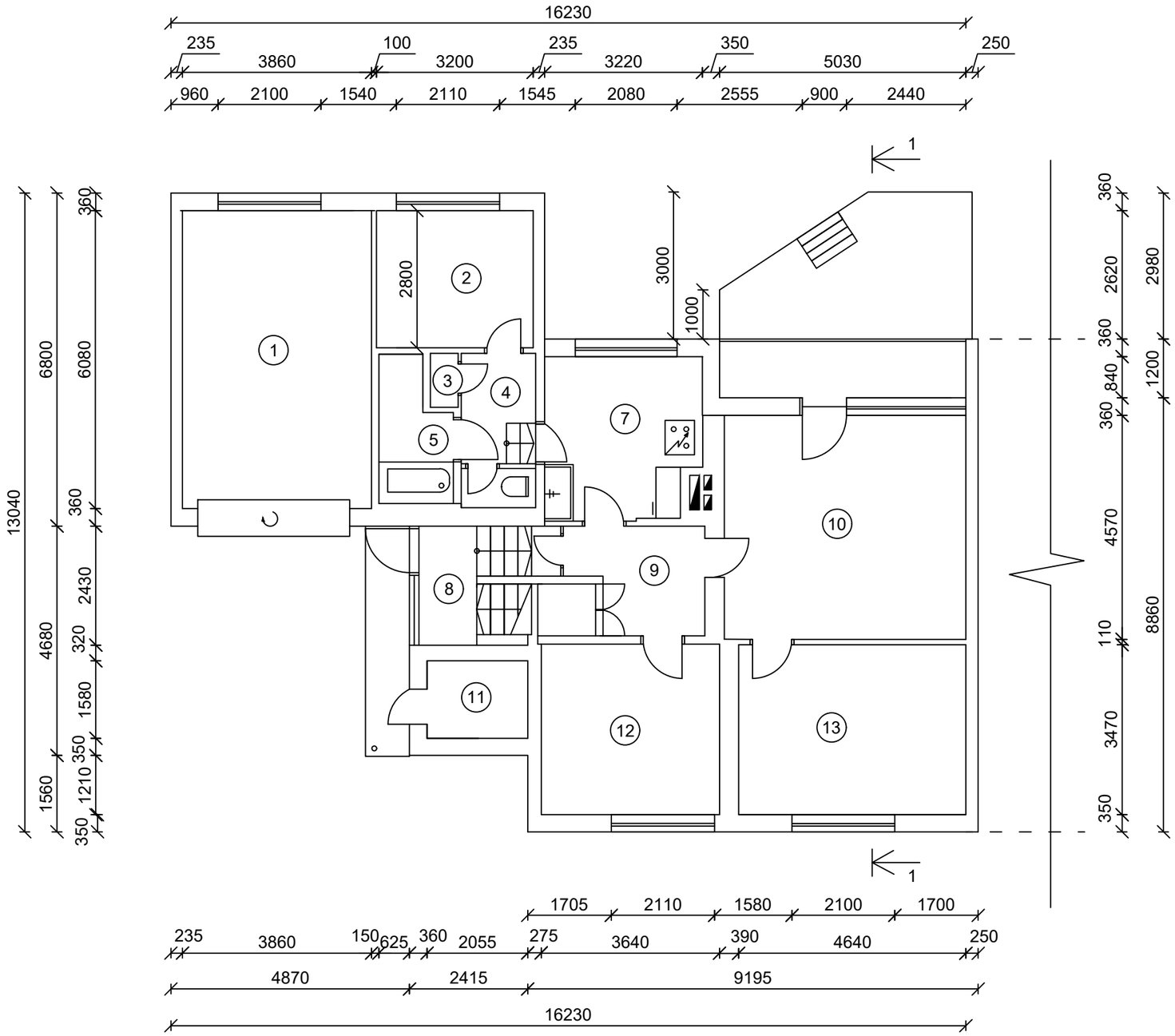ELAMU PÕHIPLAAN