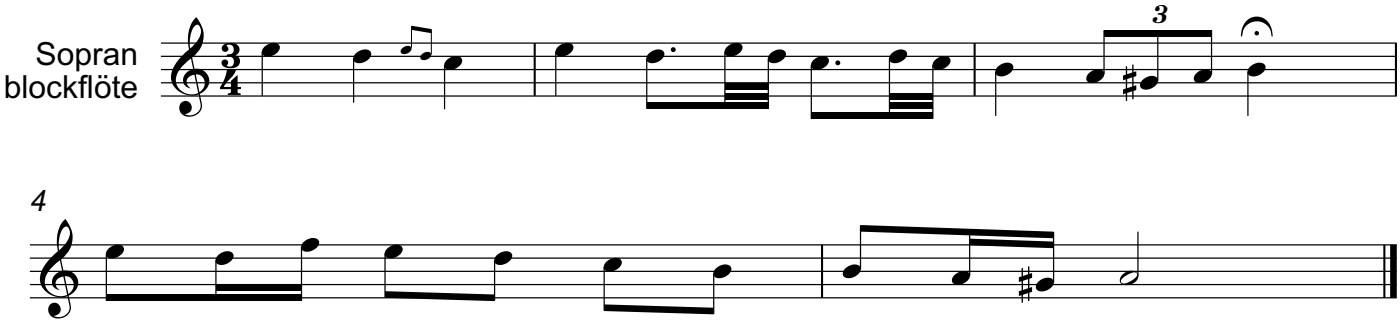Vallåt från Transtrand