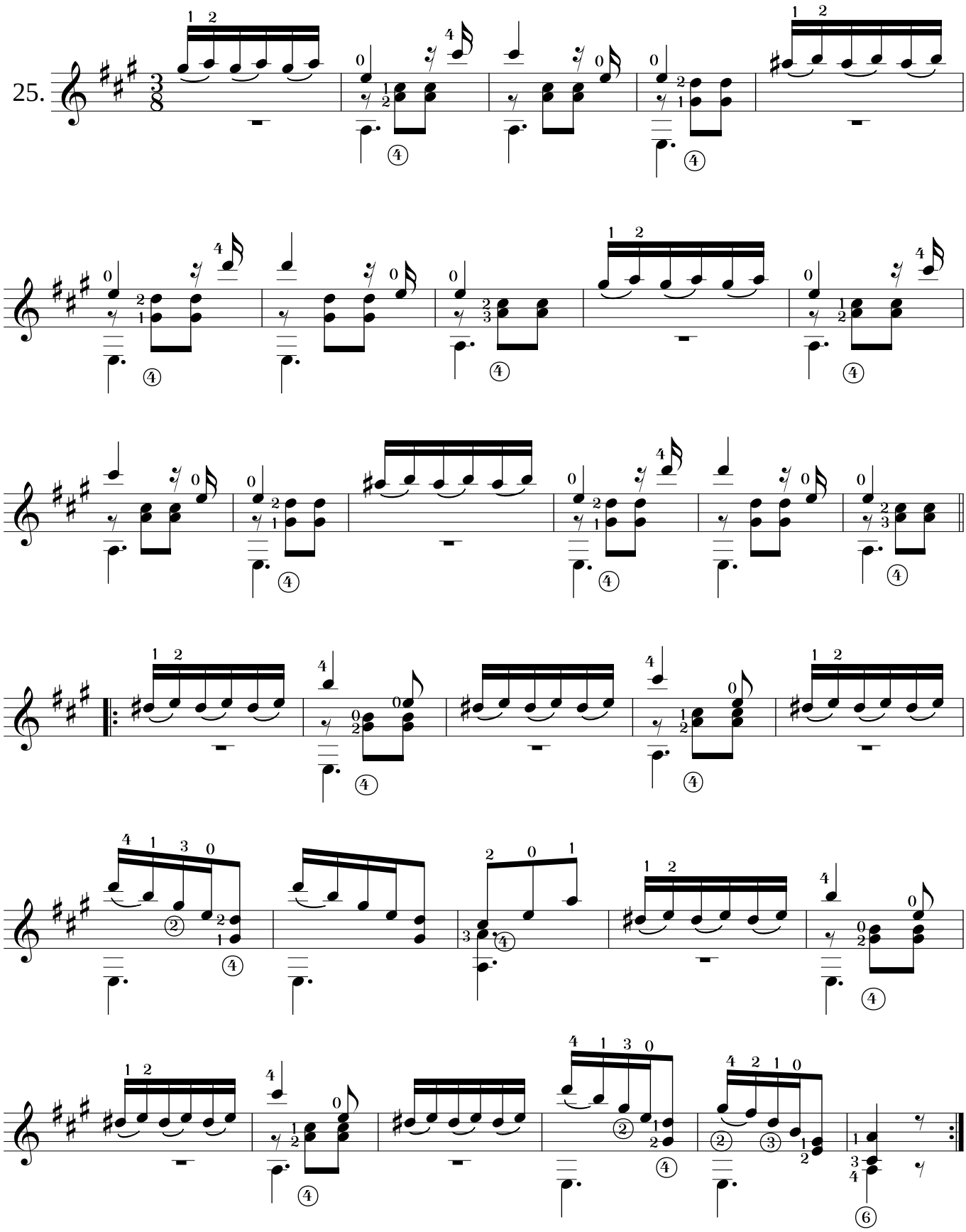LIGADOS