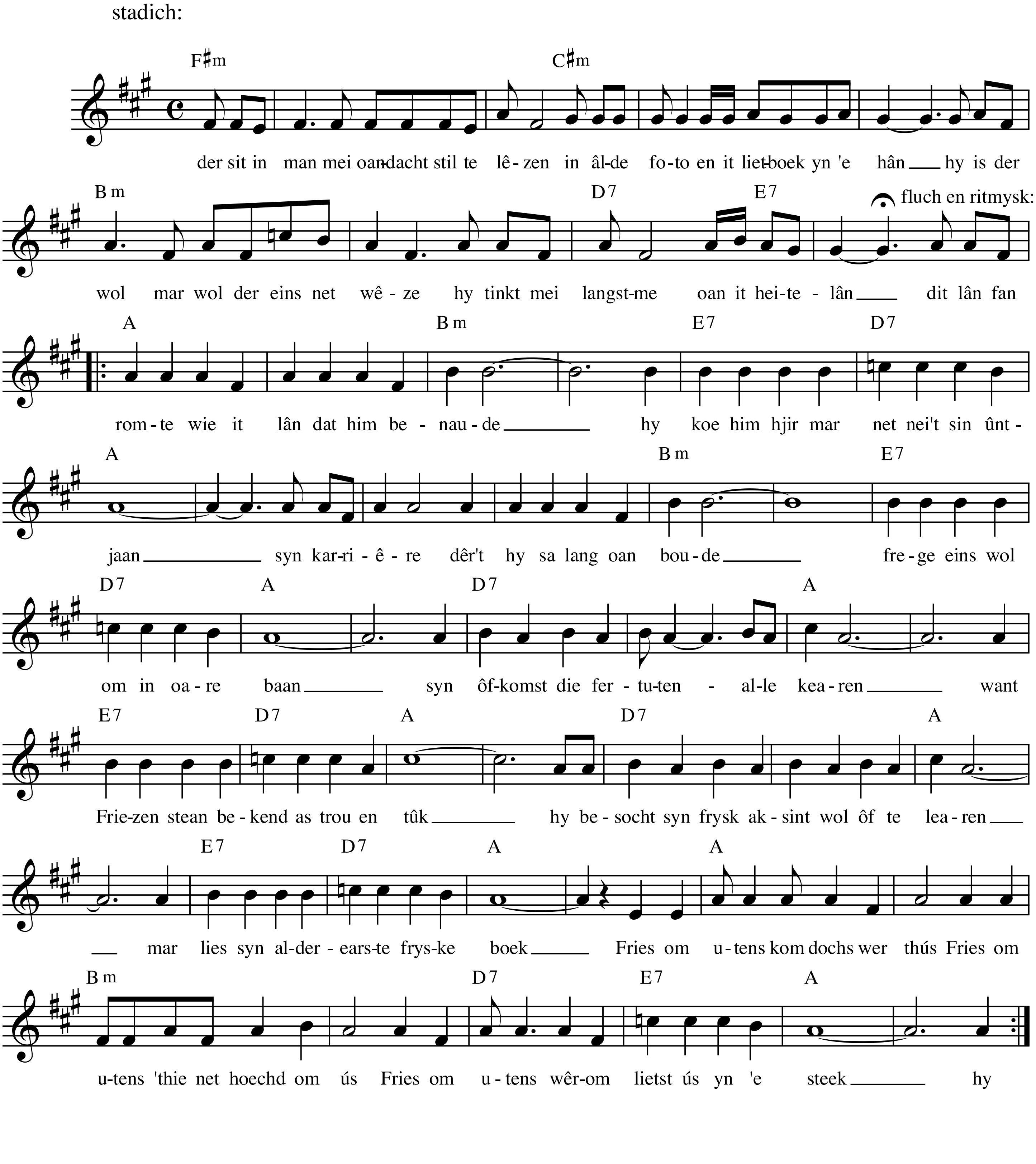
Fries om utens

de trûbadoers