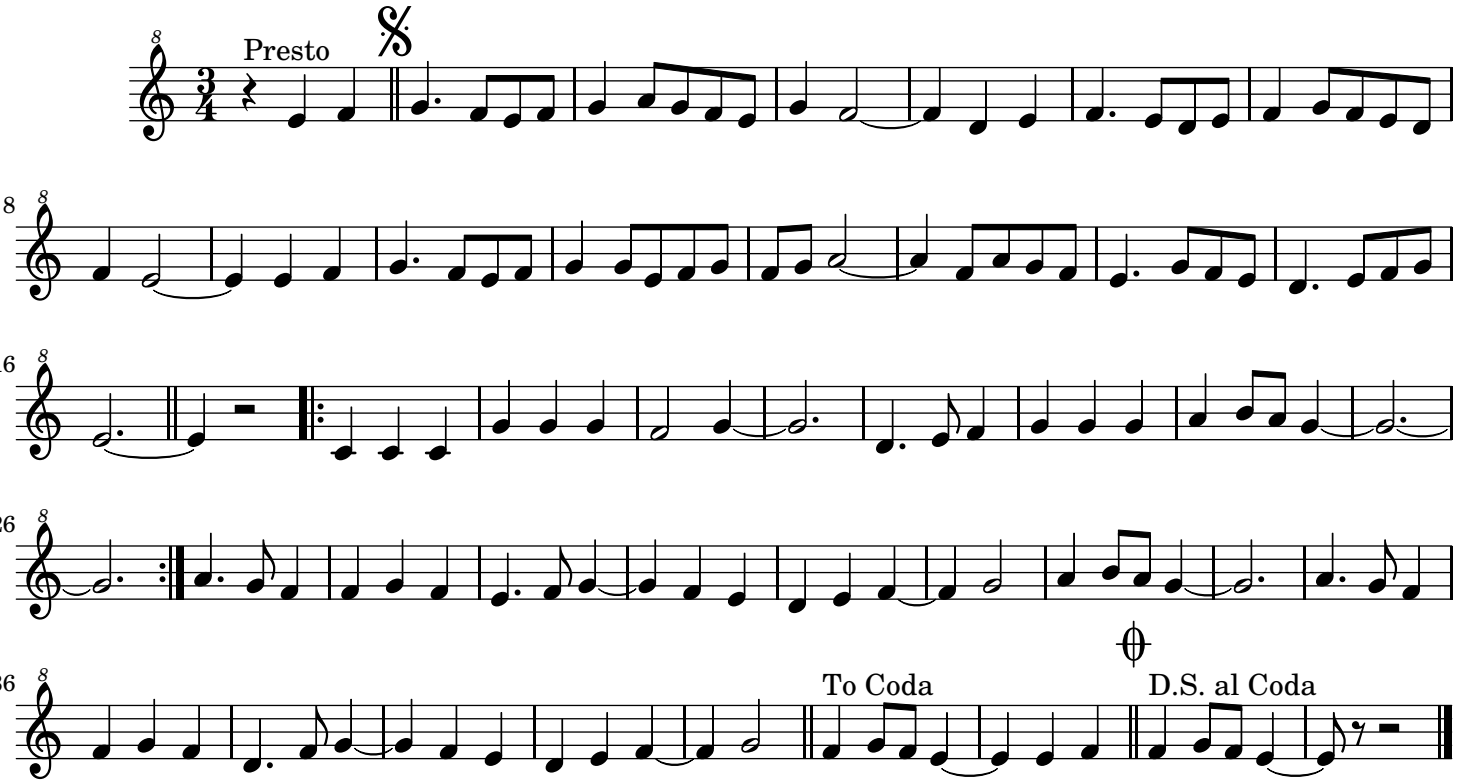Foliada de Padroso