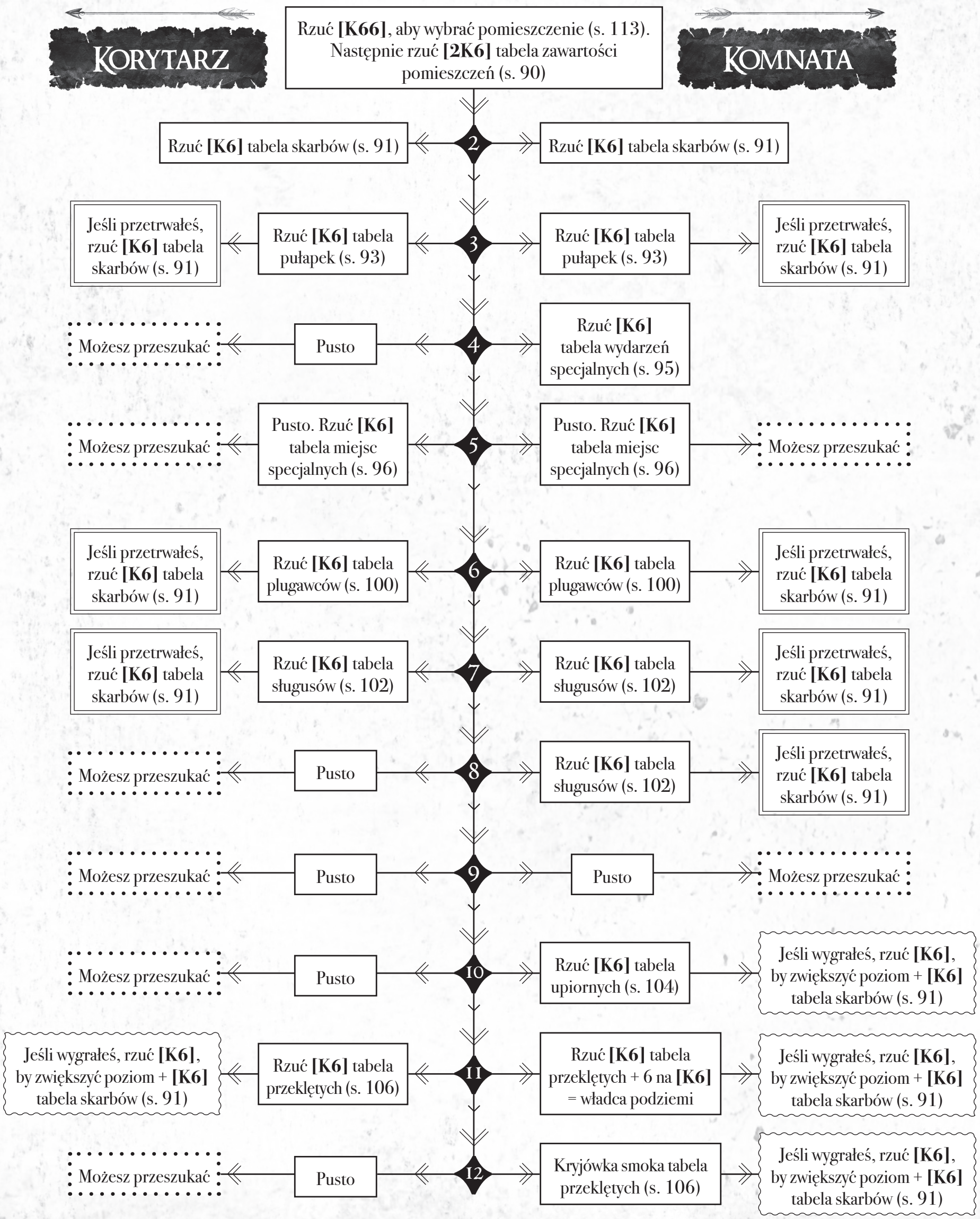Podziemia w pigułce