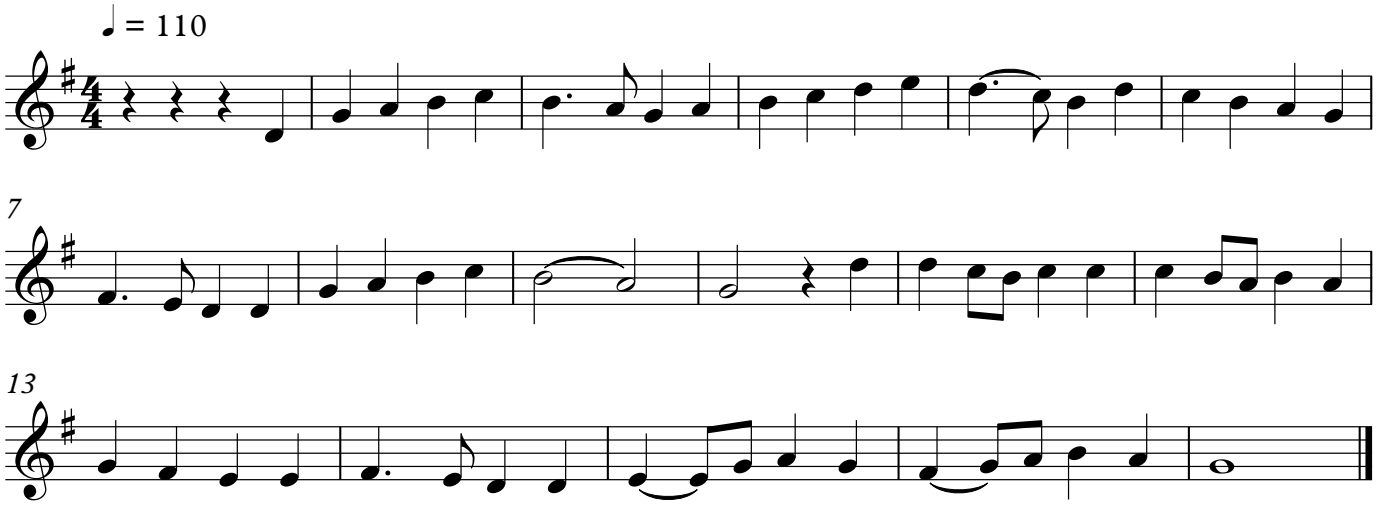Insieme