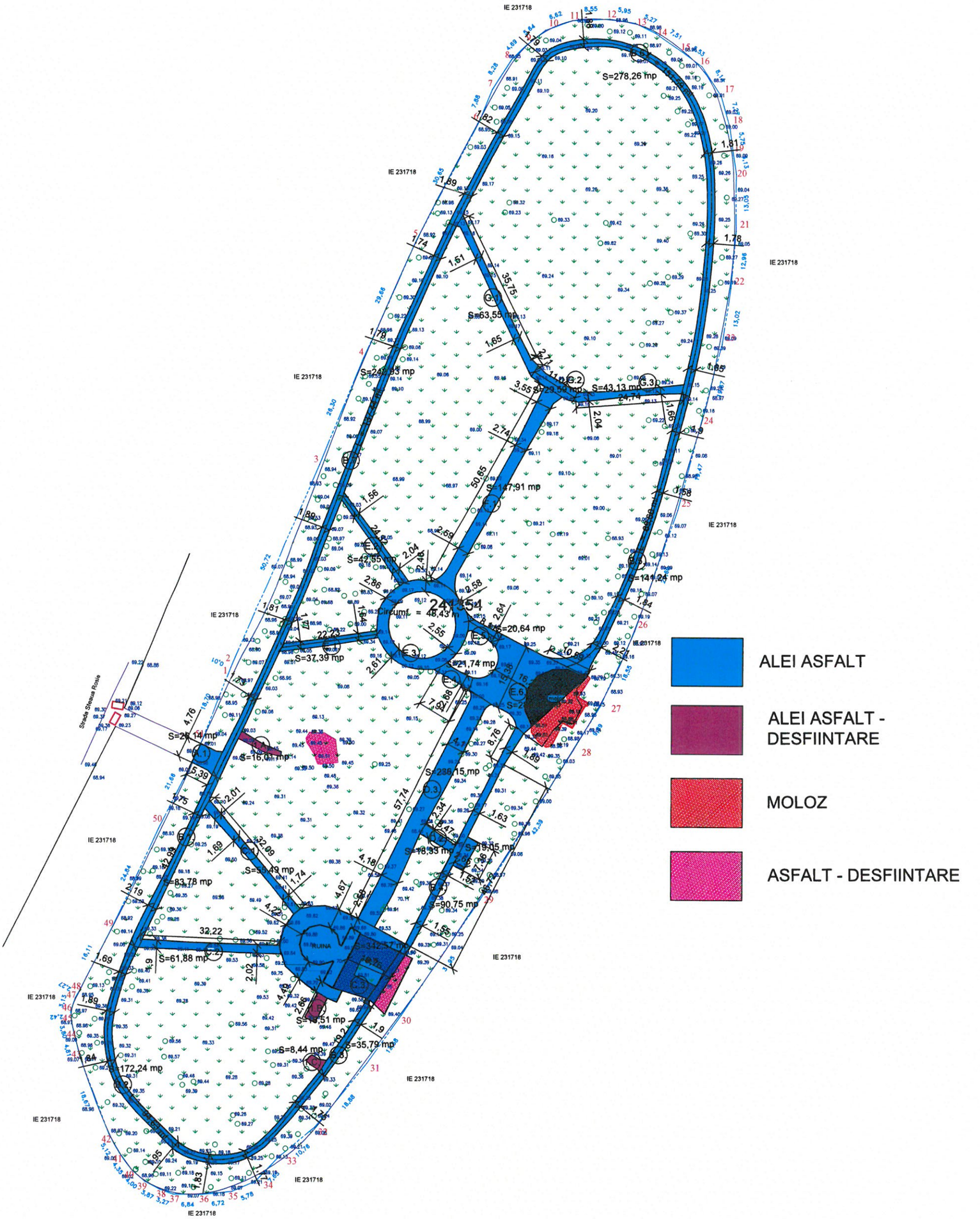INSULA PLUMBUITA