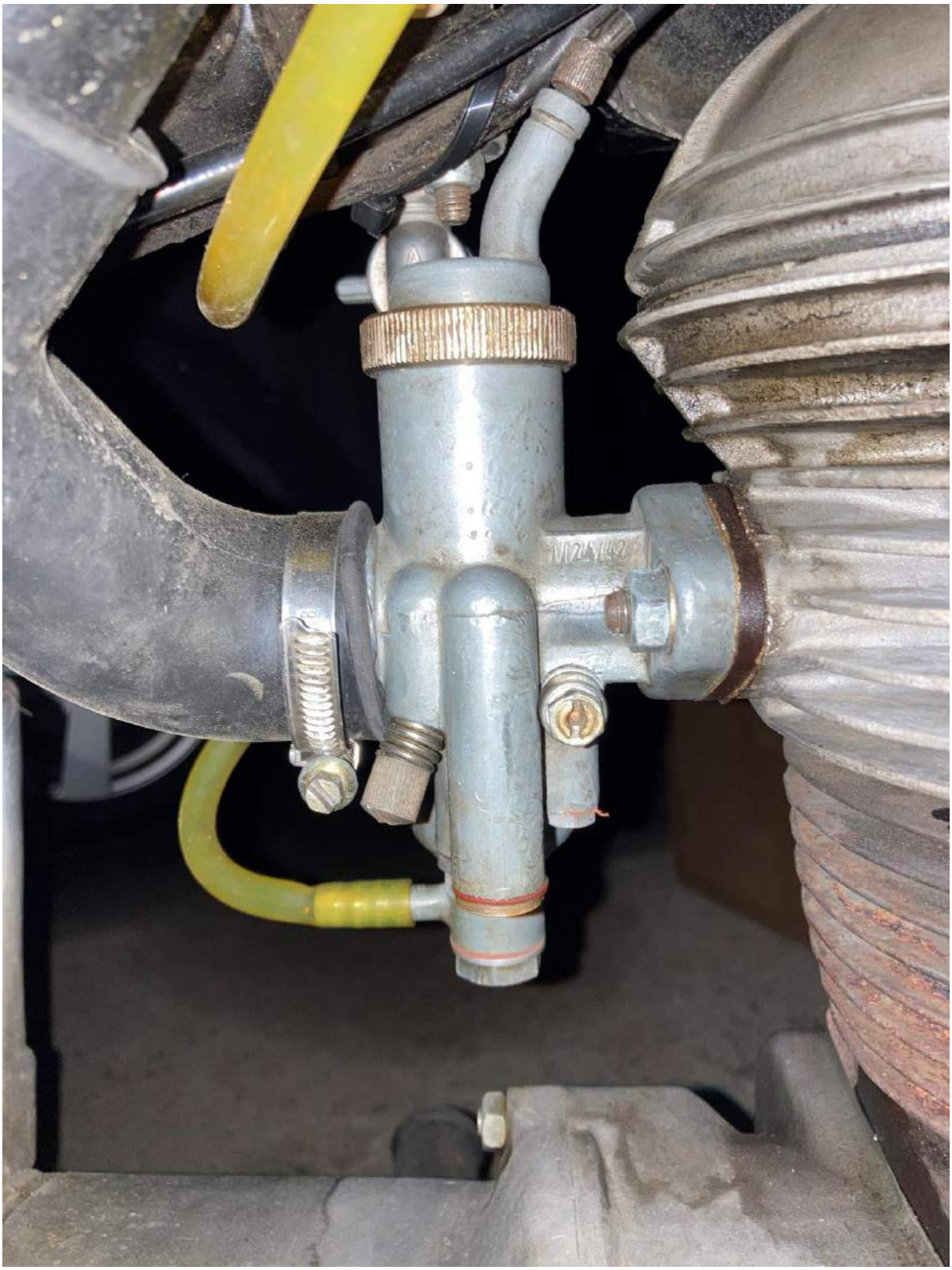