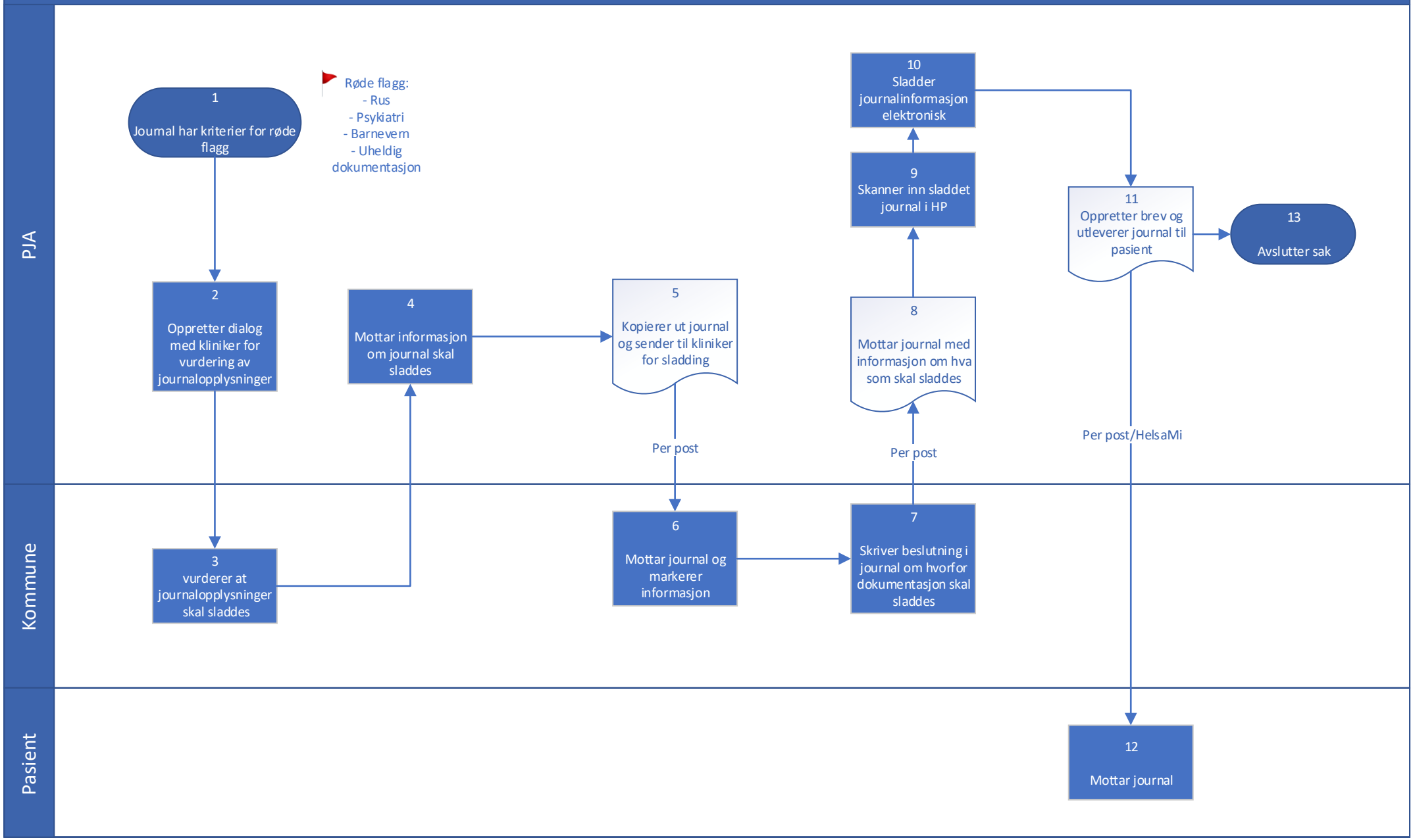Sladding av journal