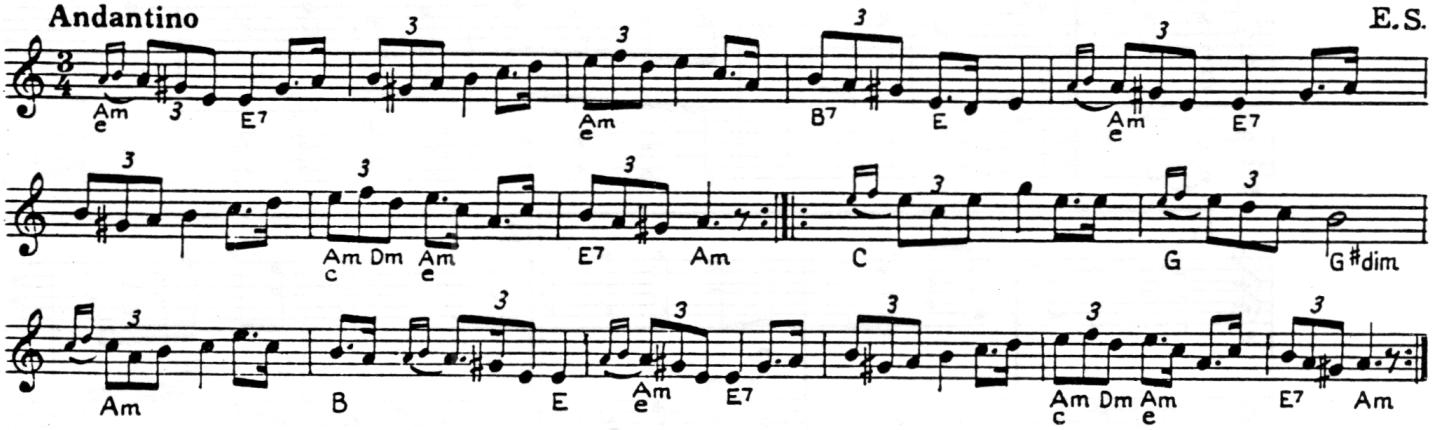Avskjedstone