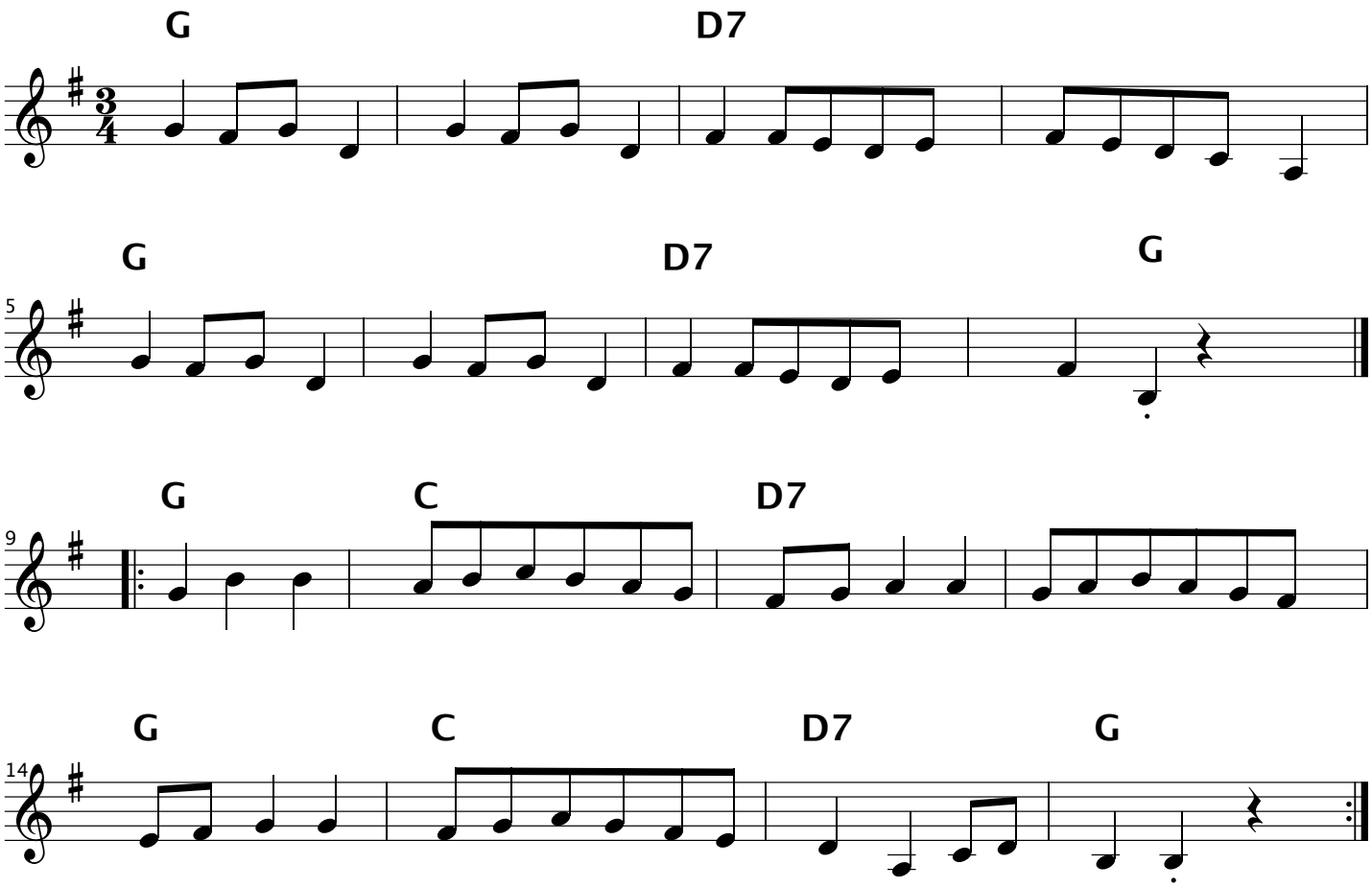Å Jänta å Ja (Harmony)