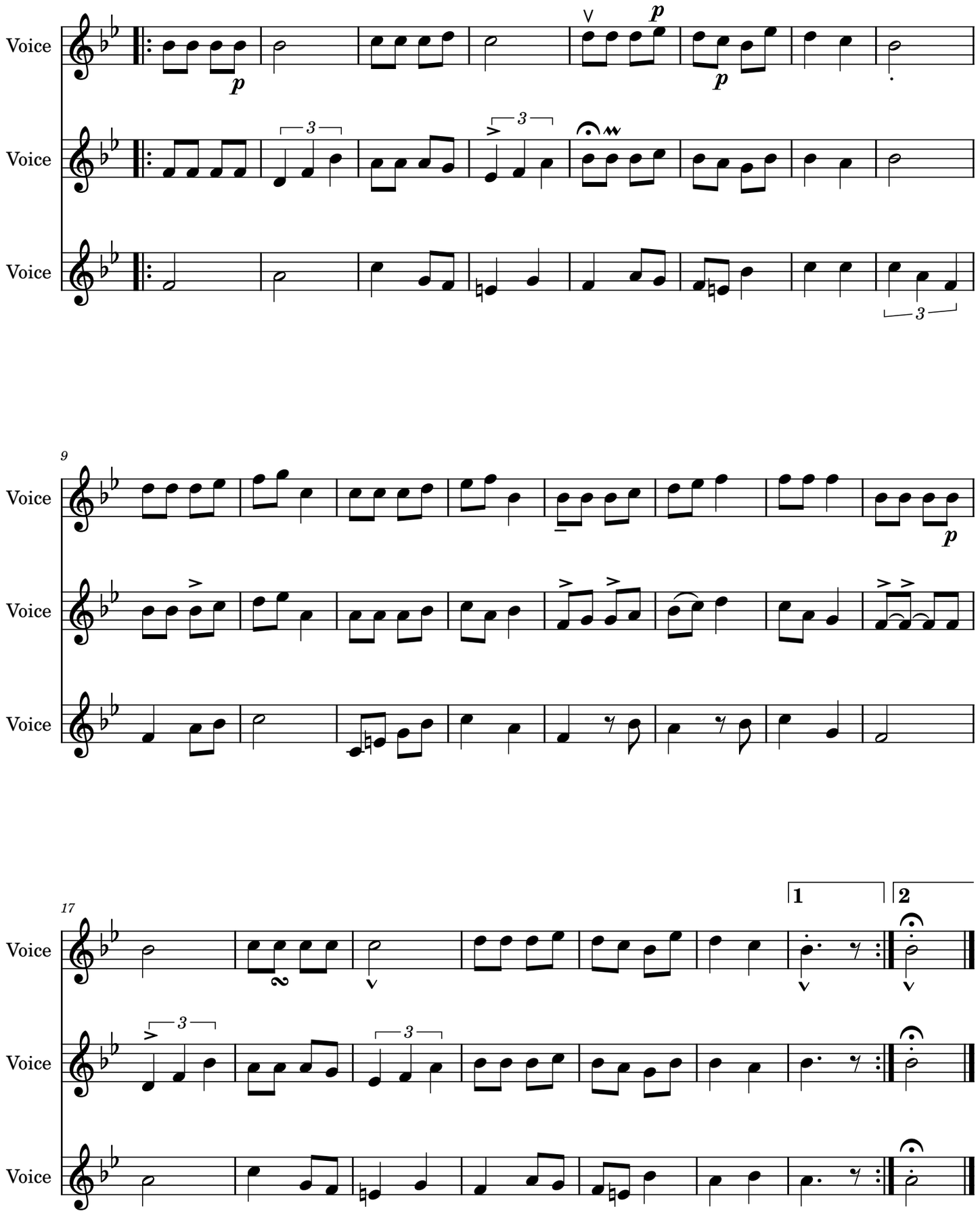Ene maitia xarmegarria