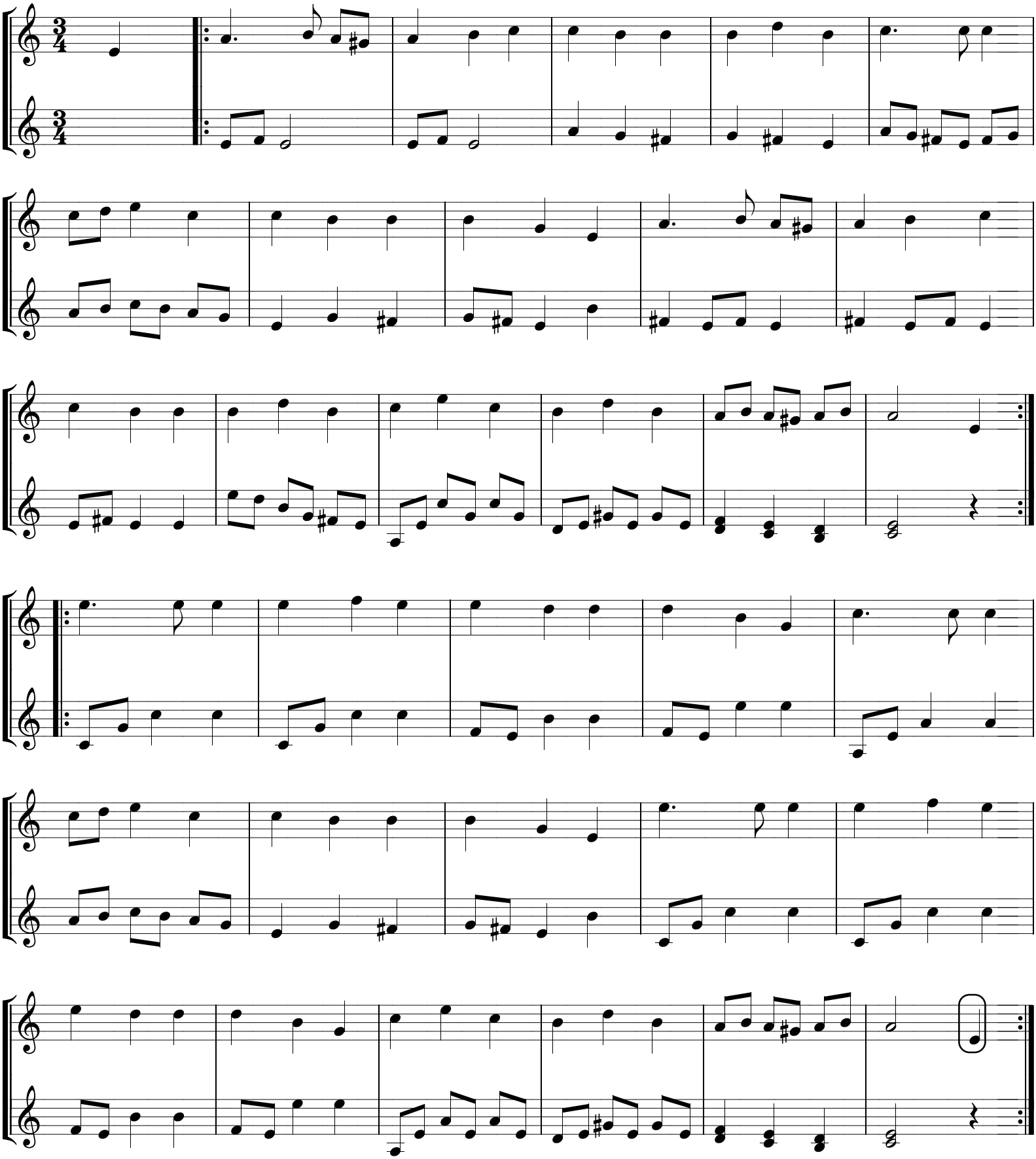Vals from Medelpad