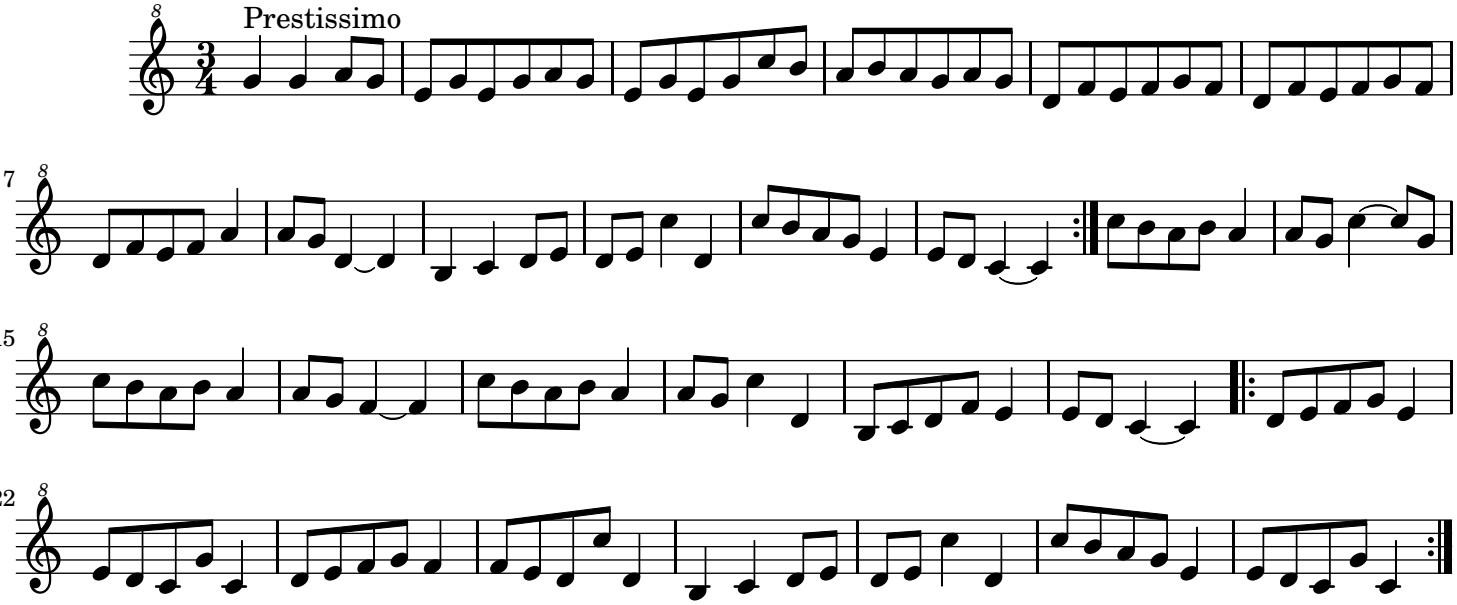Jota