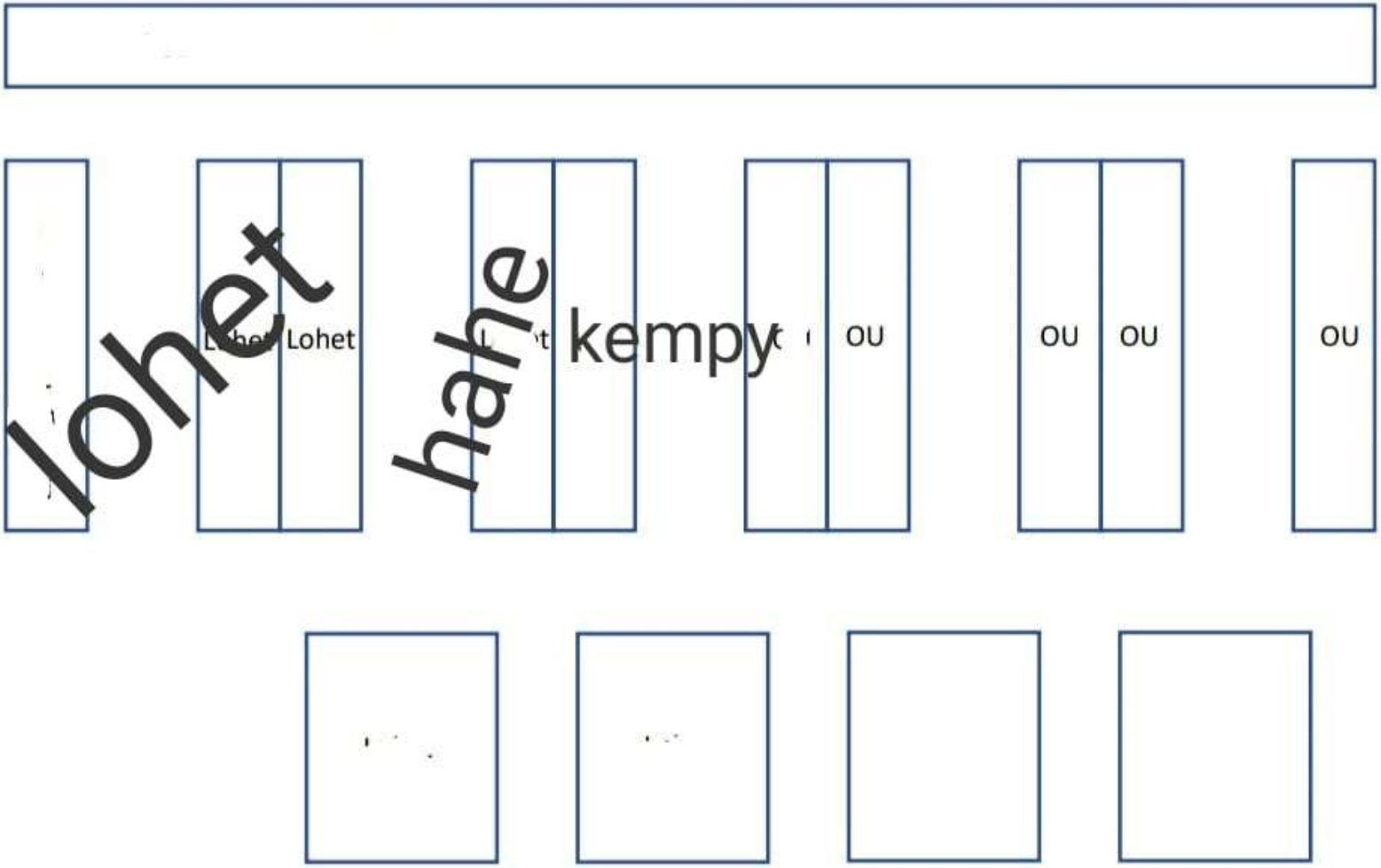Pukkarit