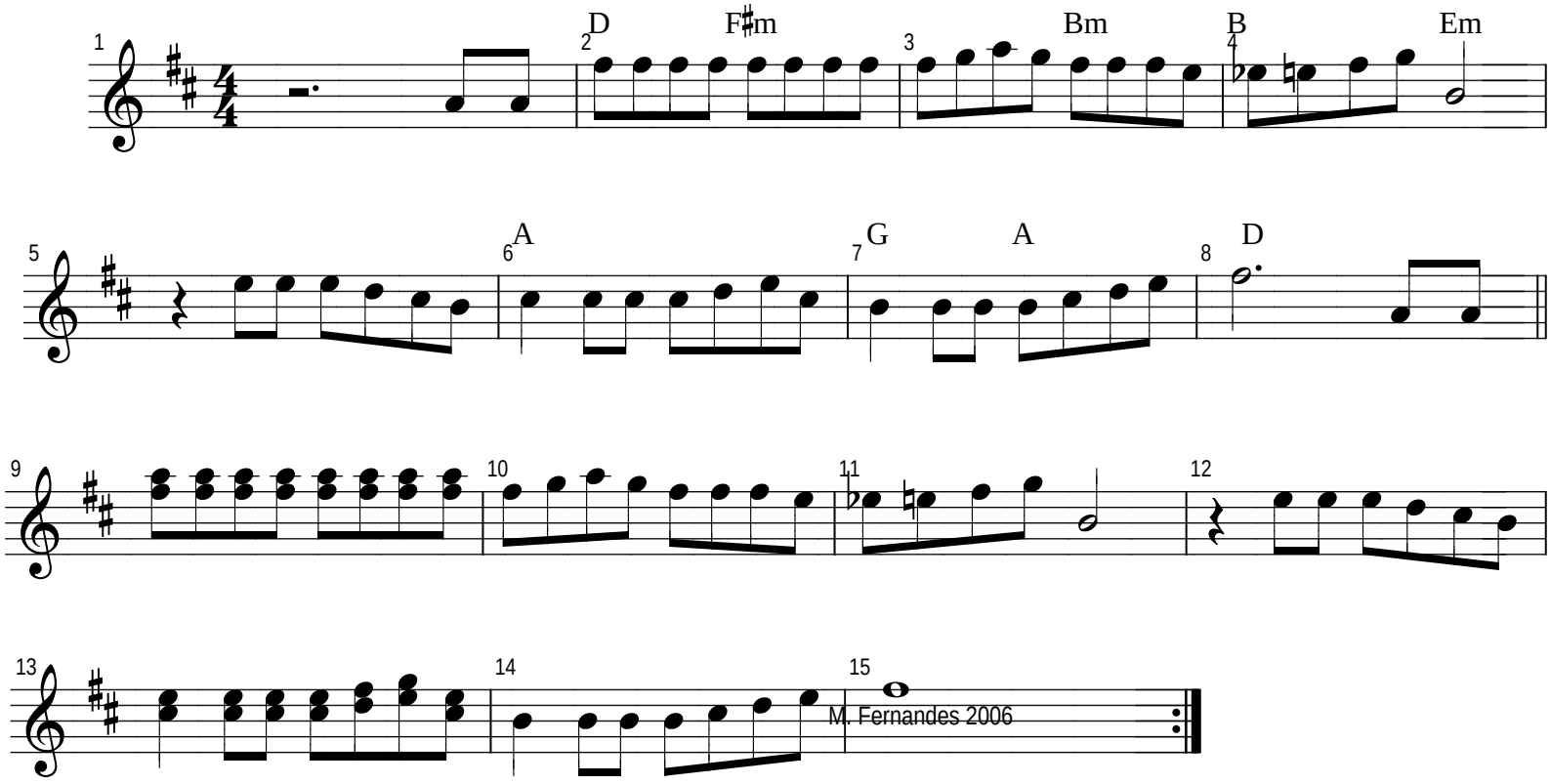A MINHA CASINHA