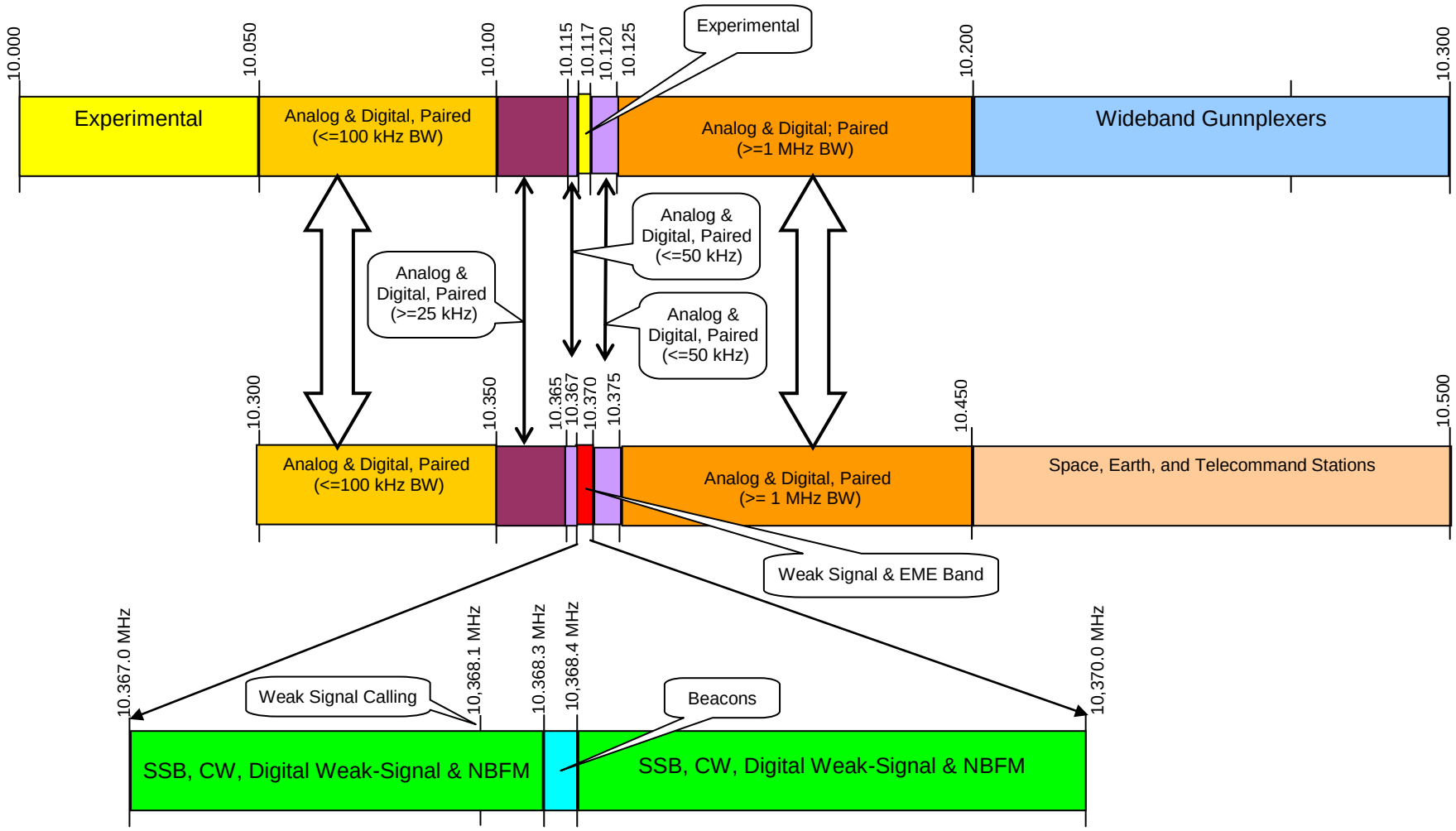Proposed Band Plan for the Amateur 3 cm Band (10.000 – 10.500 GHz)