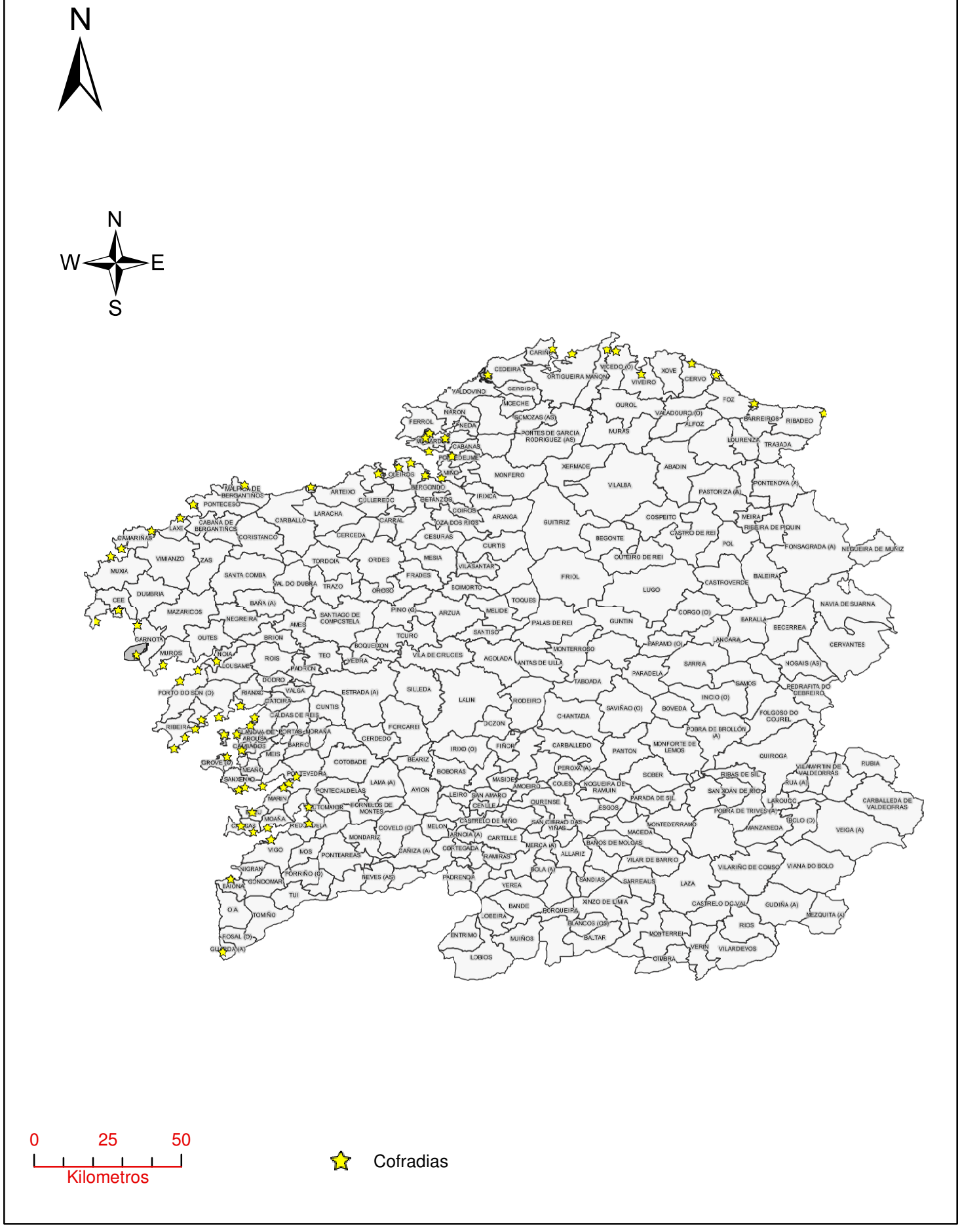Cedeira