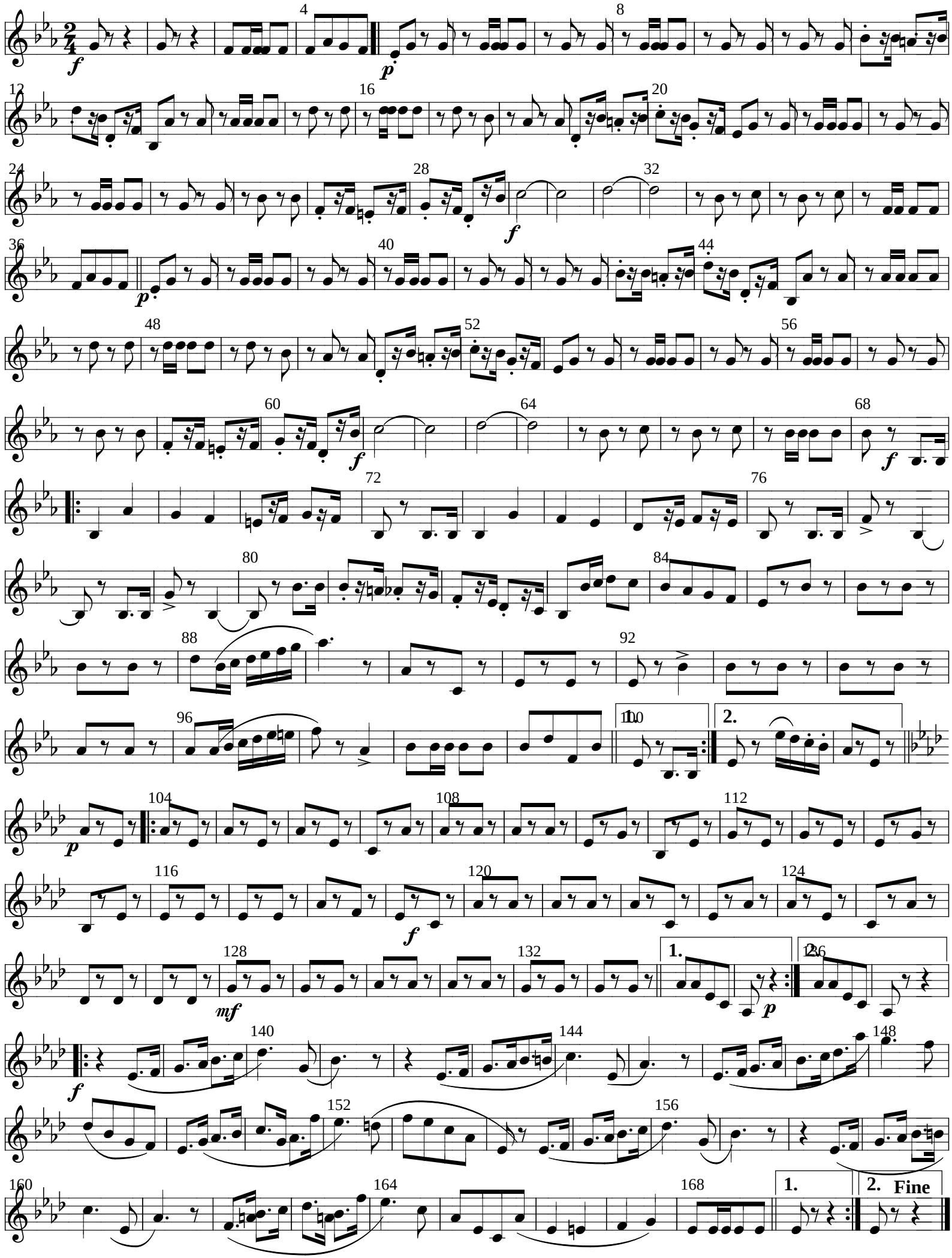Velhos Camaradas