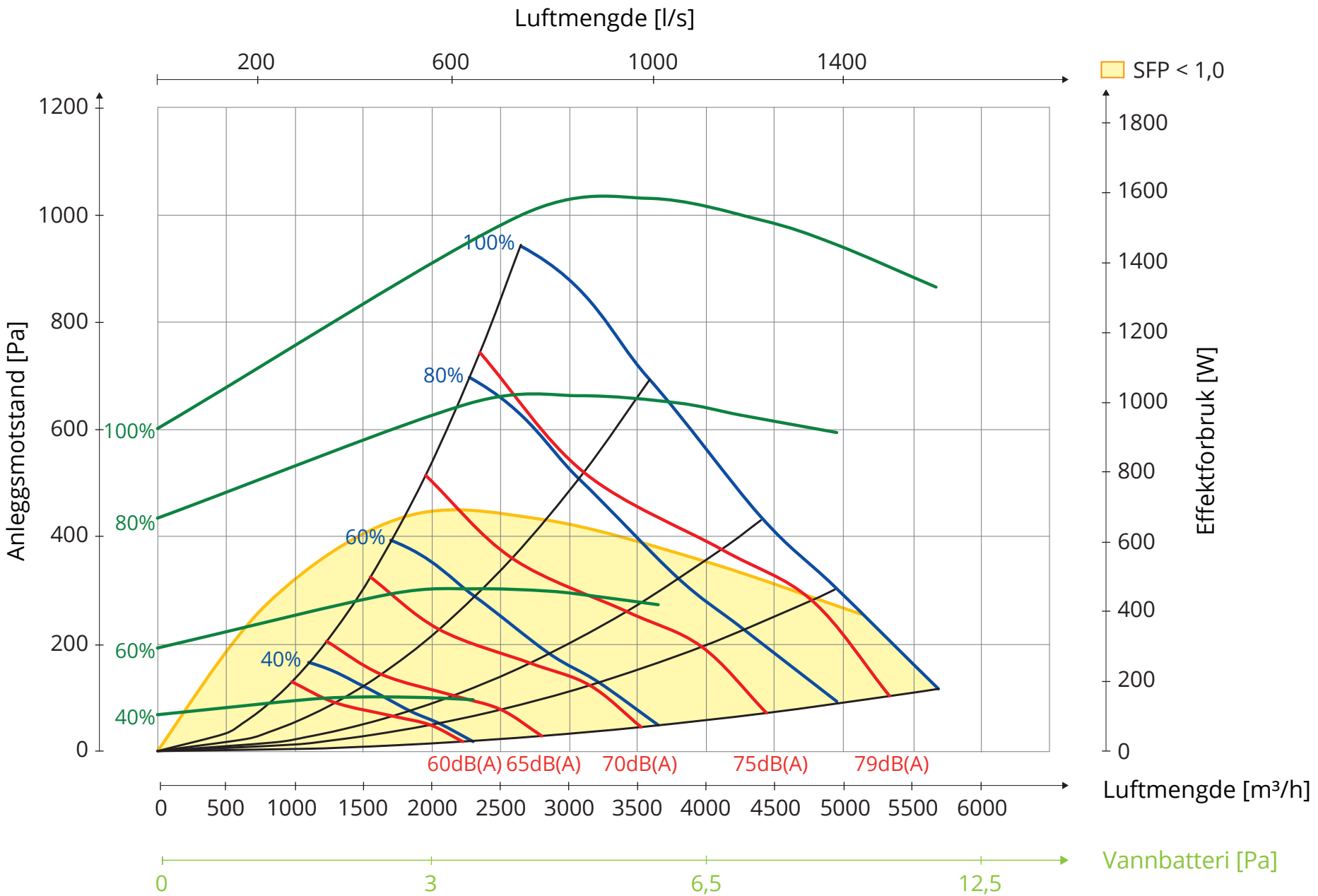Tilluftside