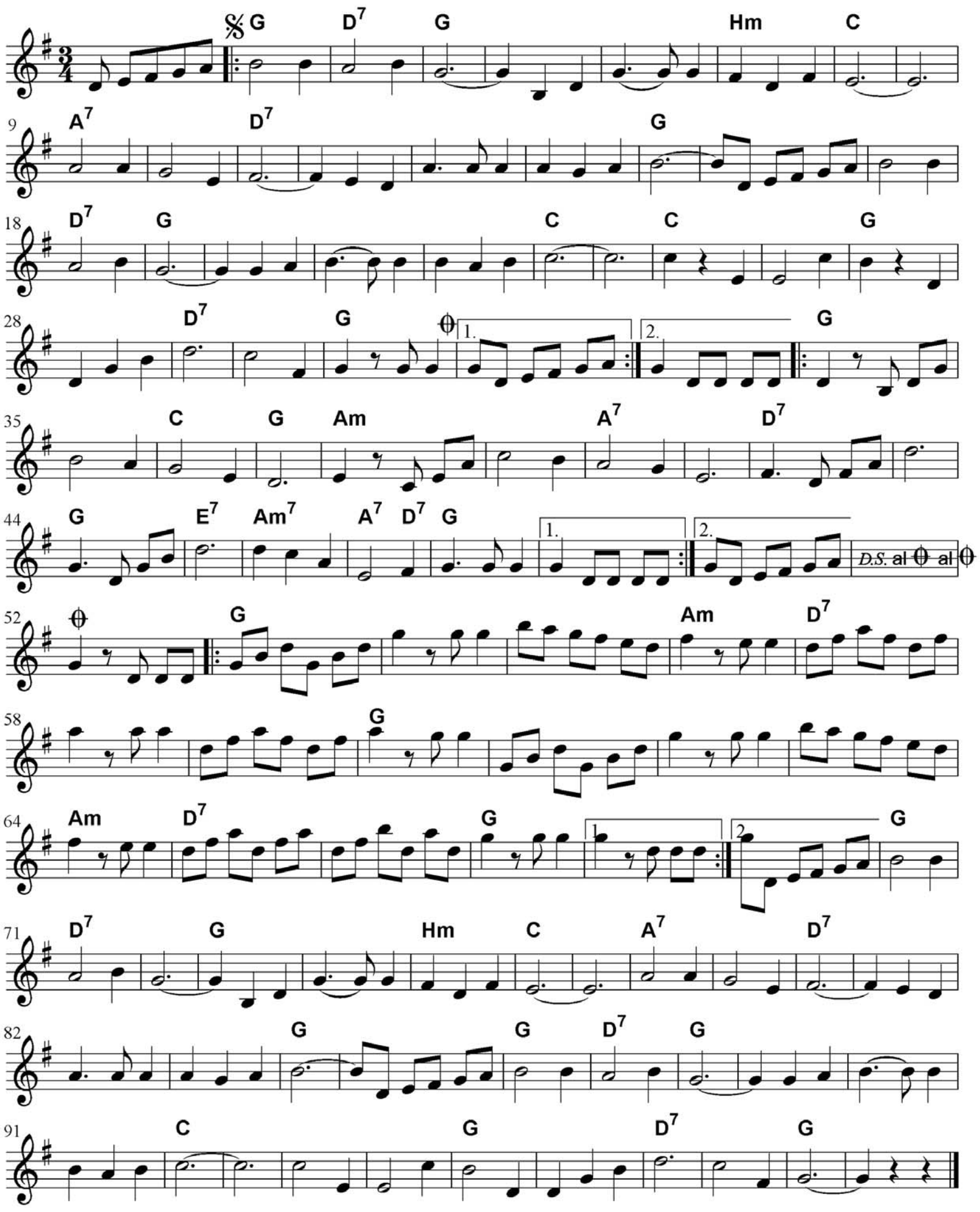Kostervalsen