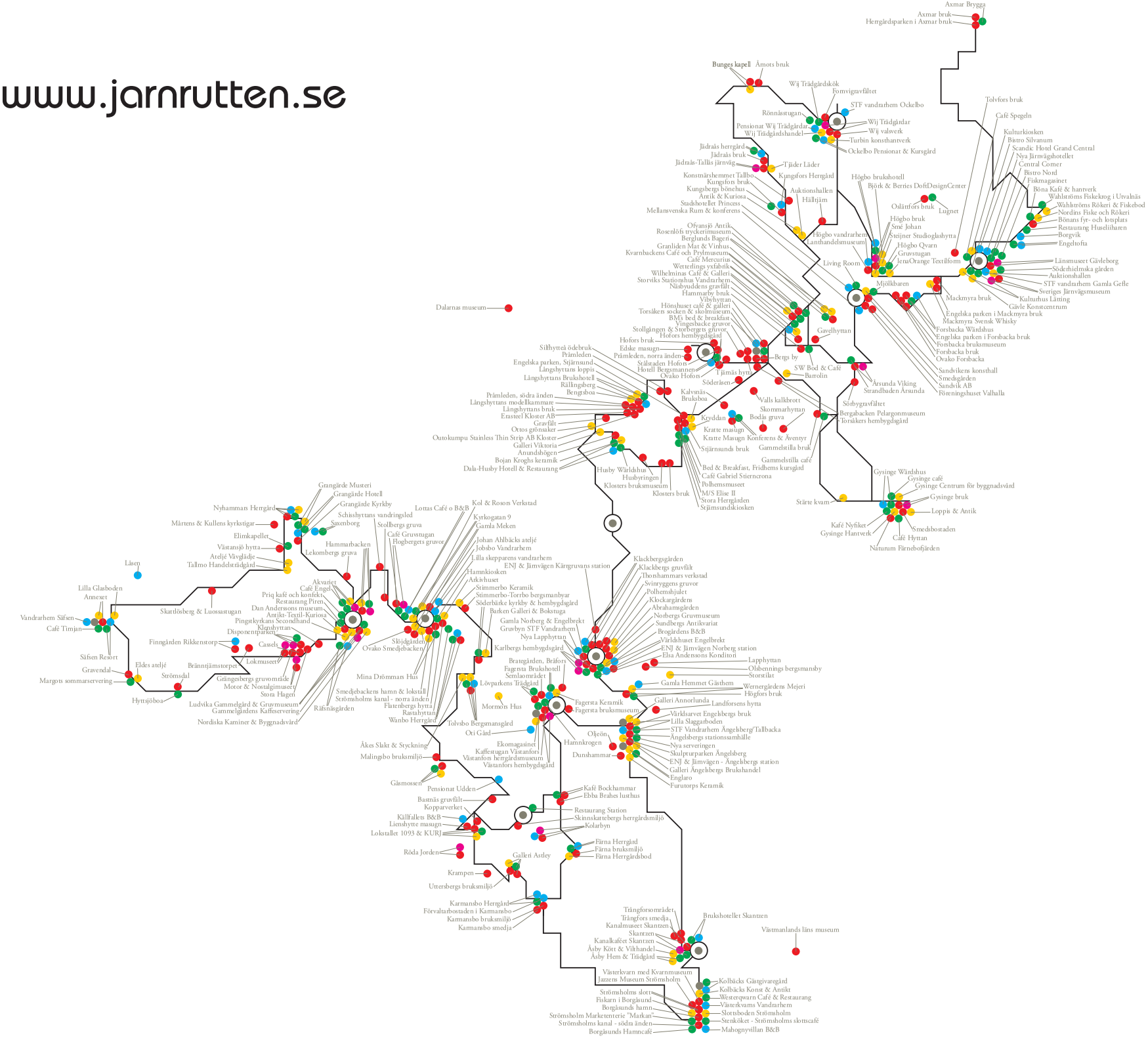www.jarnrutten.se