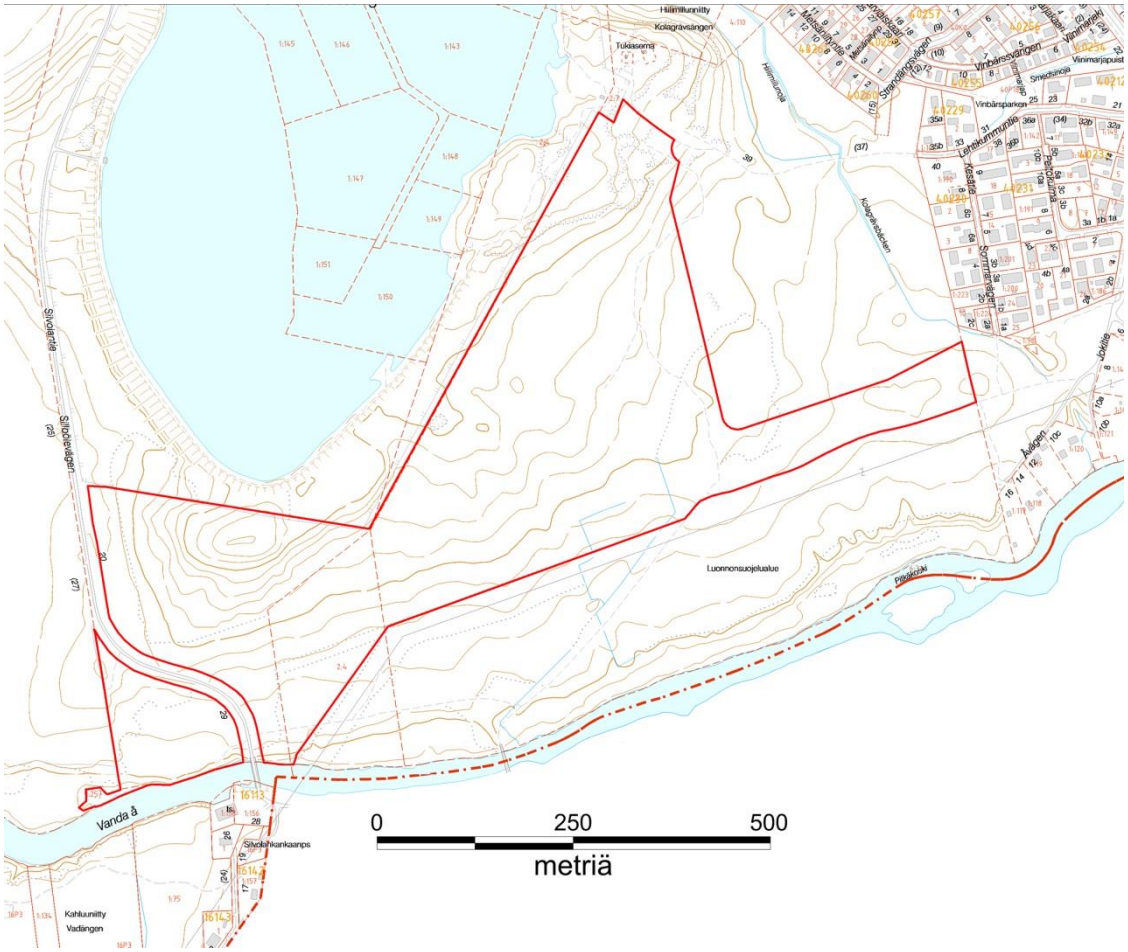Silvolanmetsä