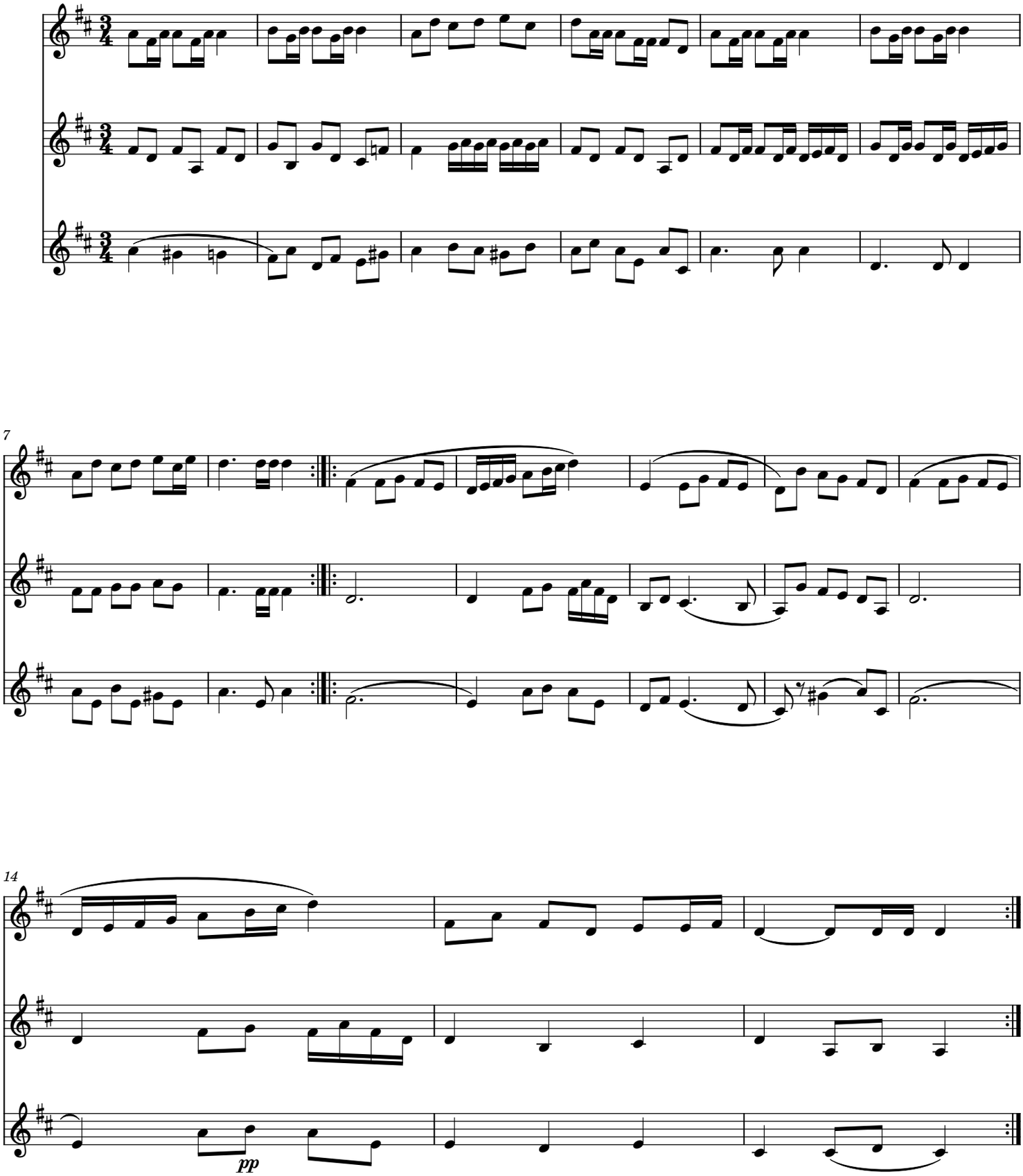Alkate soinuak