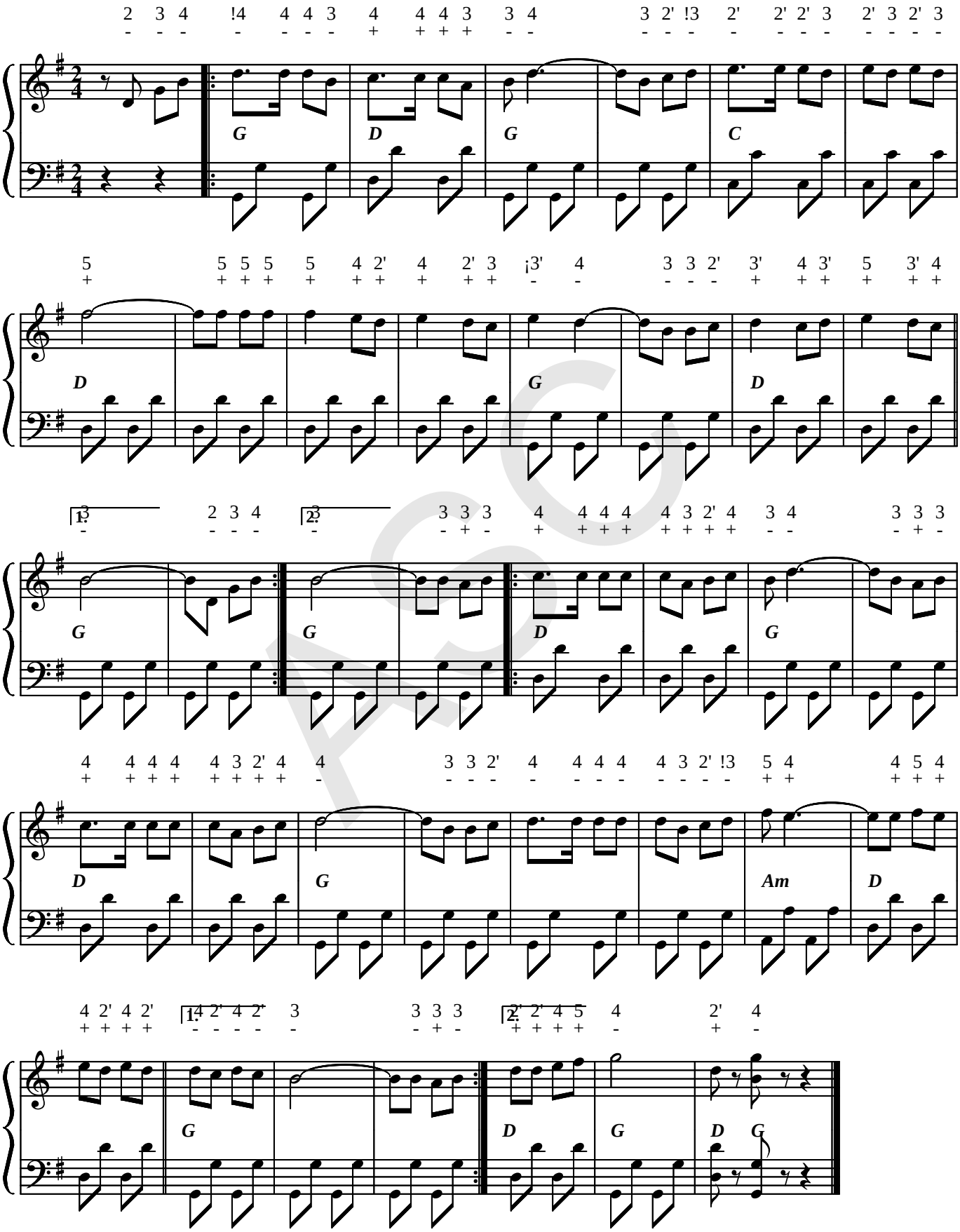ADELITA