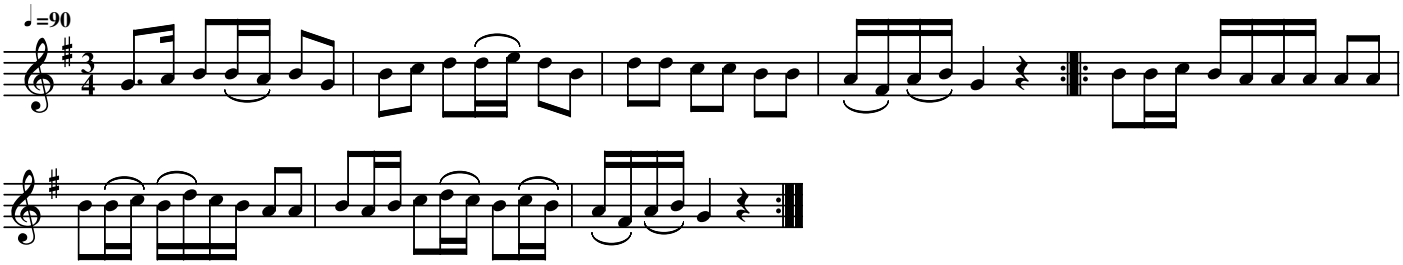När ja´ gick å fria