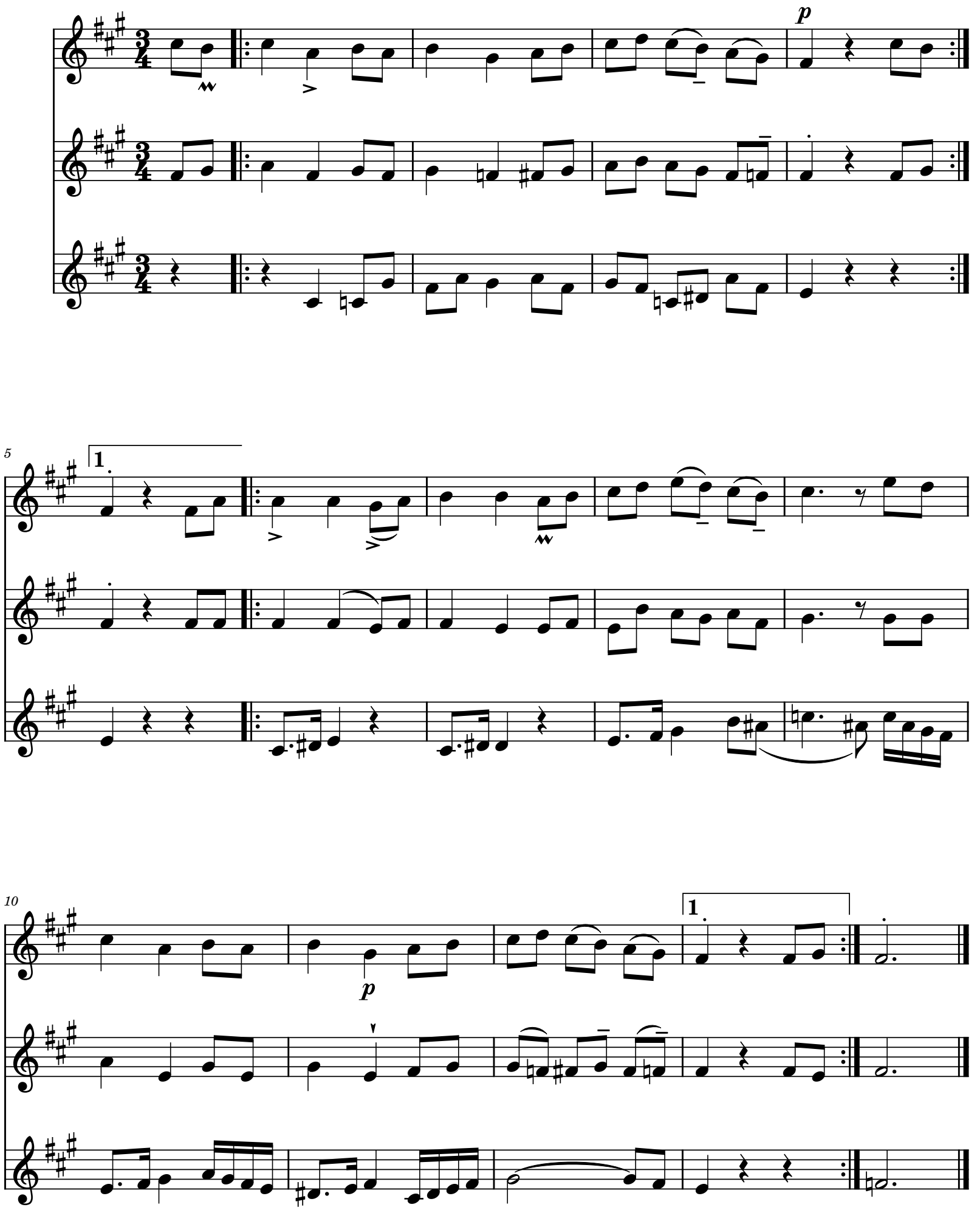Bizio bat orotarat