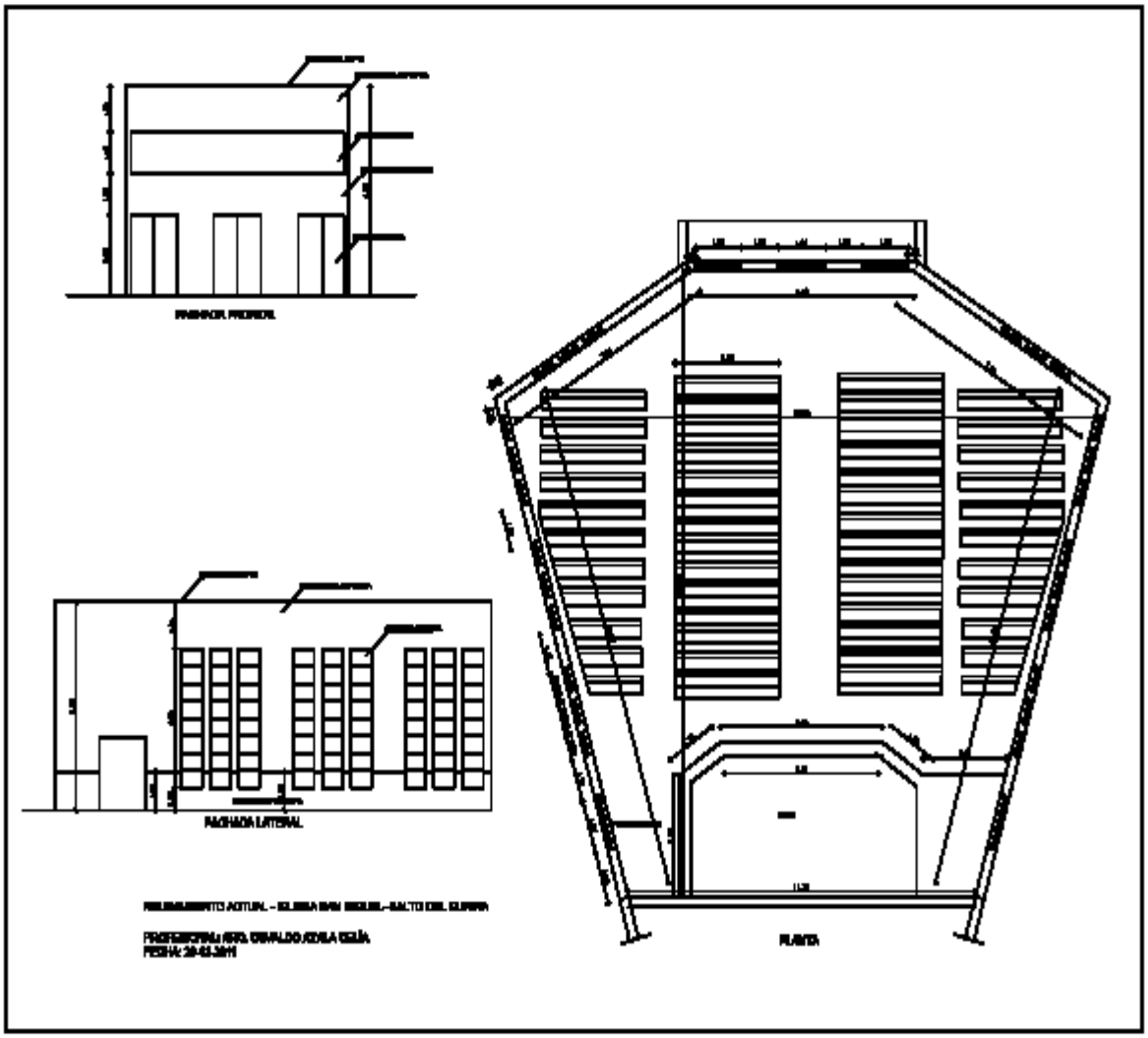PLANOS