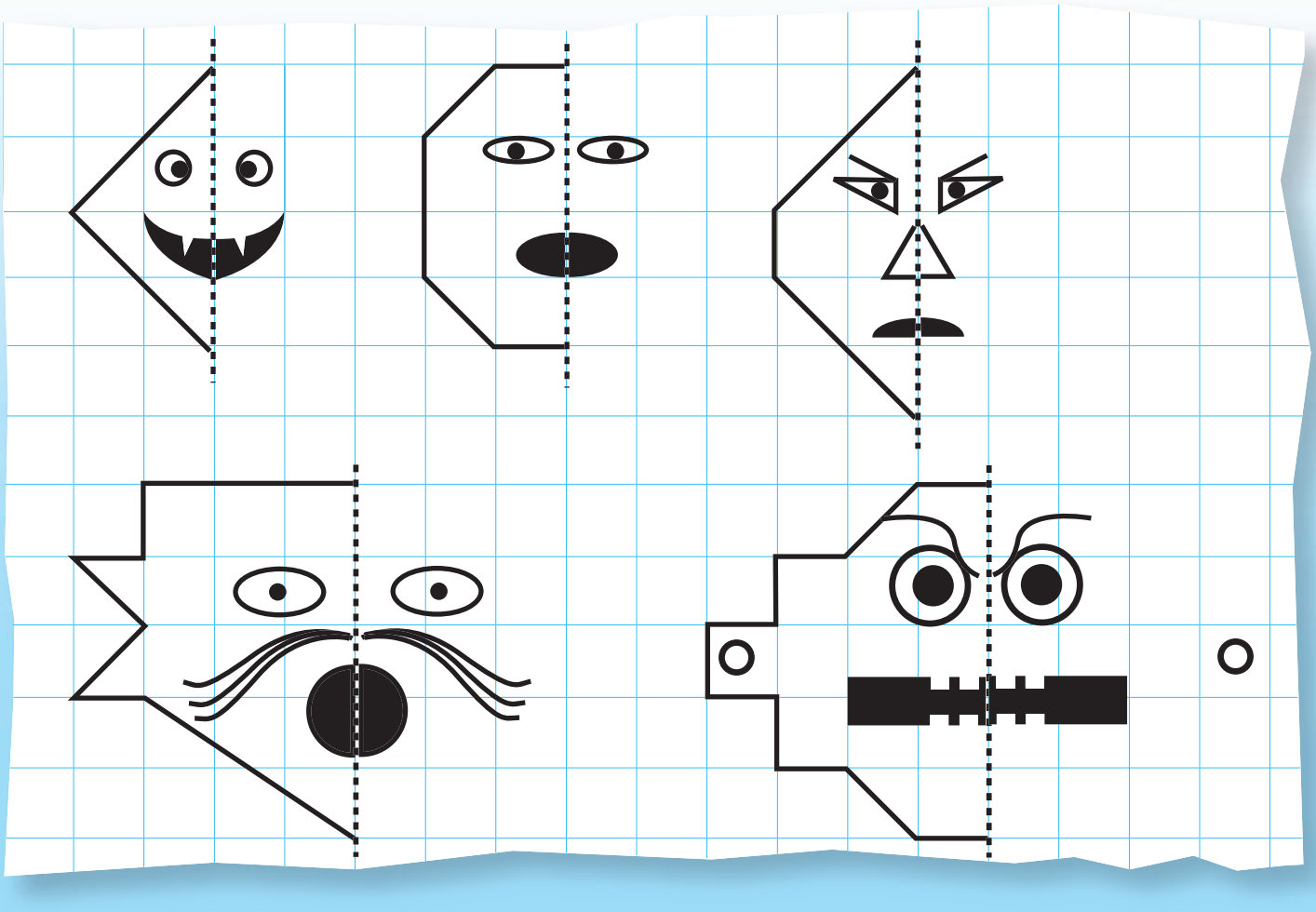Spejling