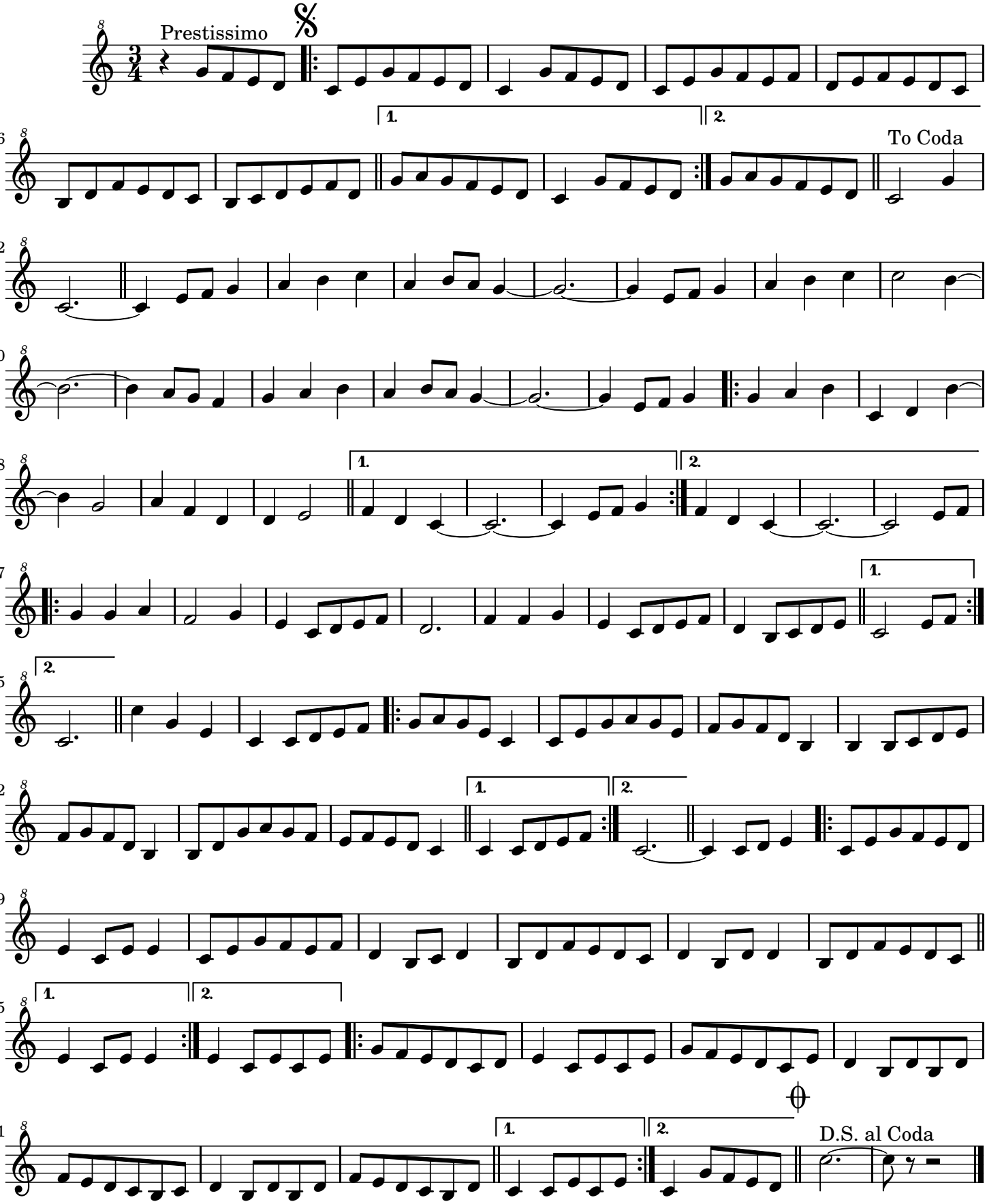Potpourri de Paradela