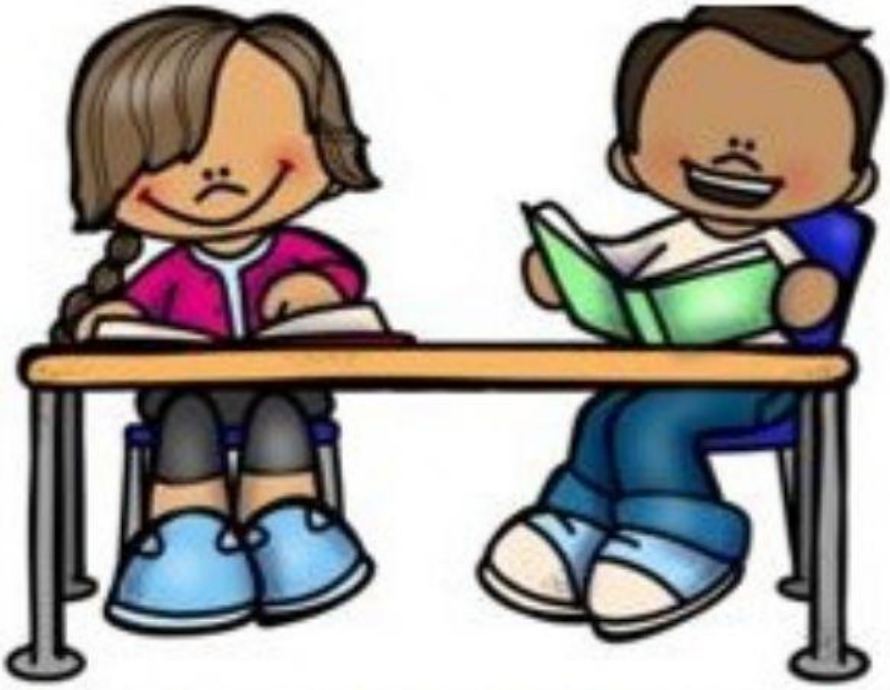Trabadas