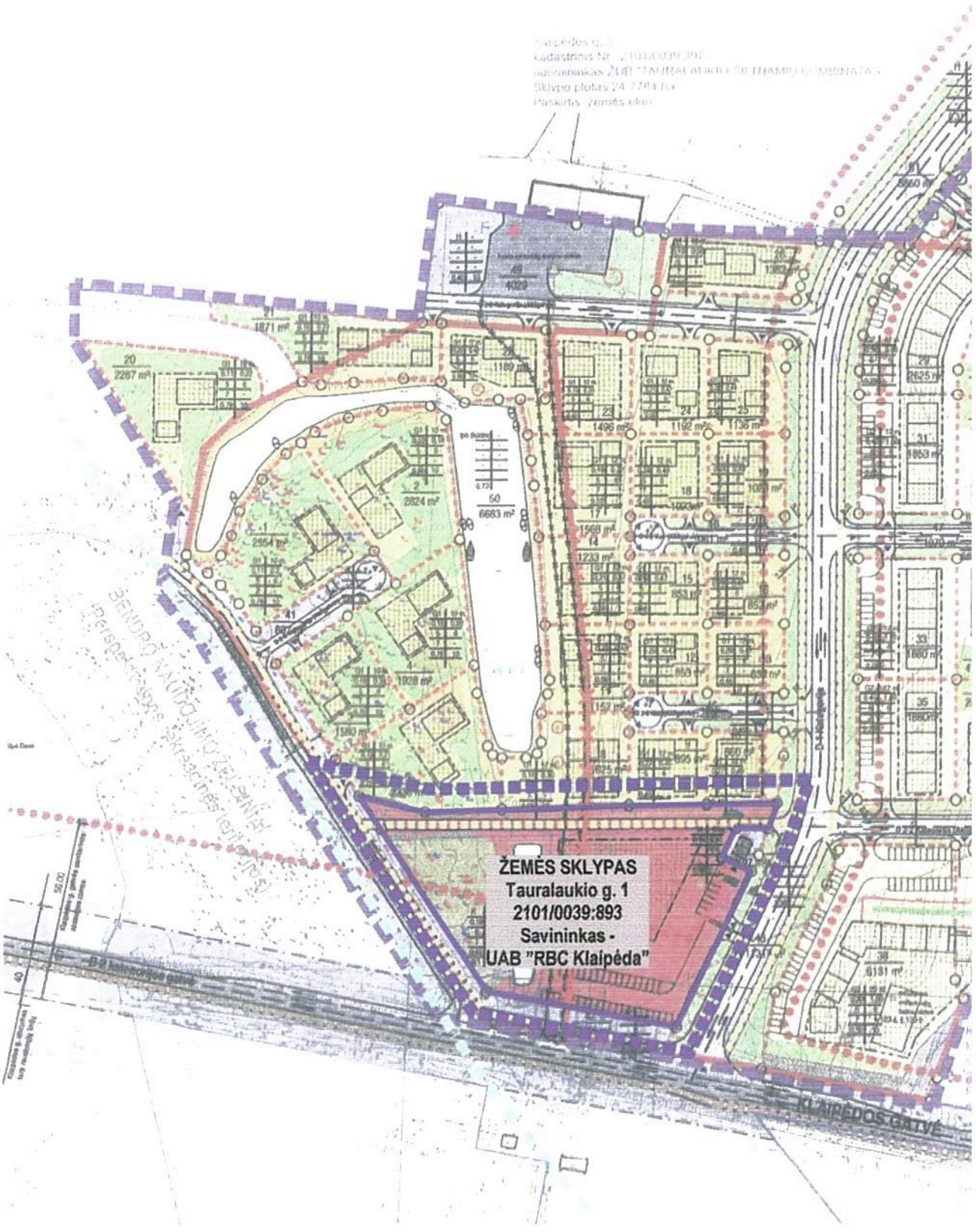SIŪLOMOS PLANUOT