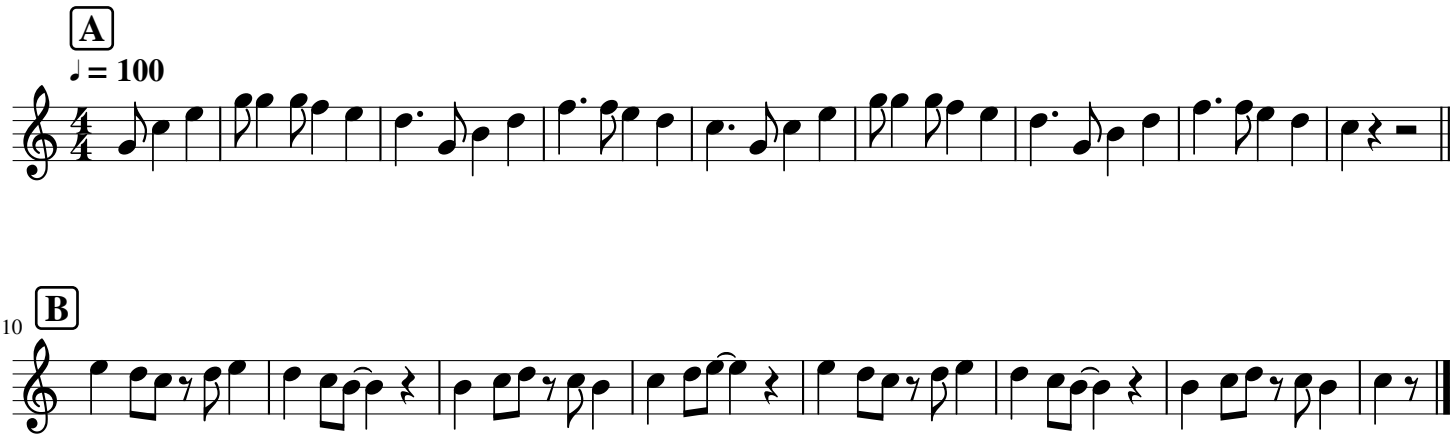Cantando