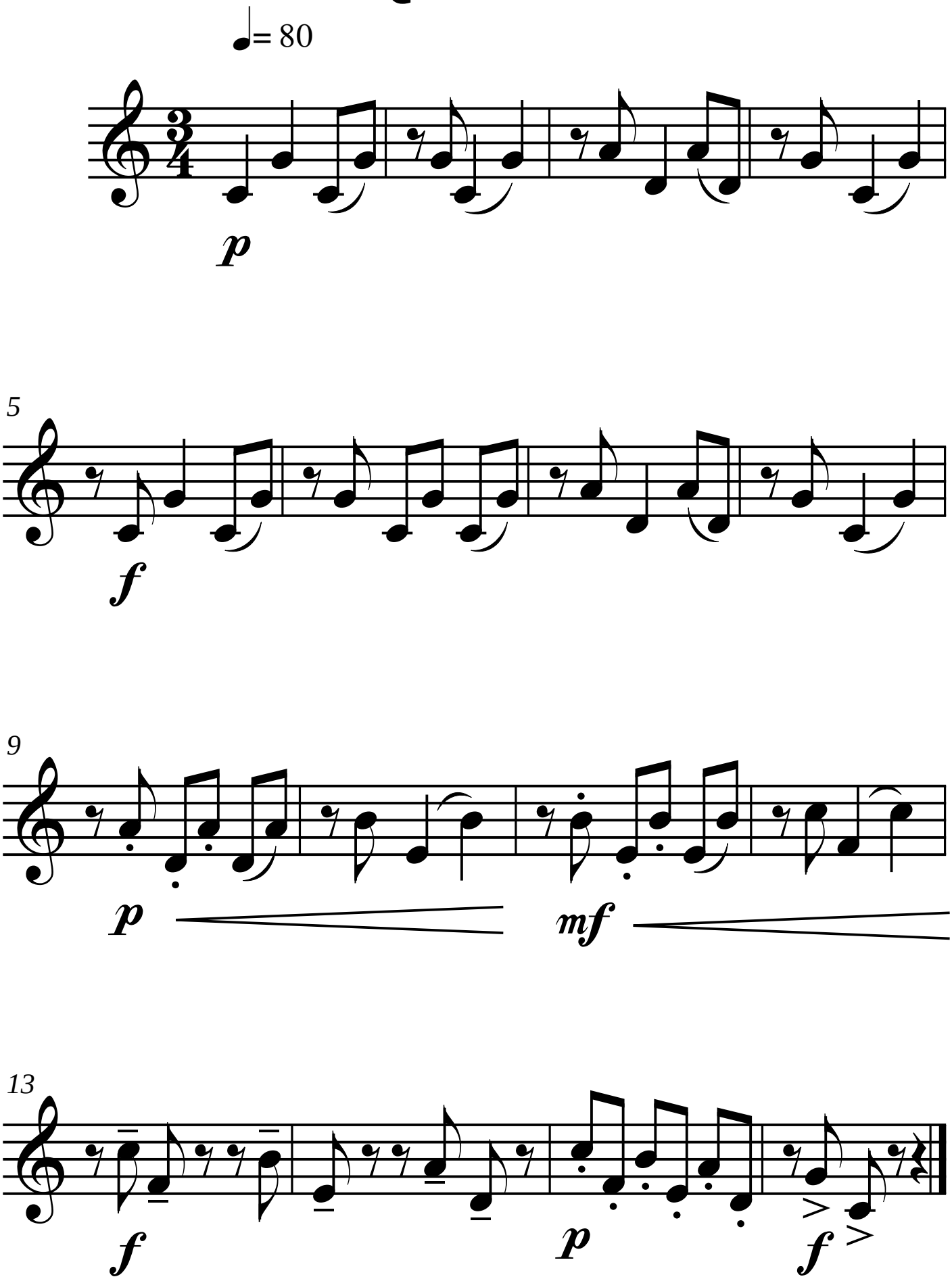Quintas