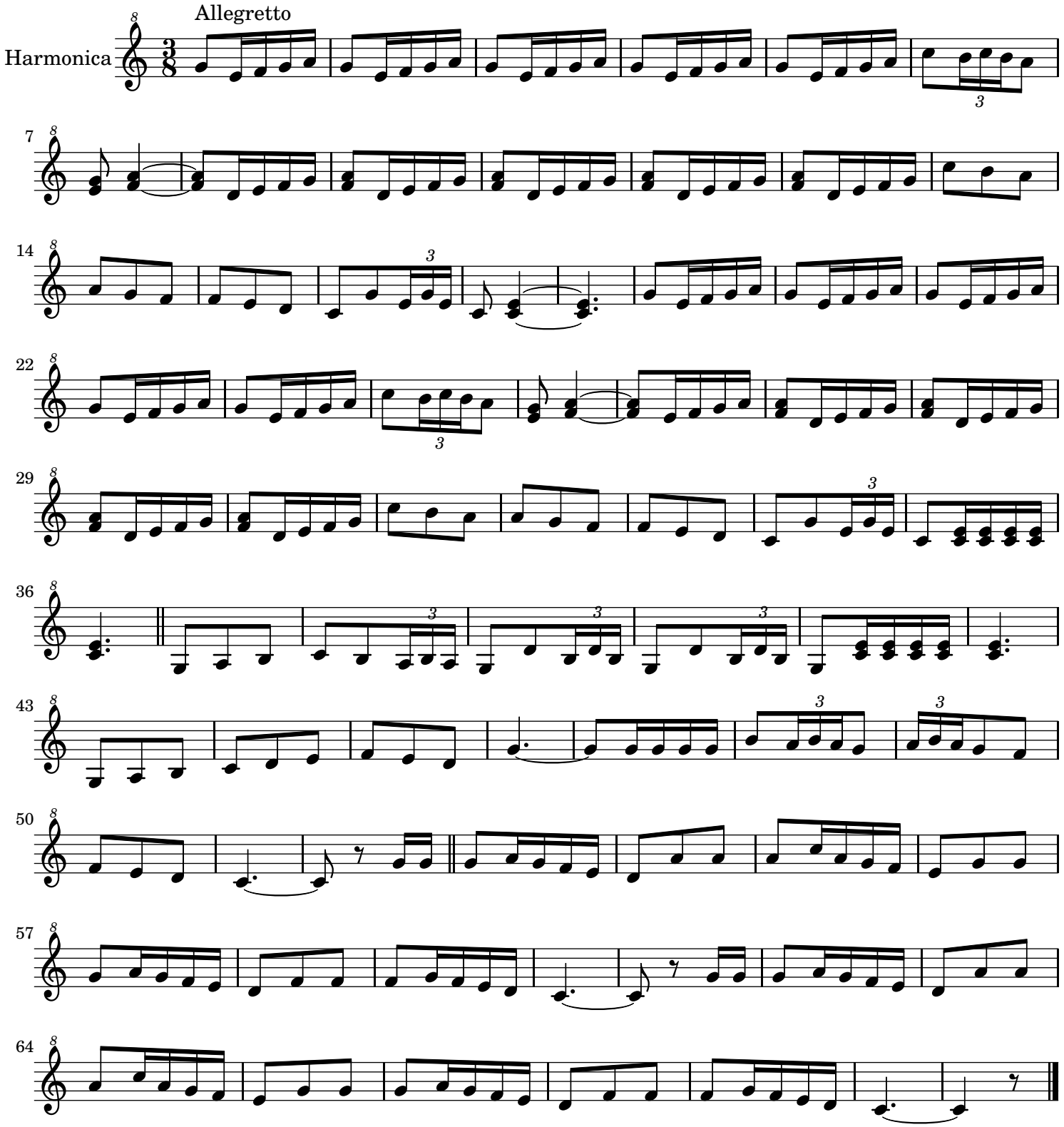Jota dos Ancares