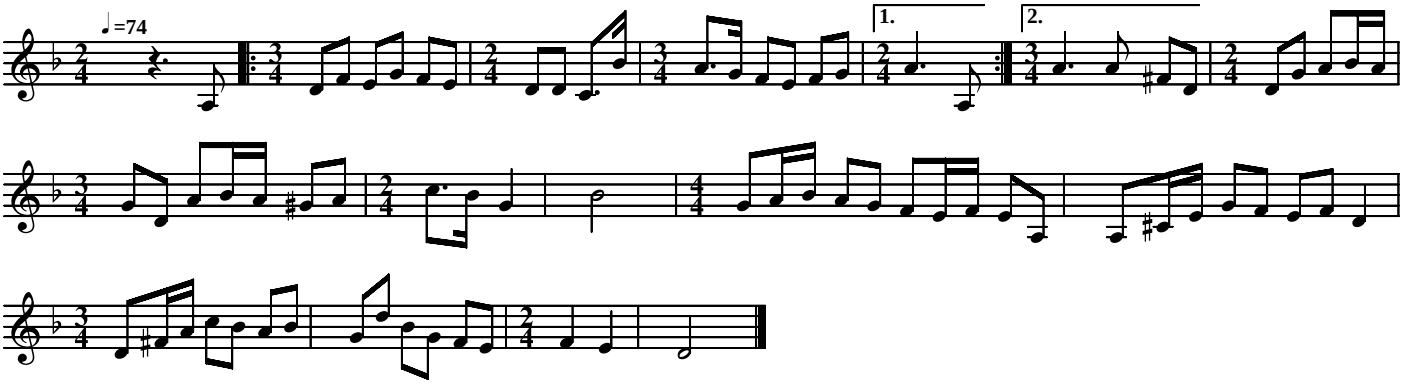Ai au dolorea