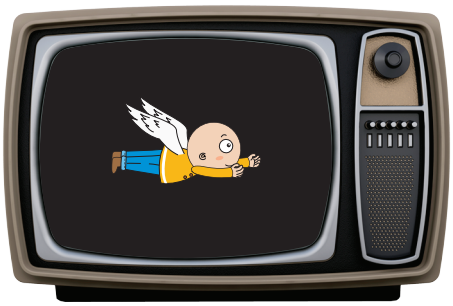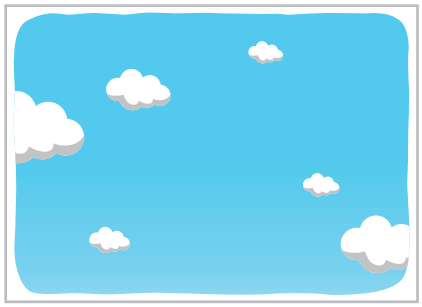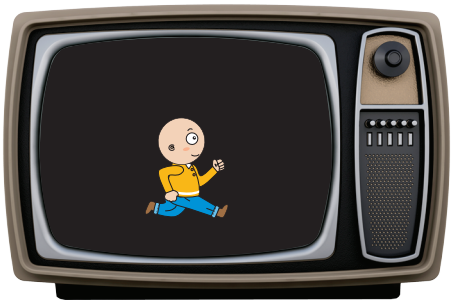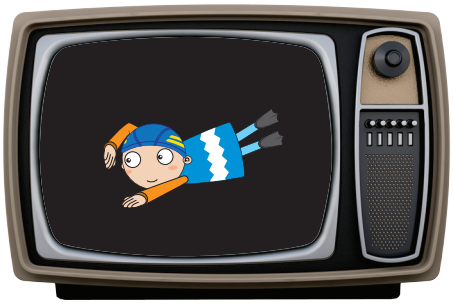이어요