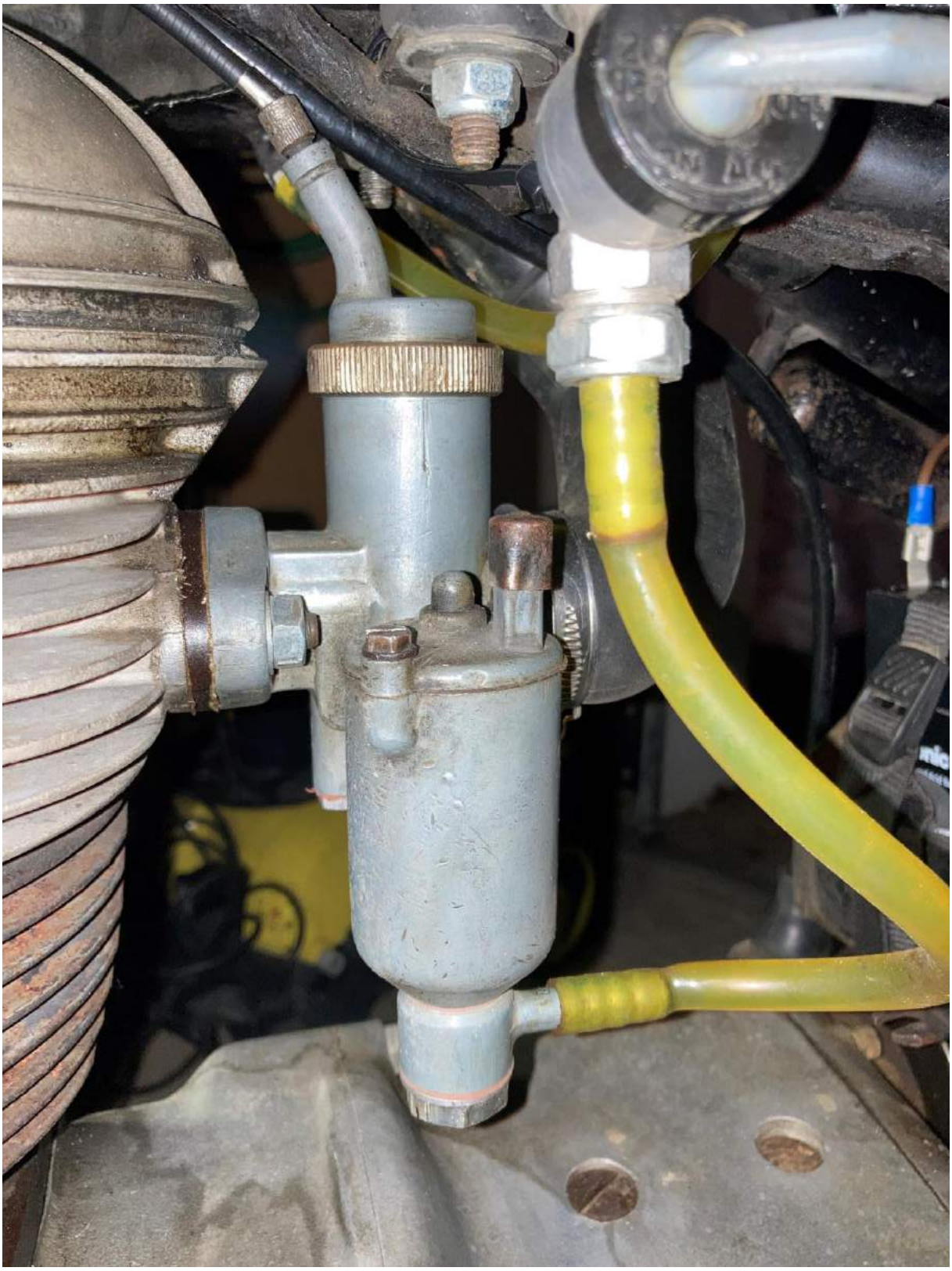