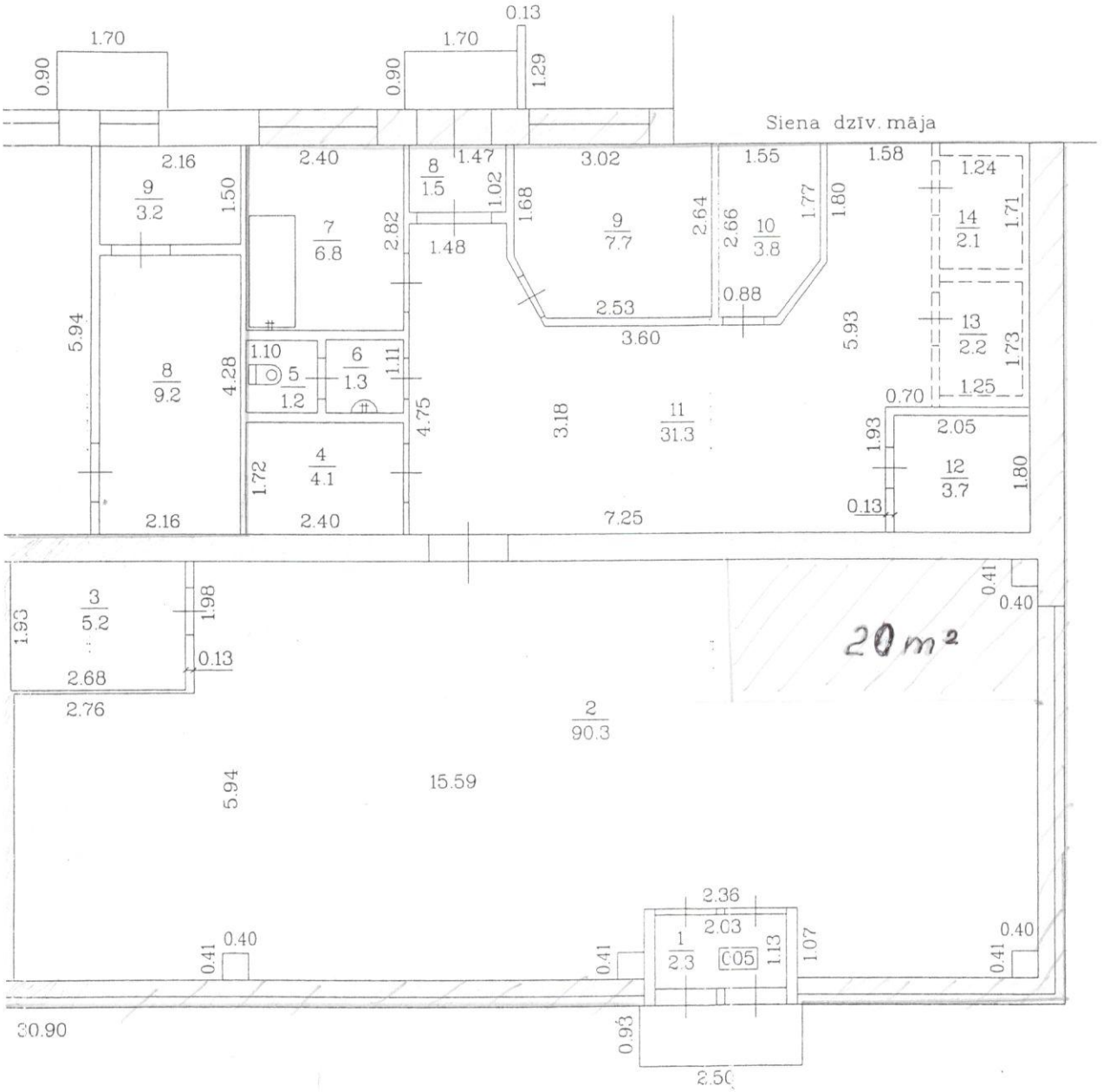ĀRĒJĀ SHĒMA