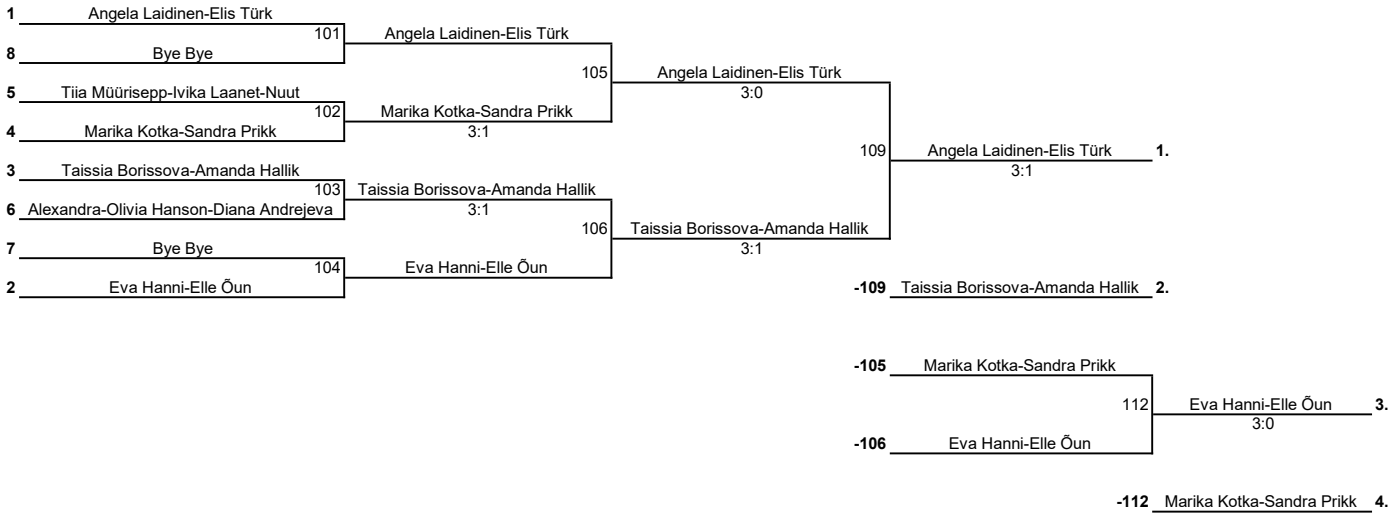PLUSSRING NAISPAARISMÄNG