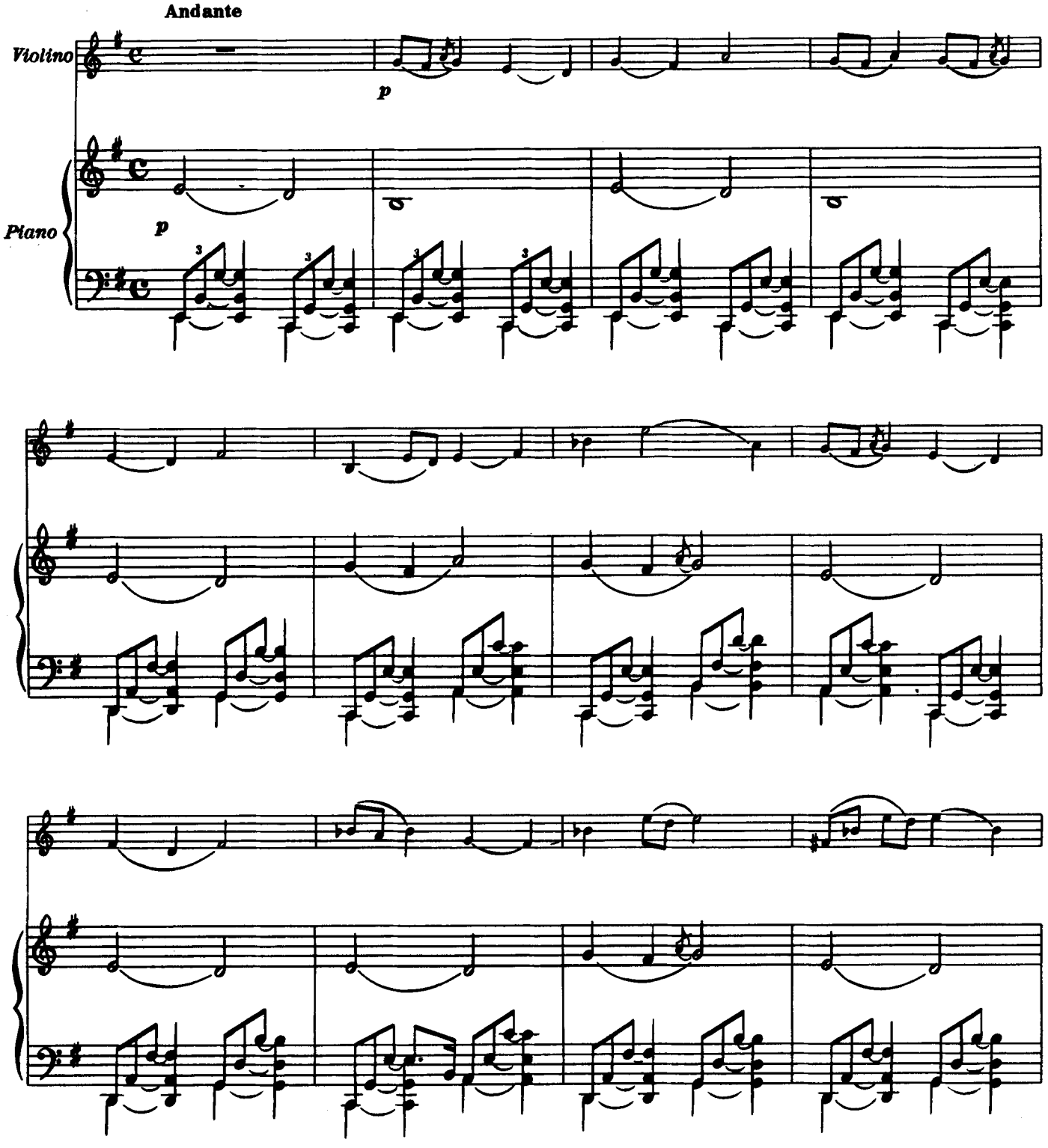LOPŠINĖ