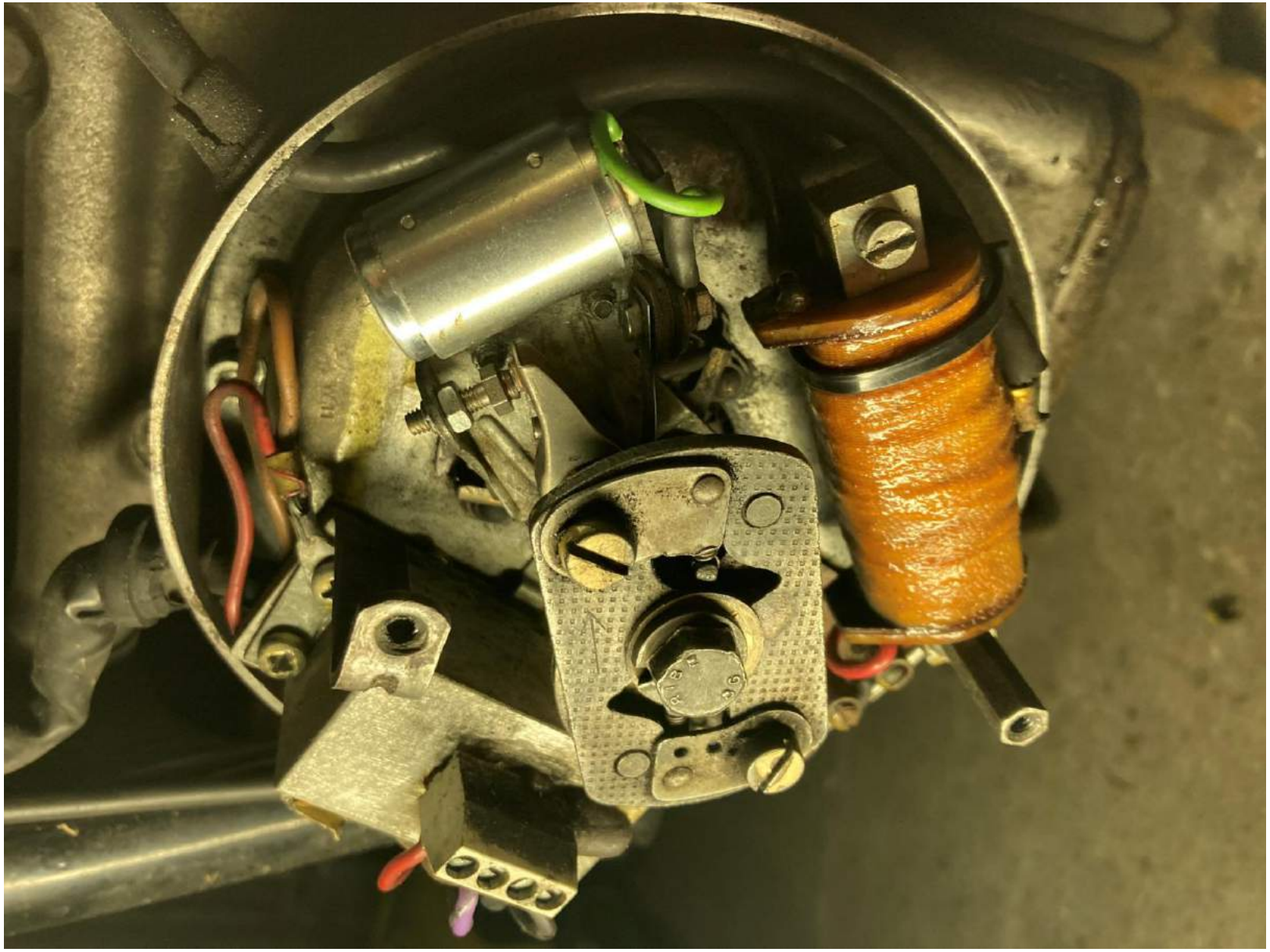