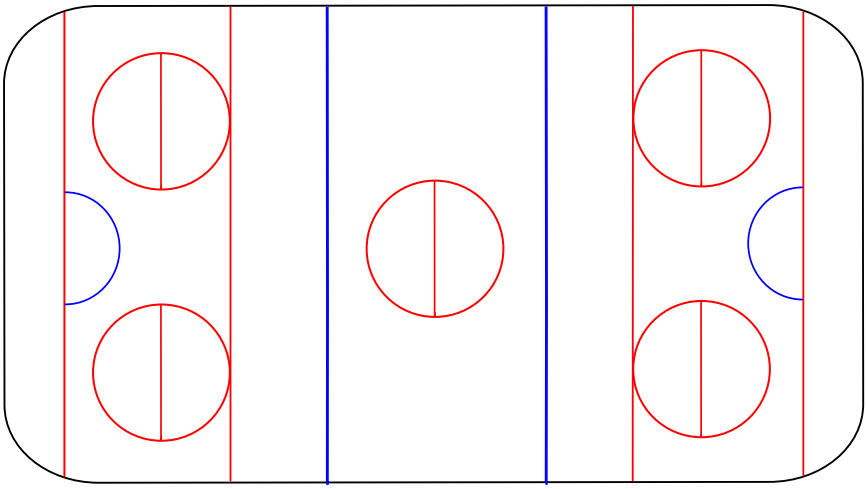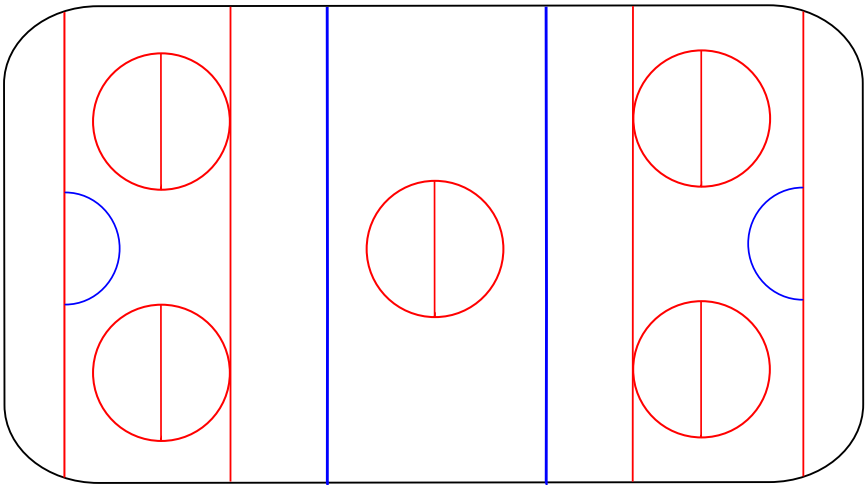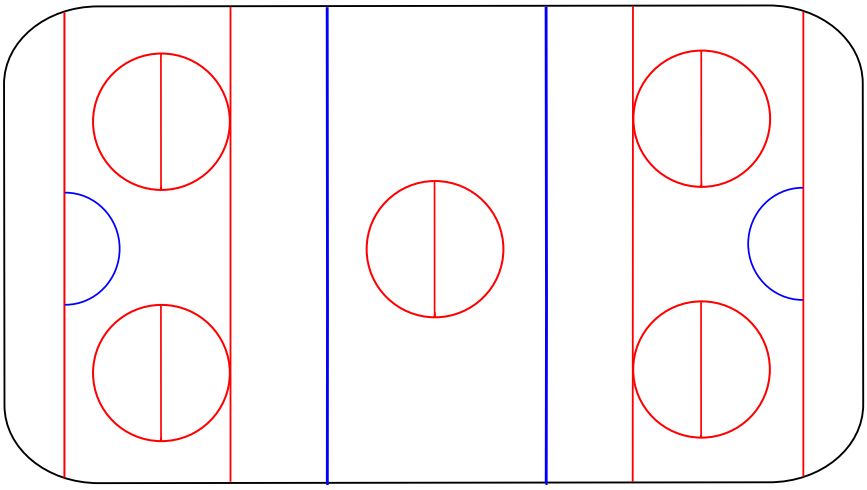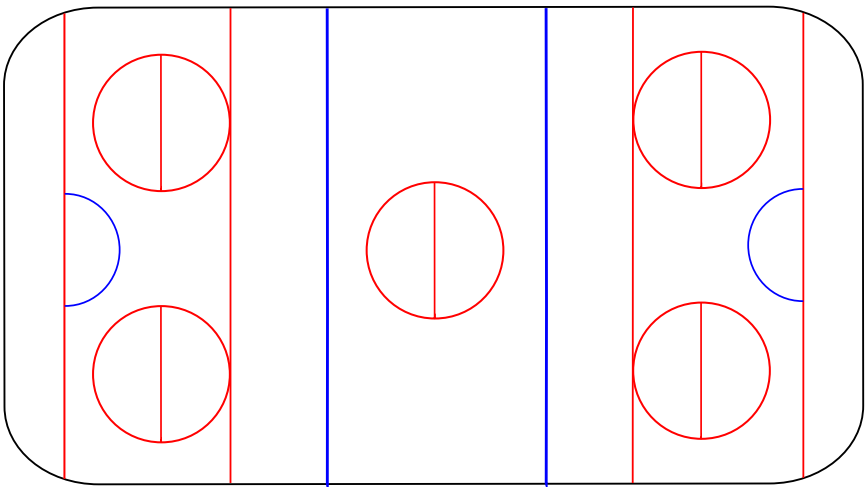HARJOITUSOHJELMA ___.___._____