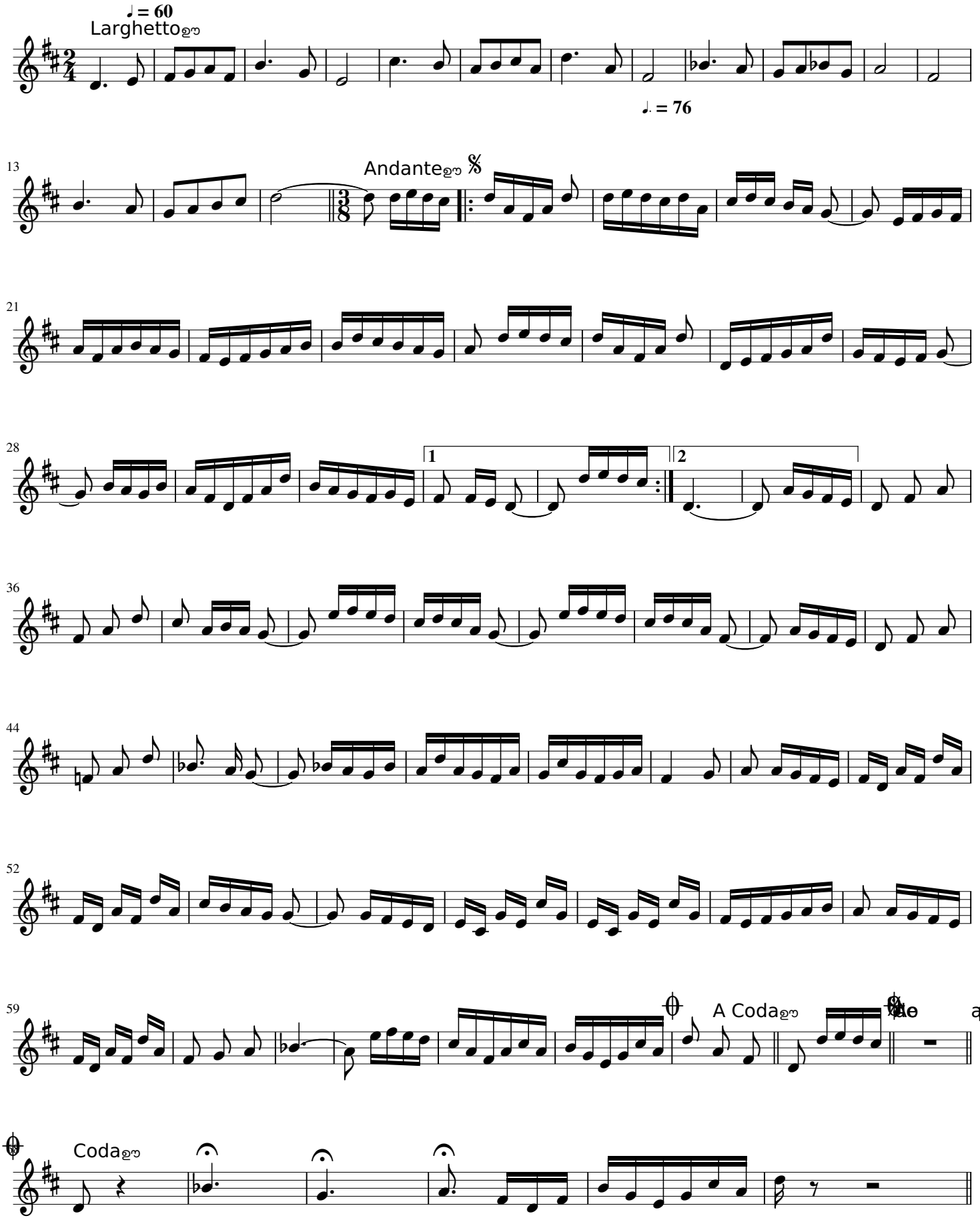Xota de Folgoso