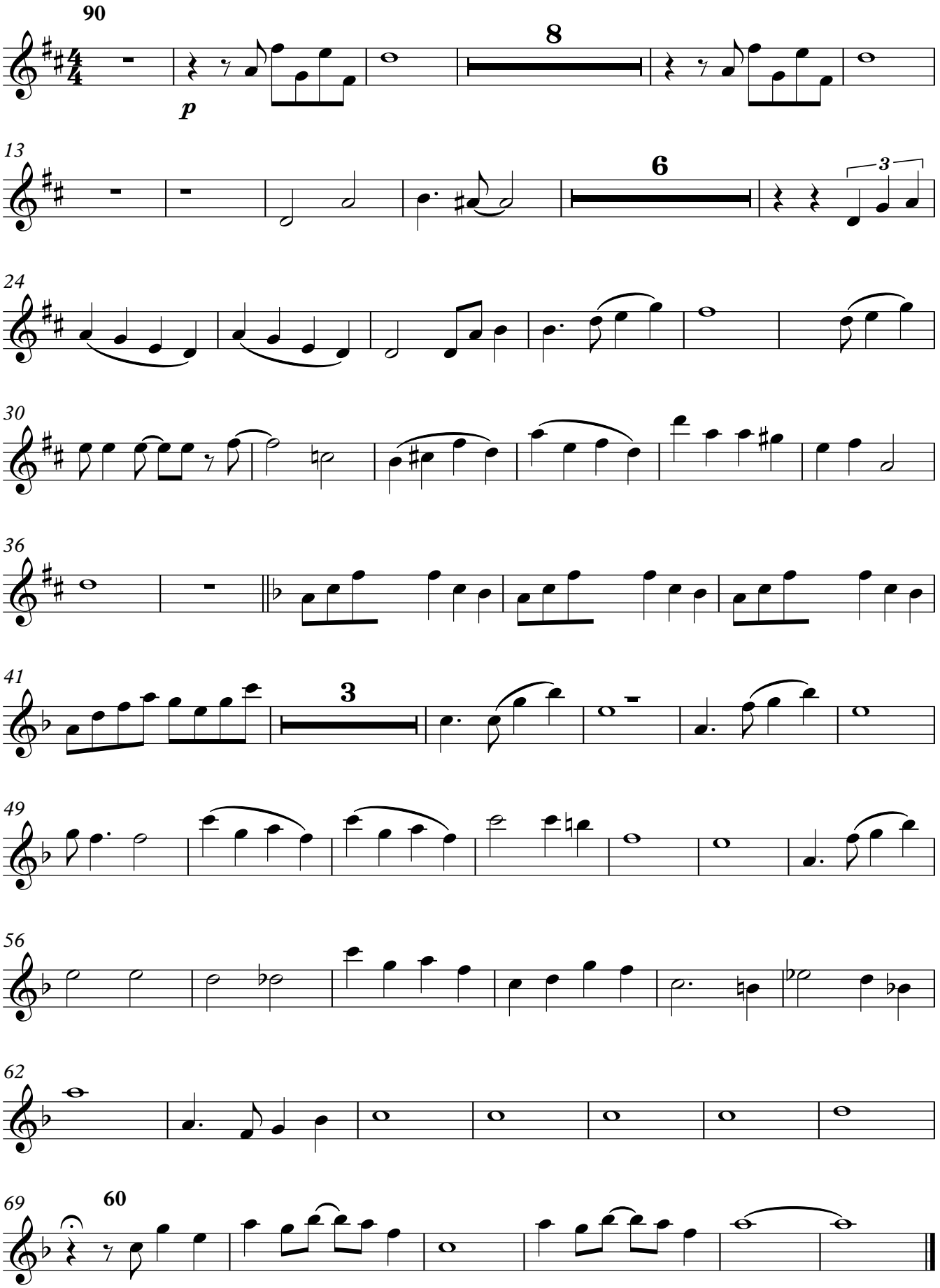Flauta