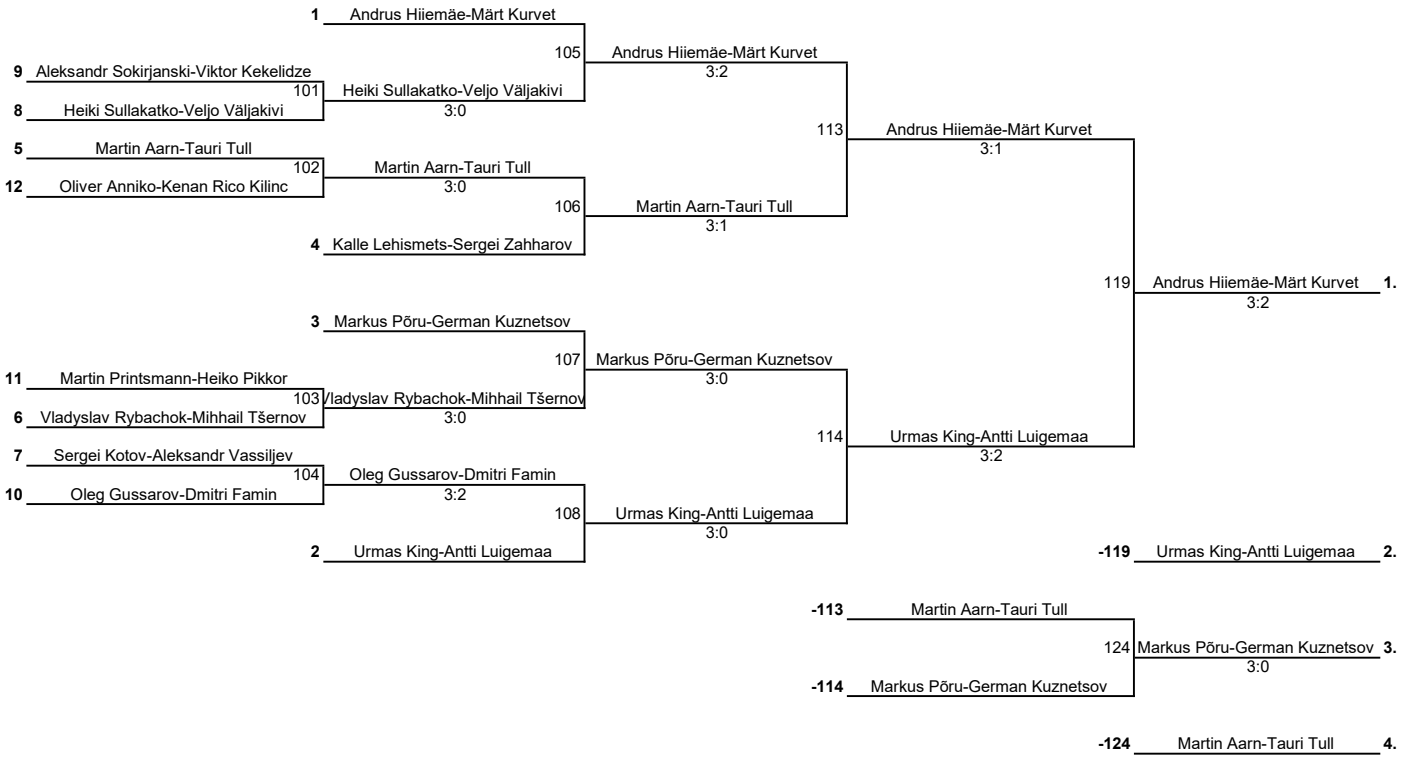PLUSSRING MEESPAARISMÄNG