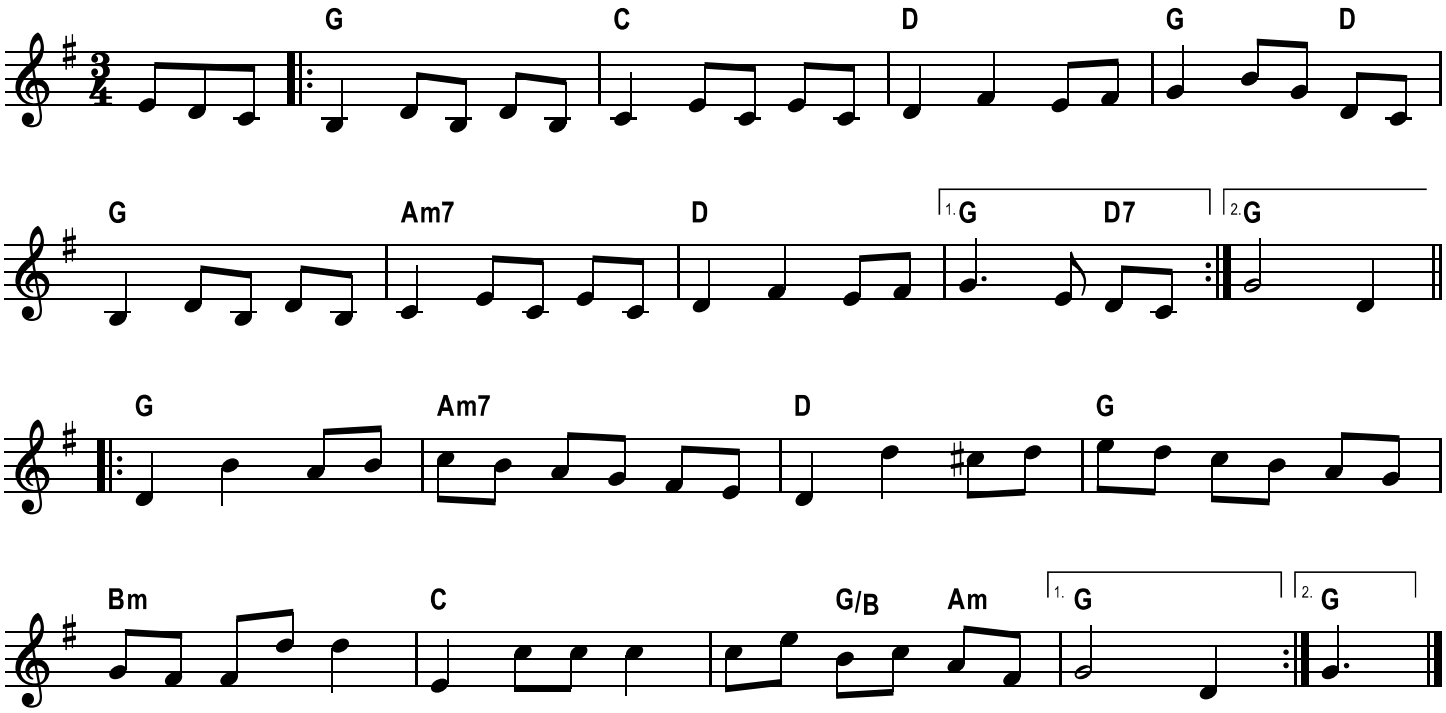Jarnt valsen