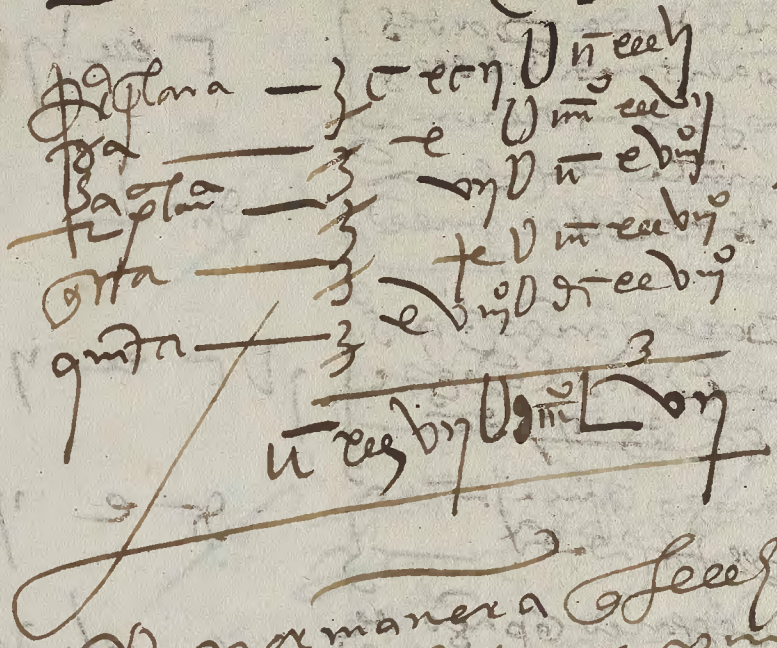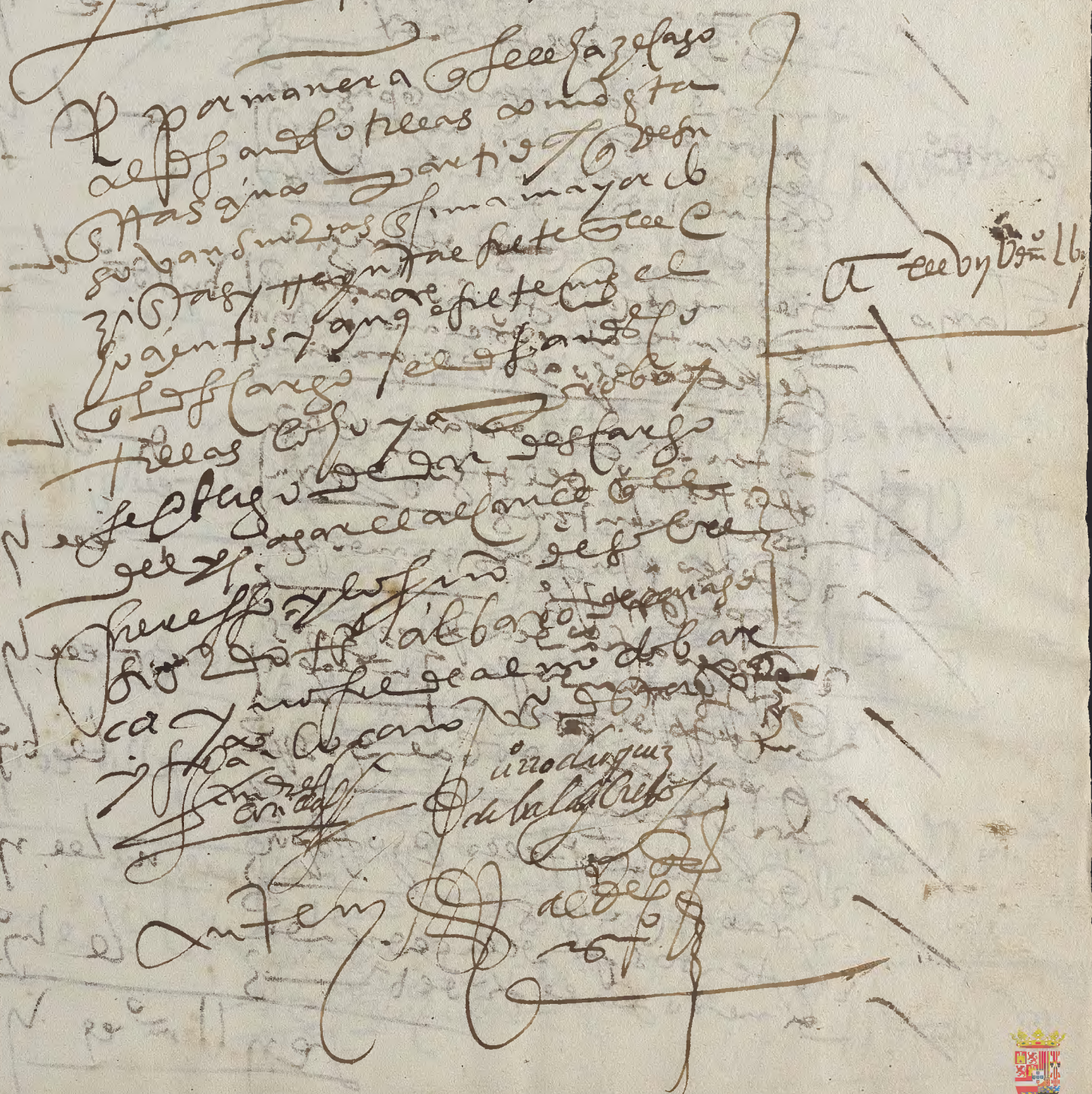Sinario del Carego