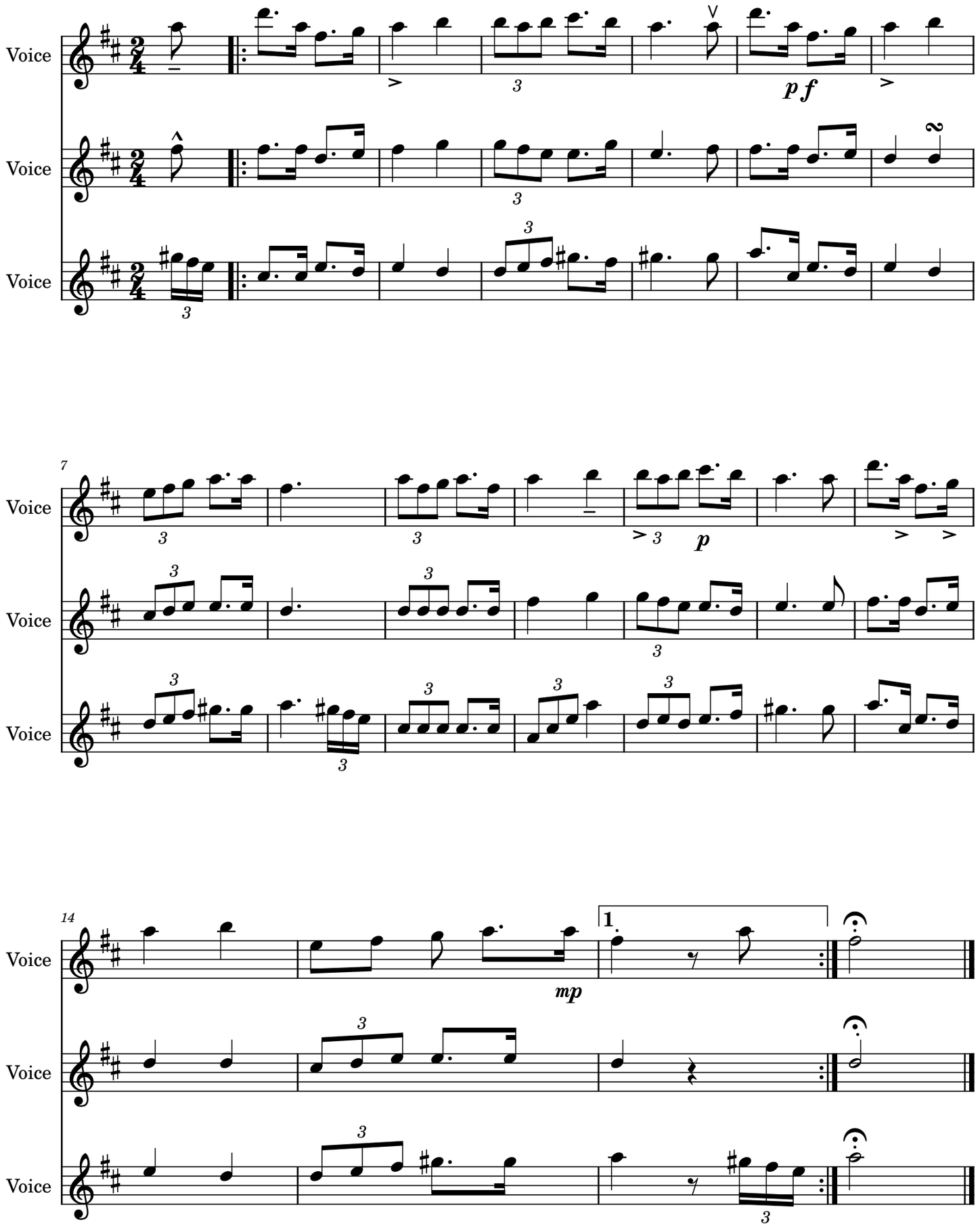Arkakusuak dira