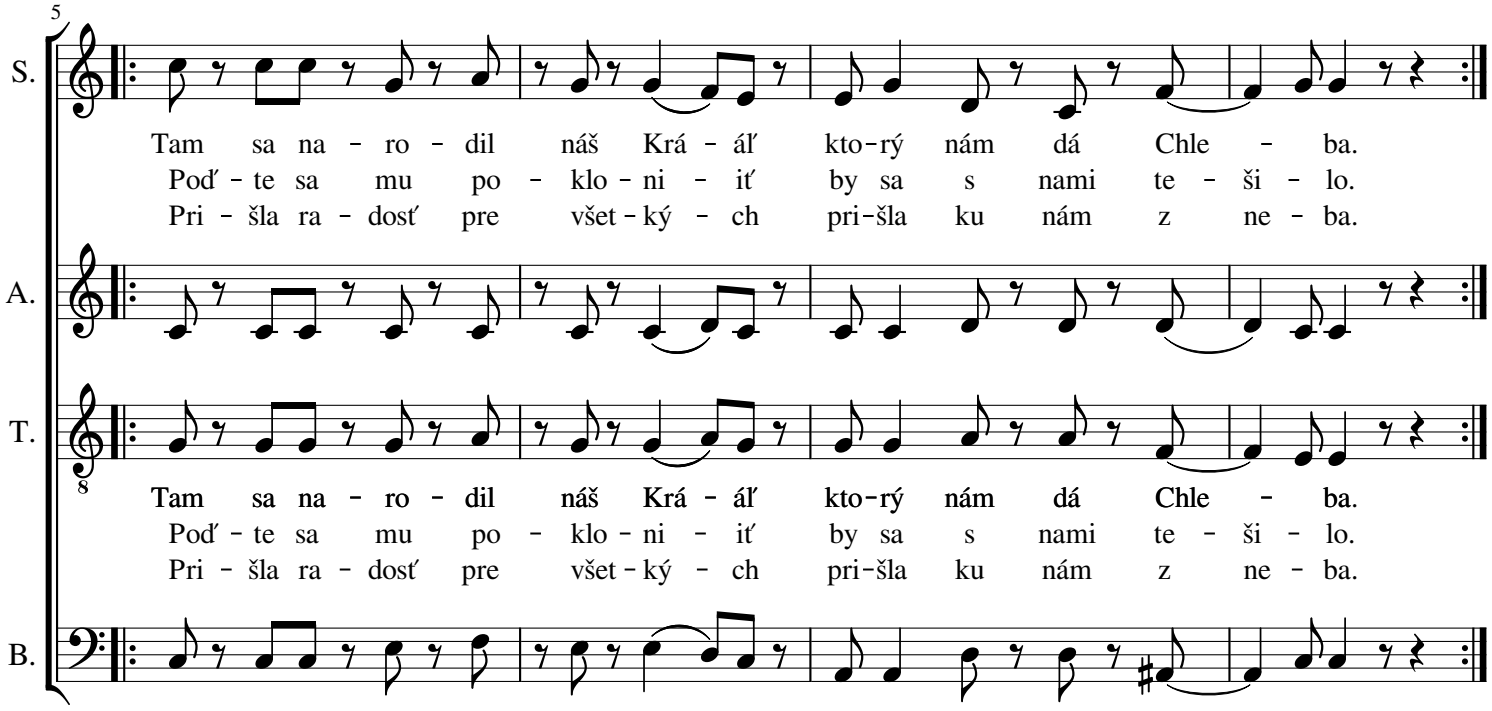Vstávajte pastieri