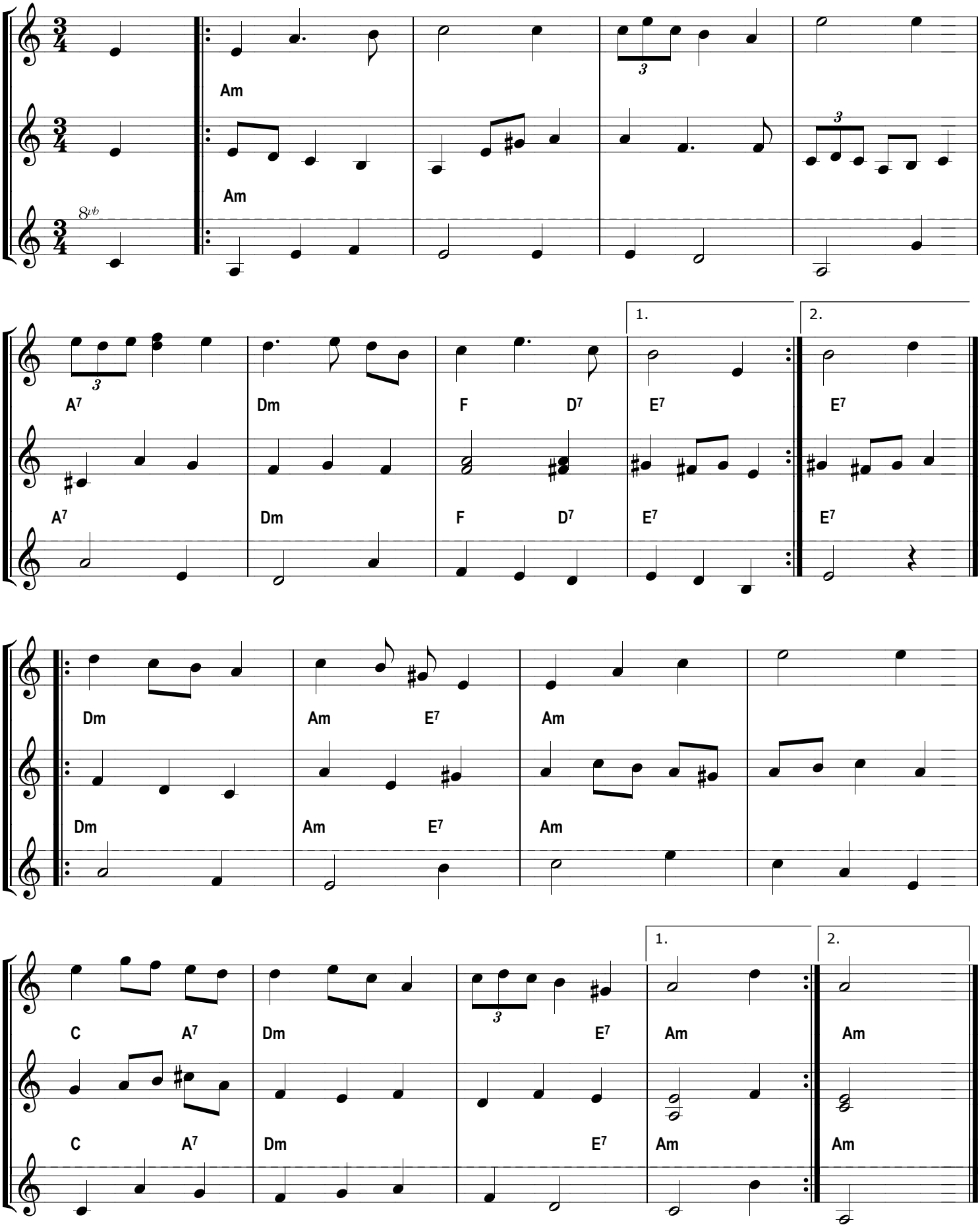Steg-vals fom Nas