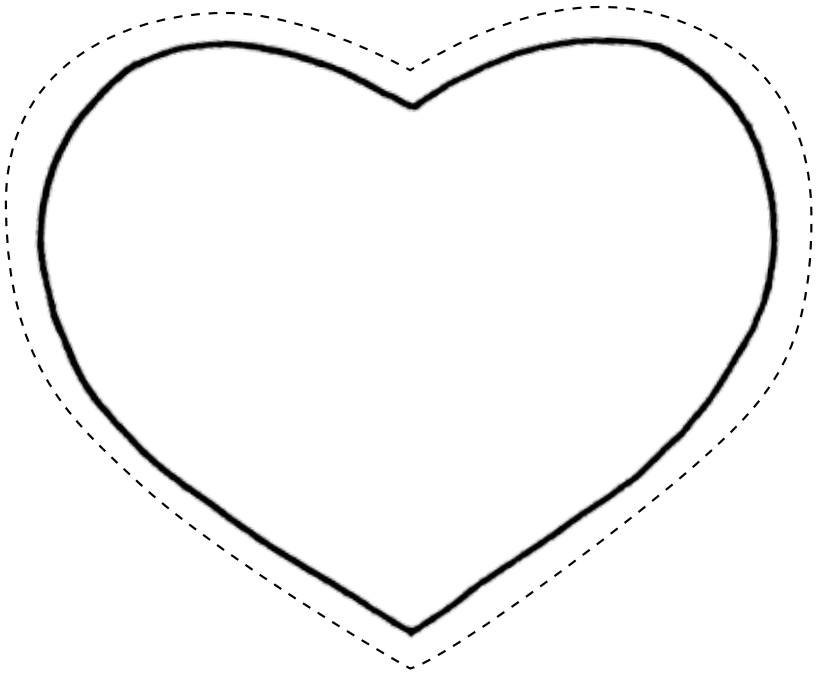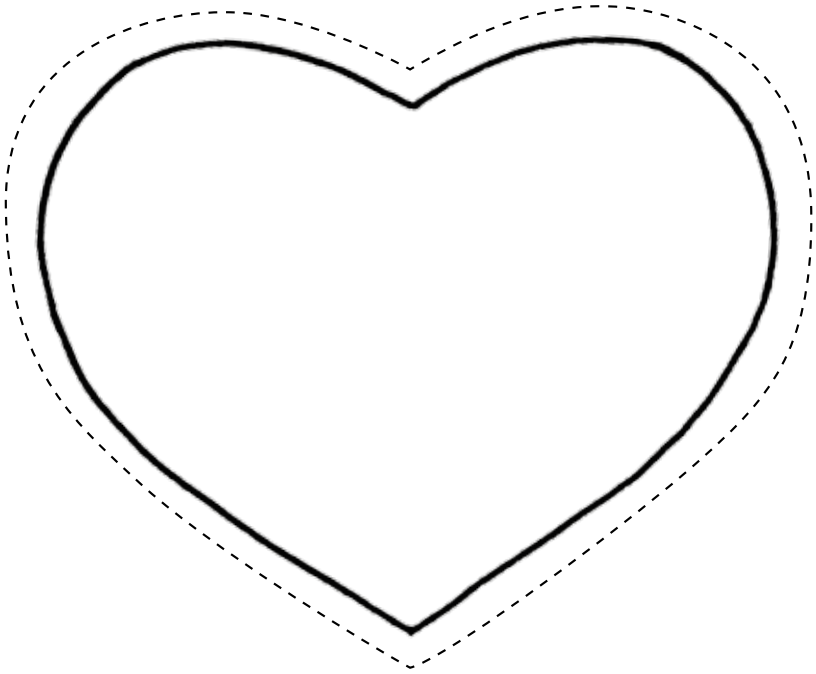Heilsanir: