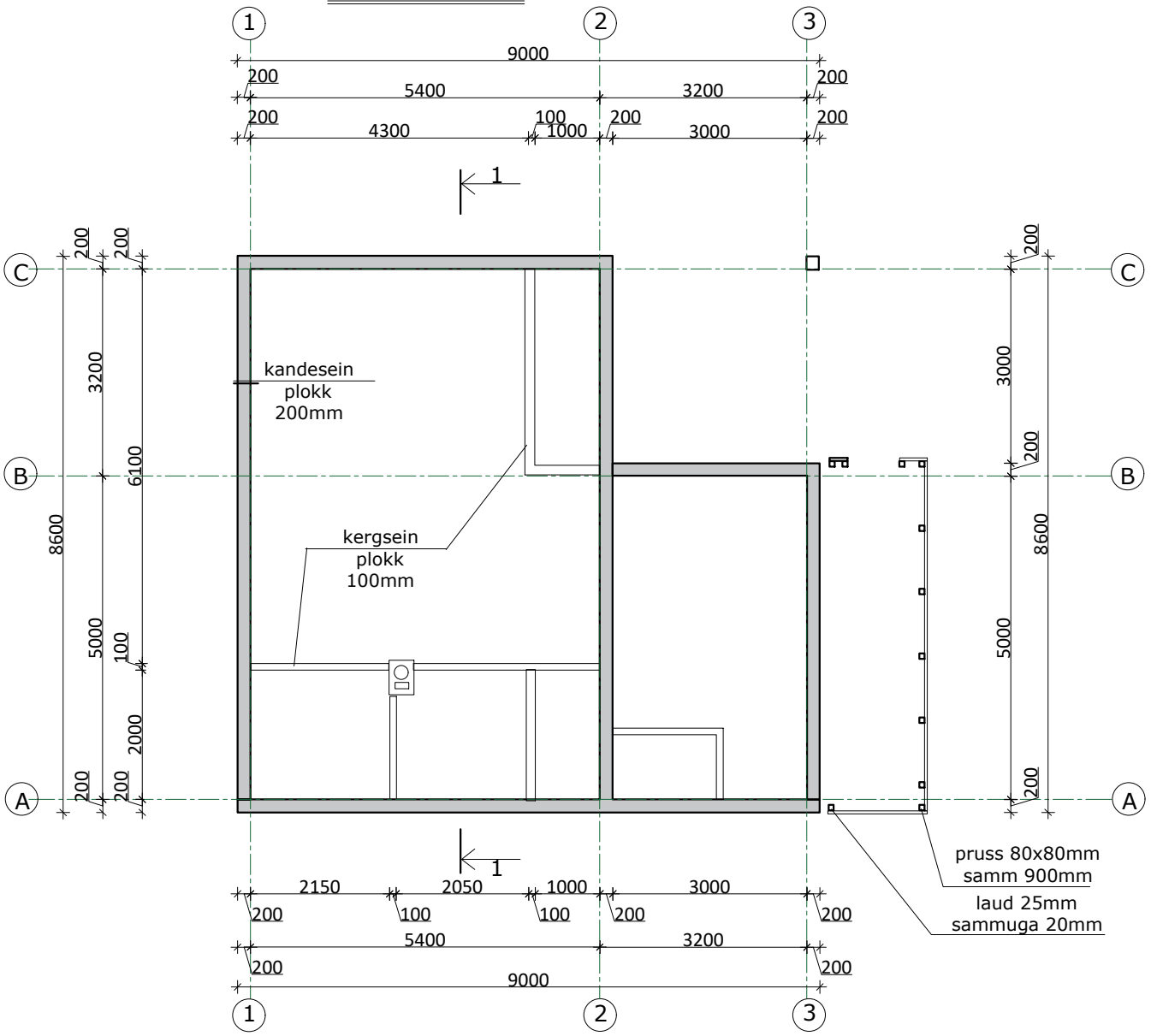SEINTE PLAAN