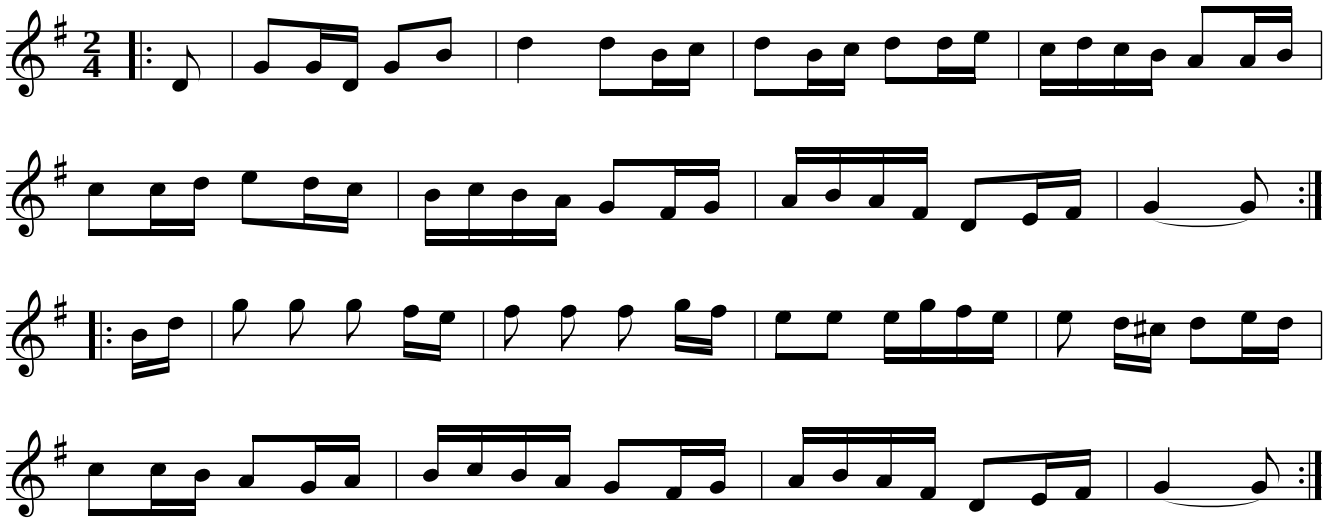Appelbo Gånglåt