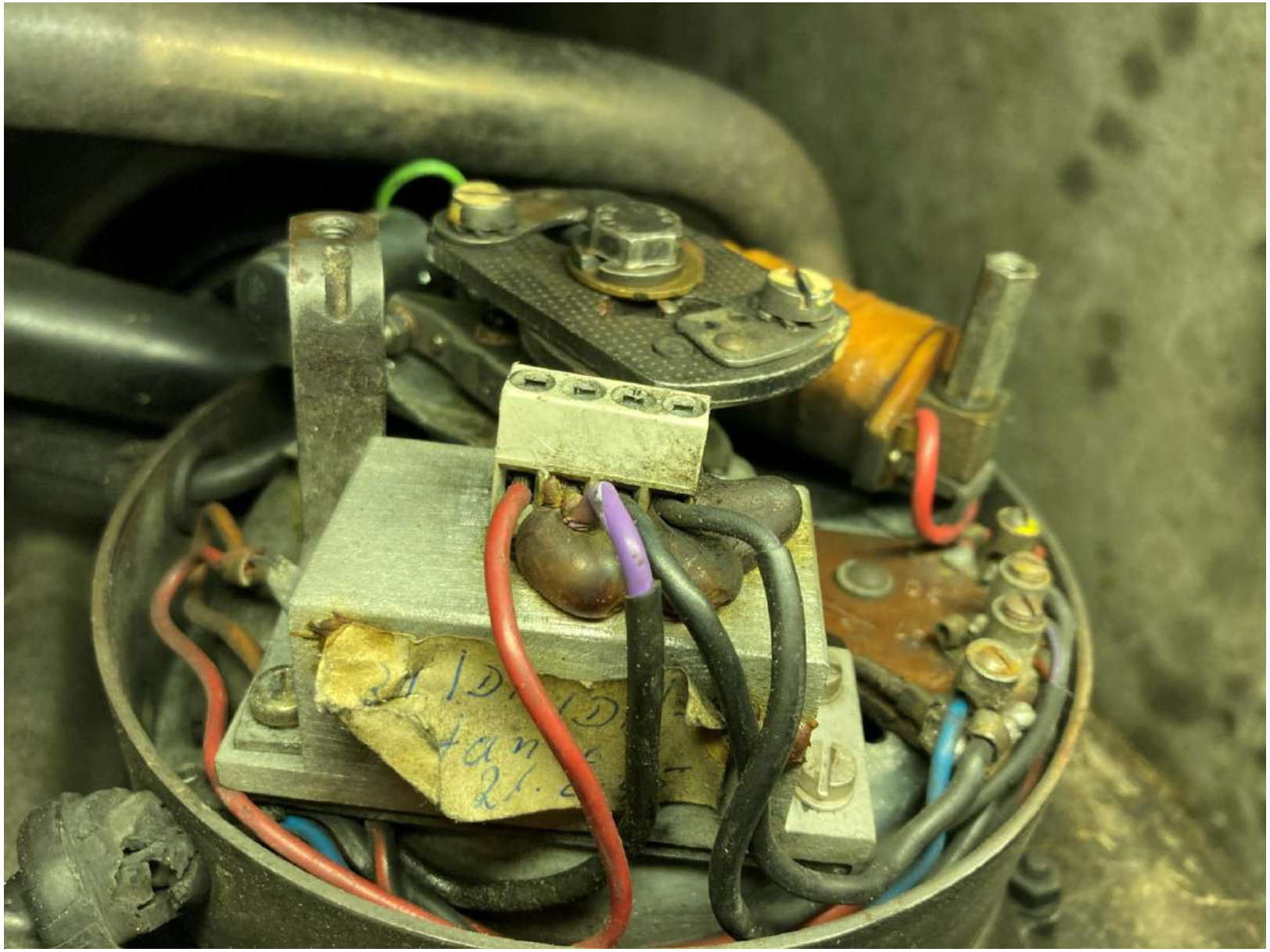