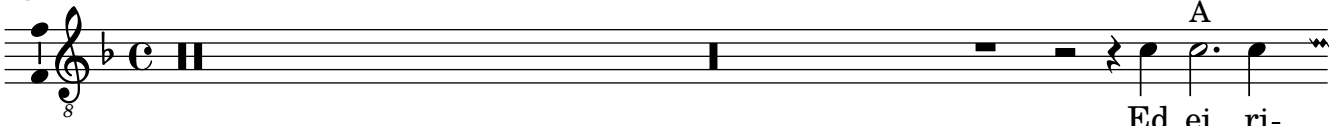Sesto