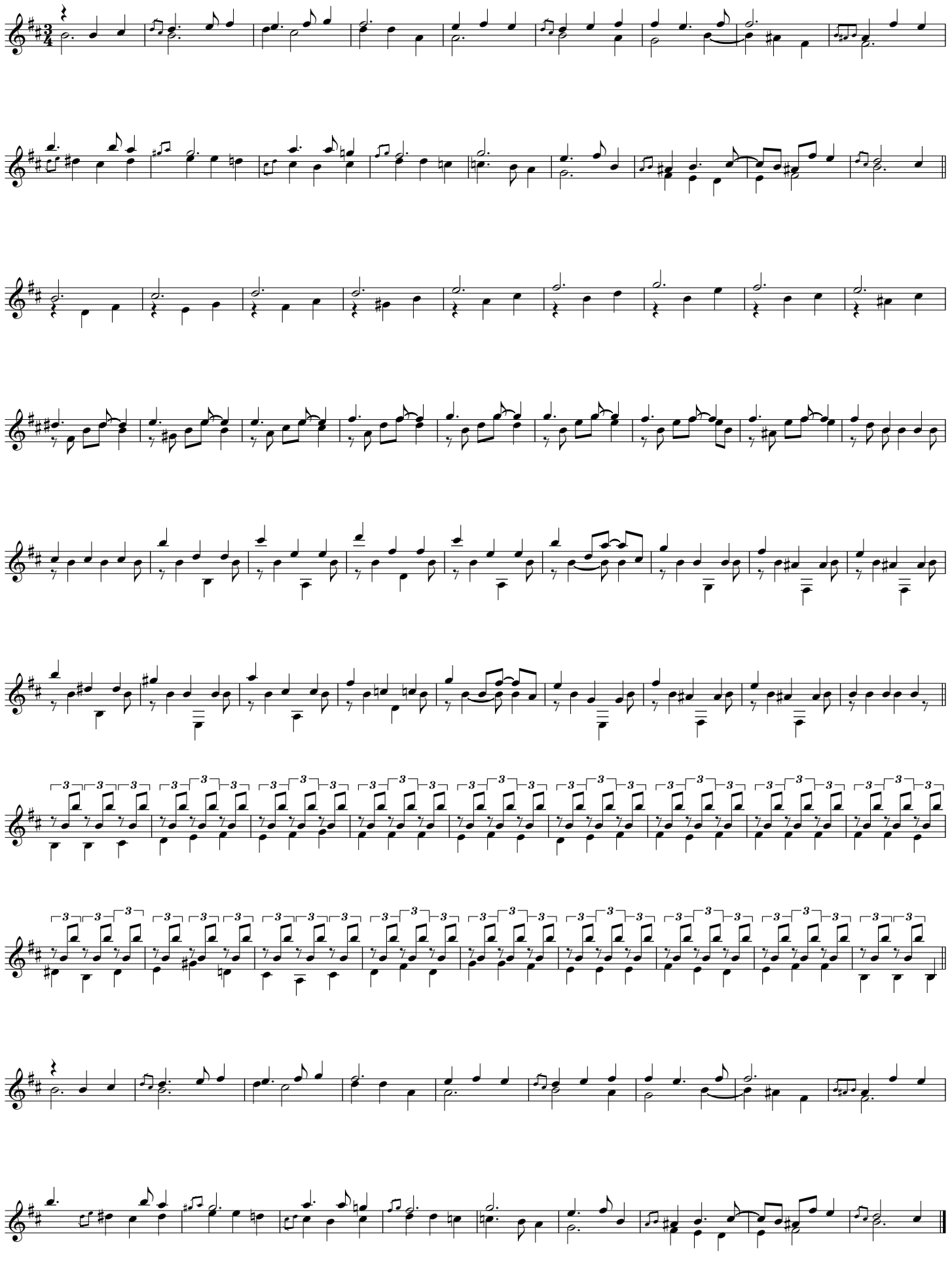Marizapalos