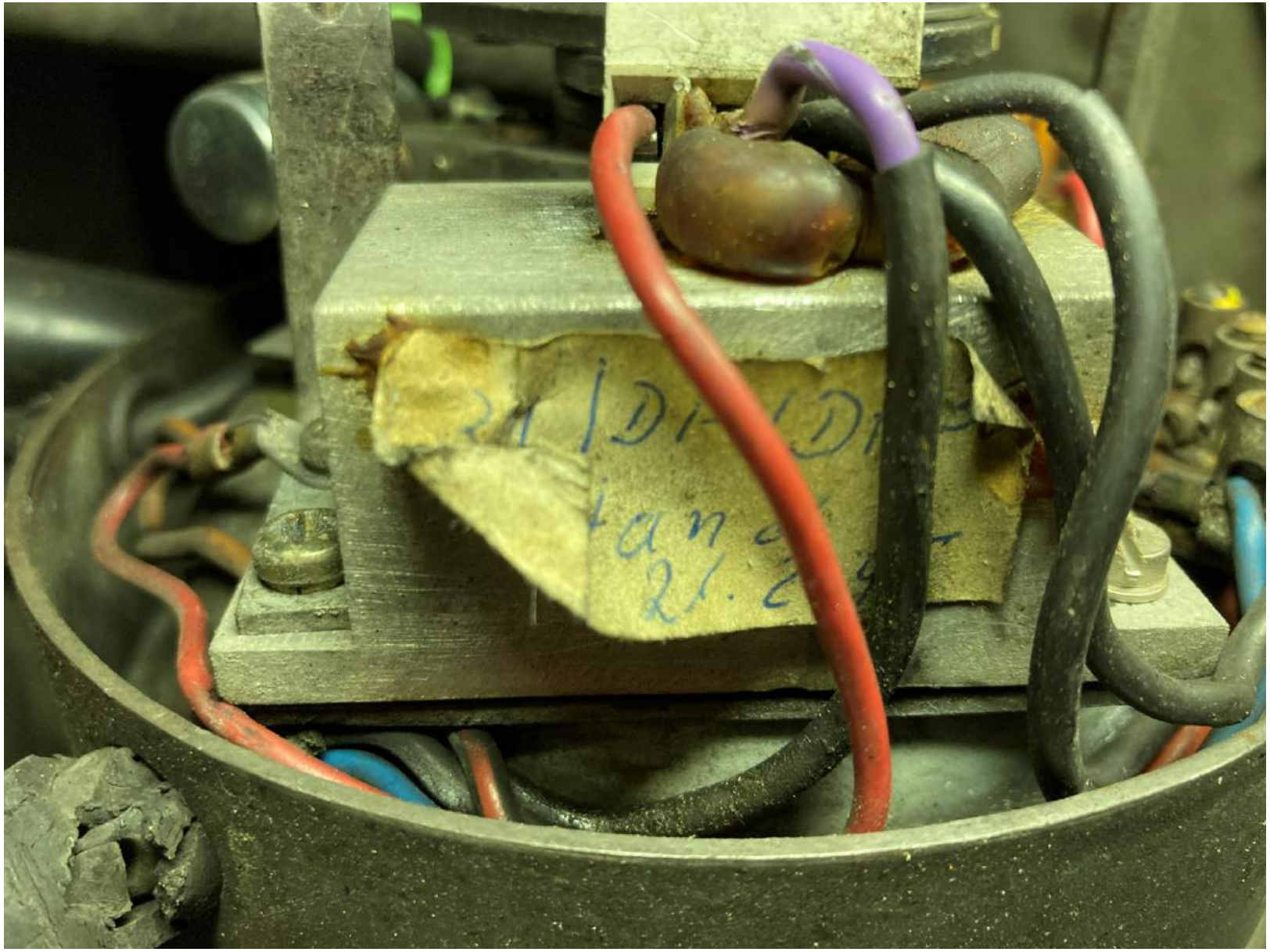Panas