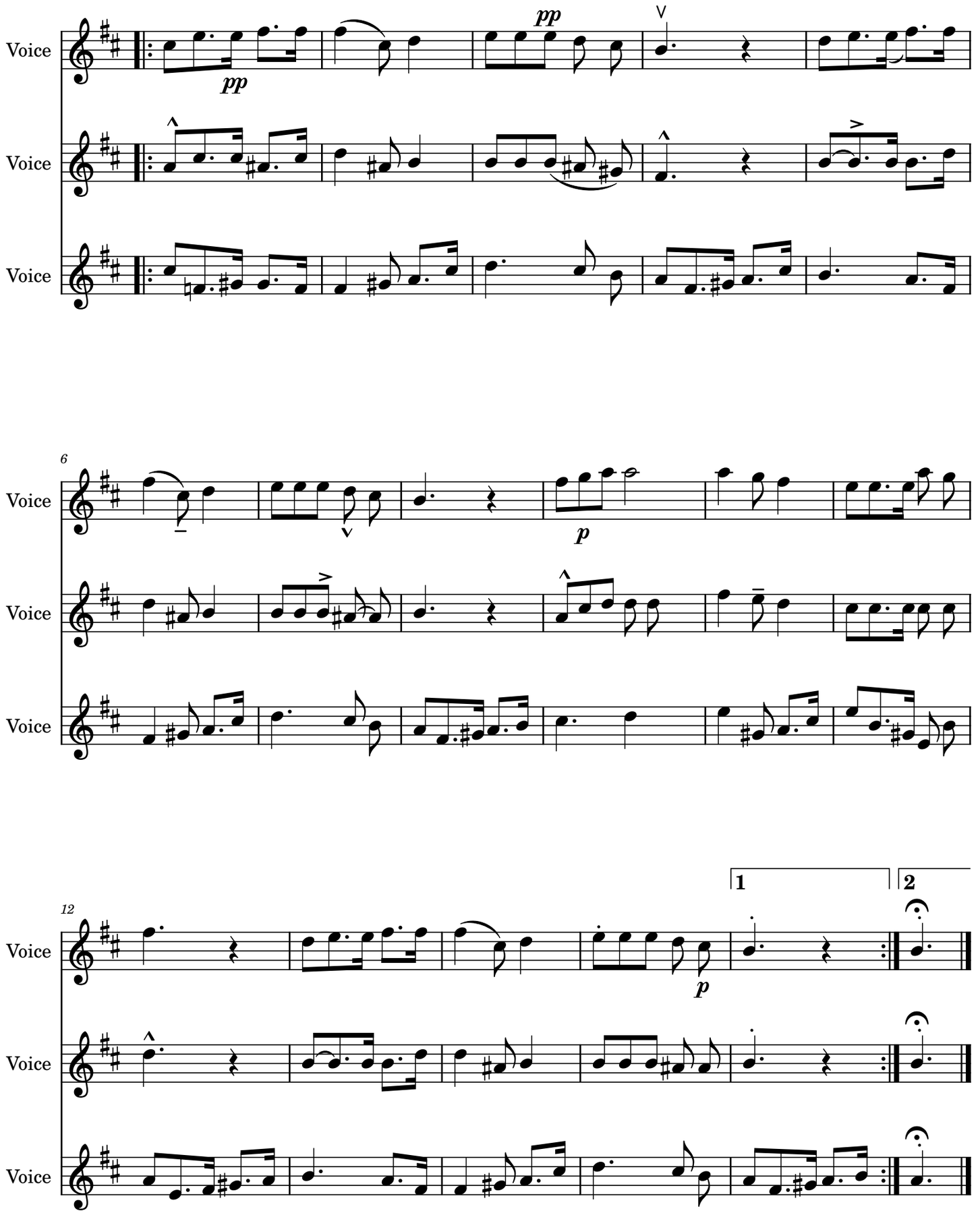Amar urterarako