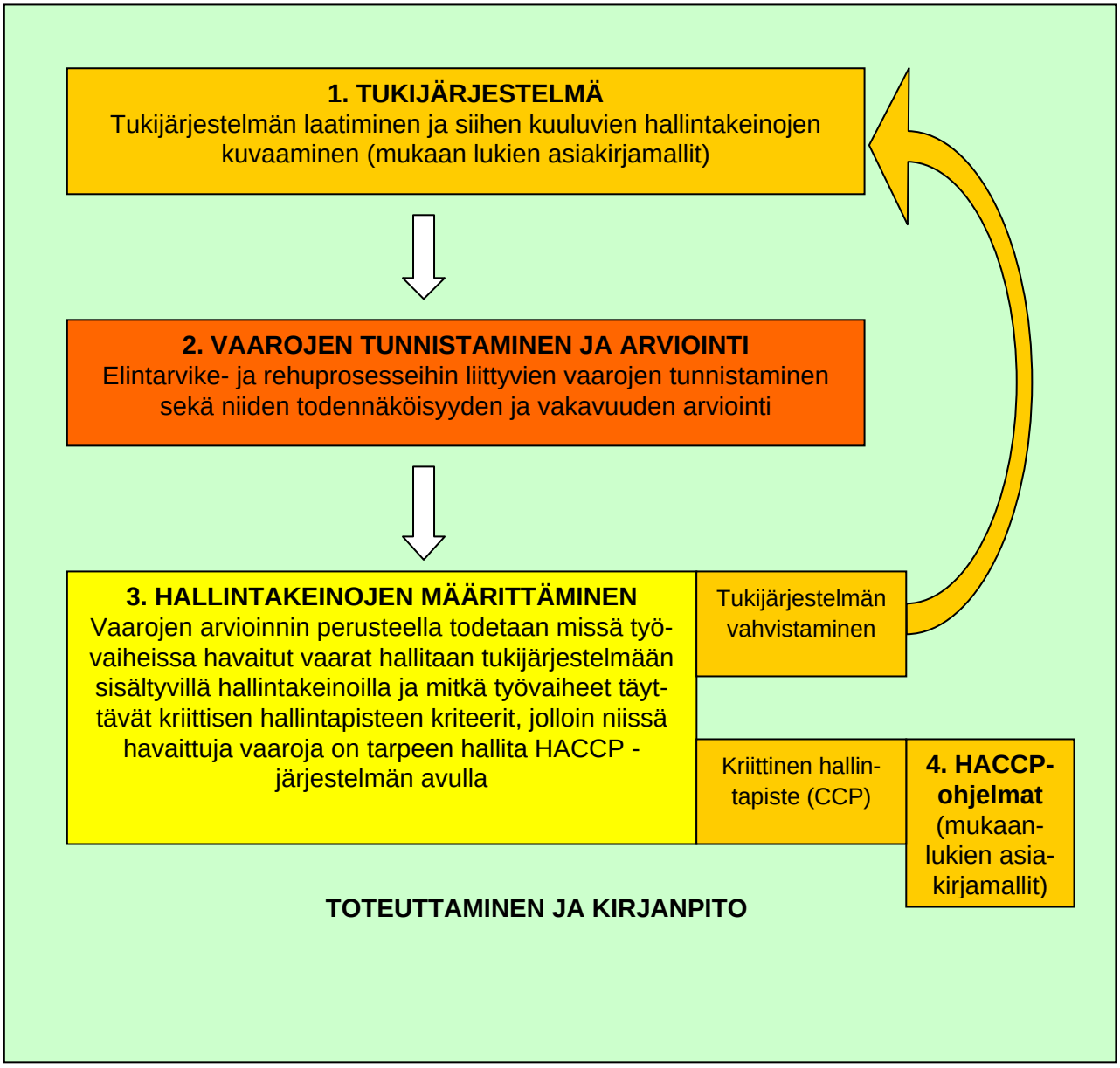Omavalvonnan rakenne