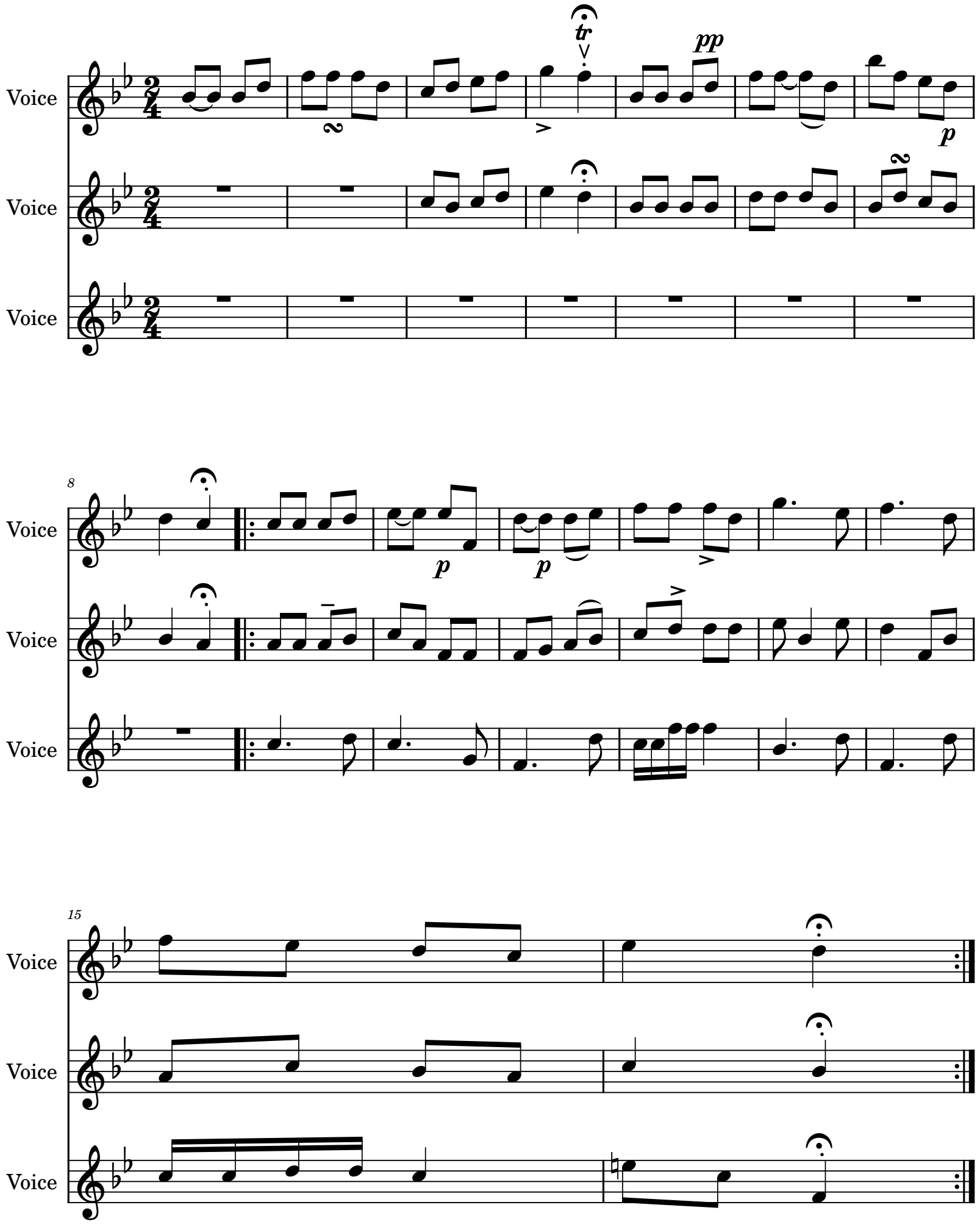Elizara joan