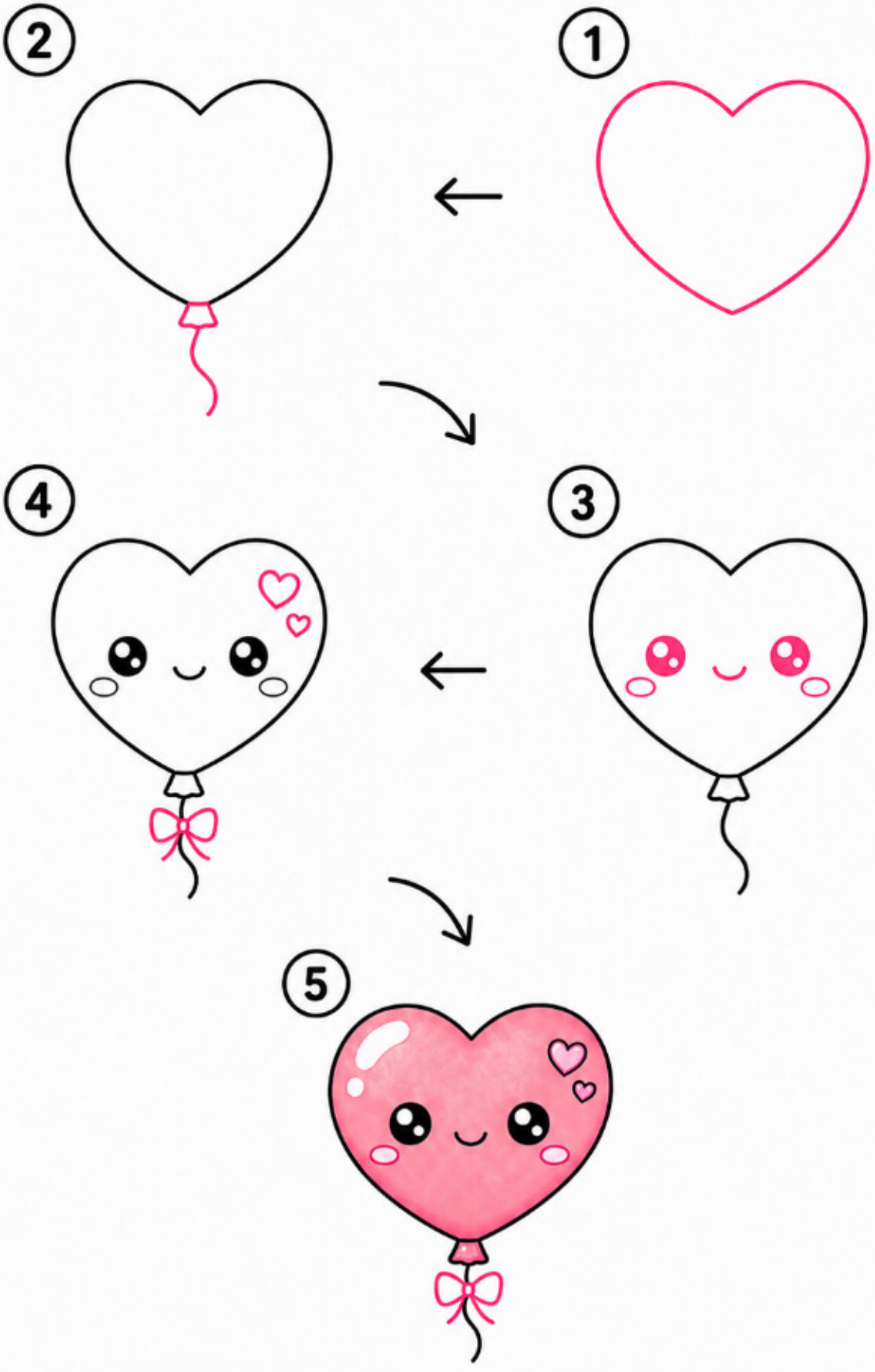איך מציירים בלון לב