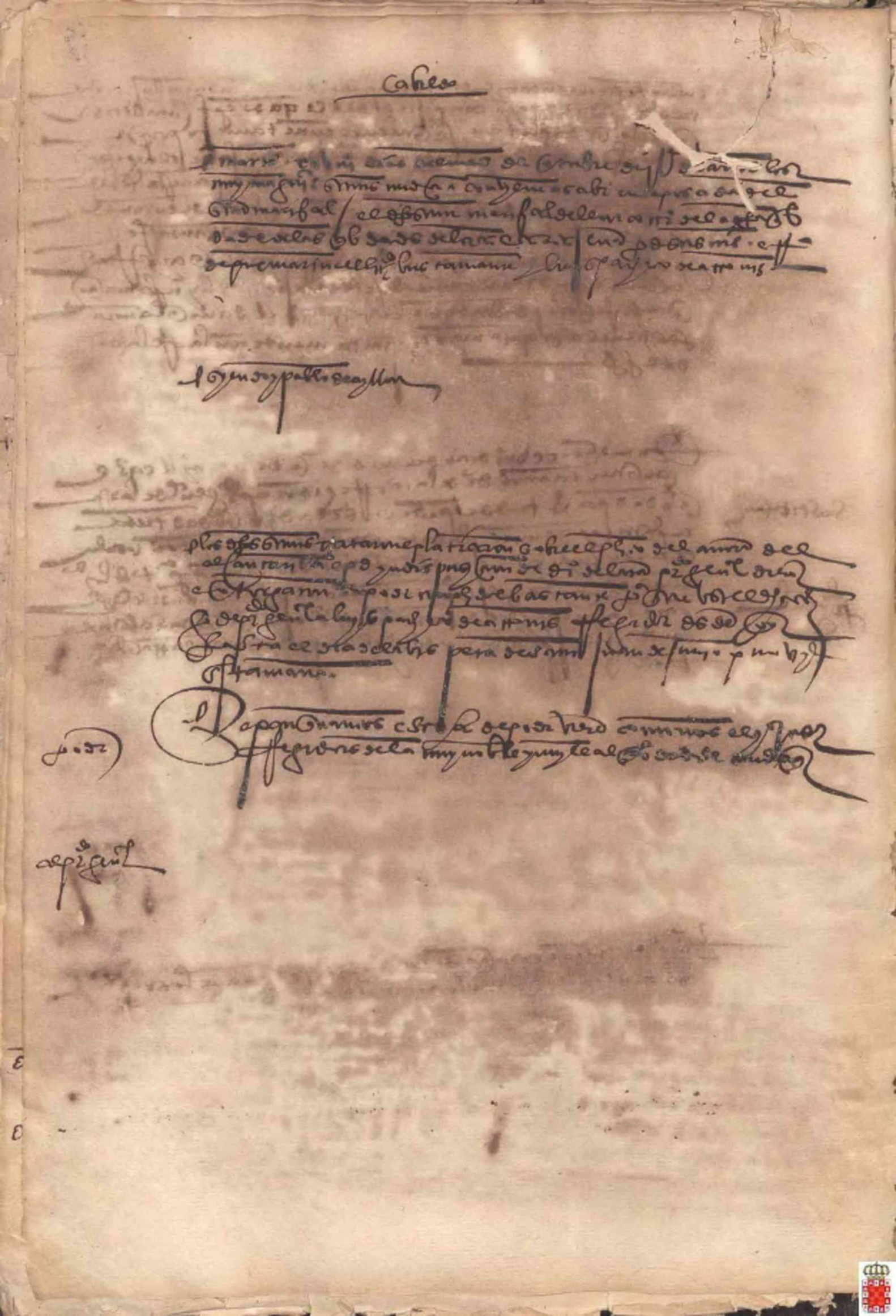Cabeço