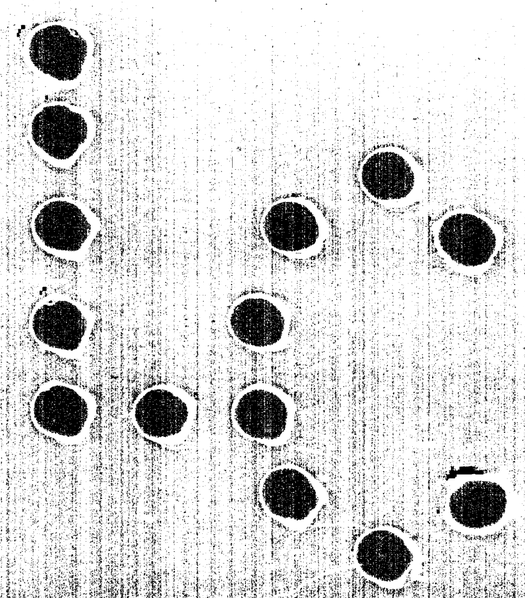ملف رسالة