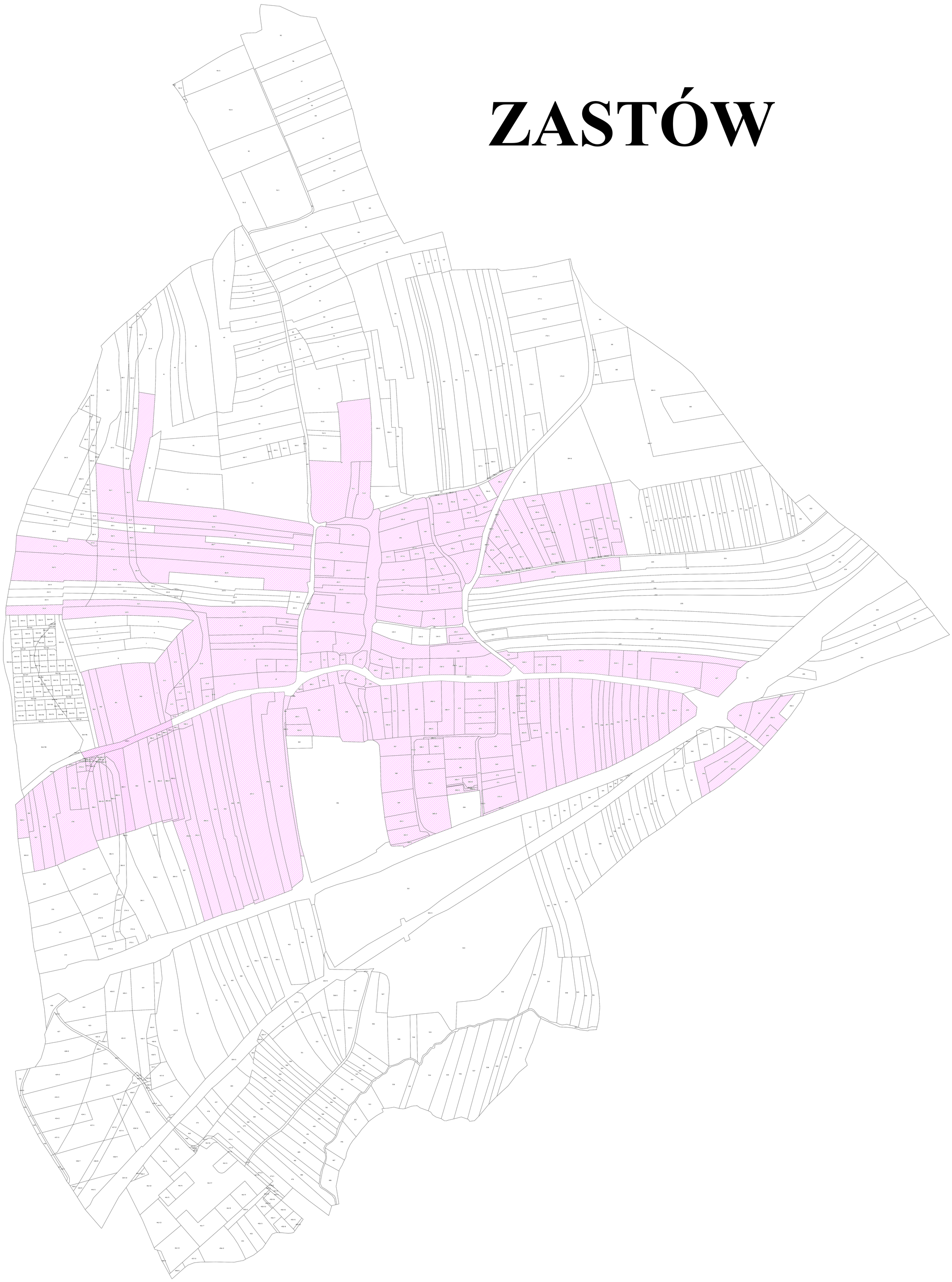ZASTÓW