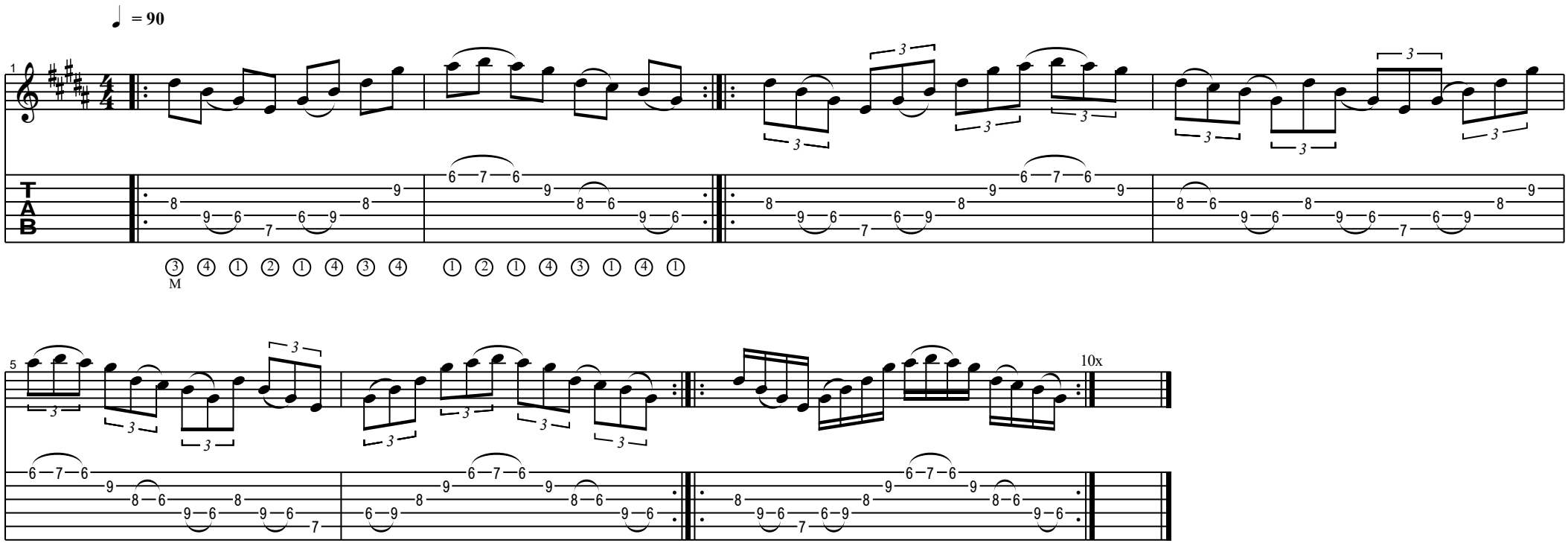Ligados1