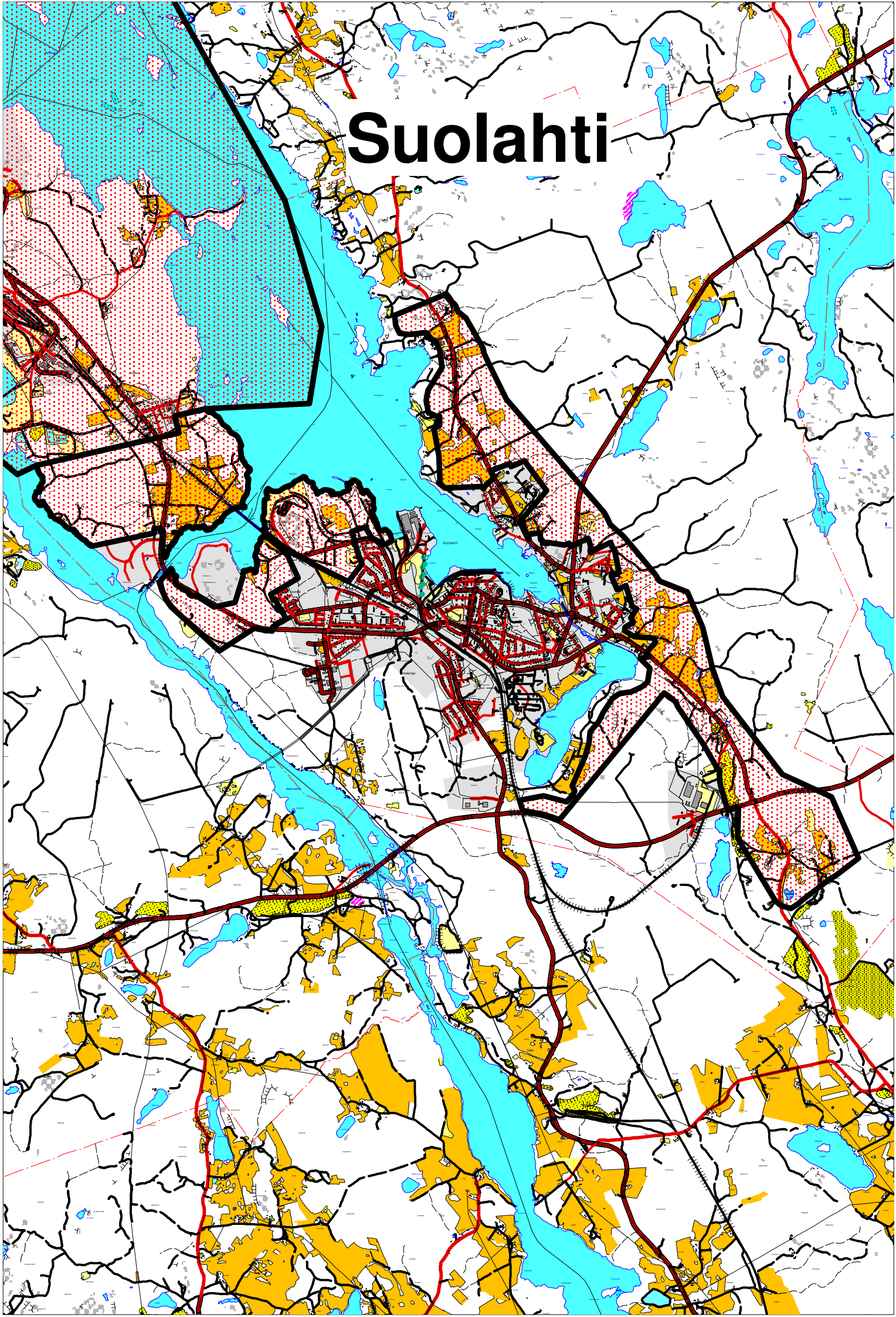Suolahti