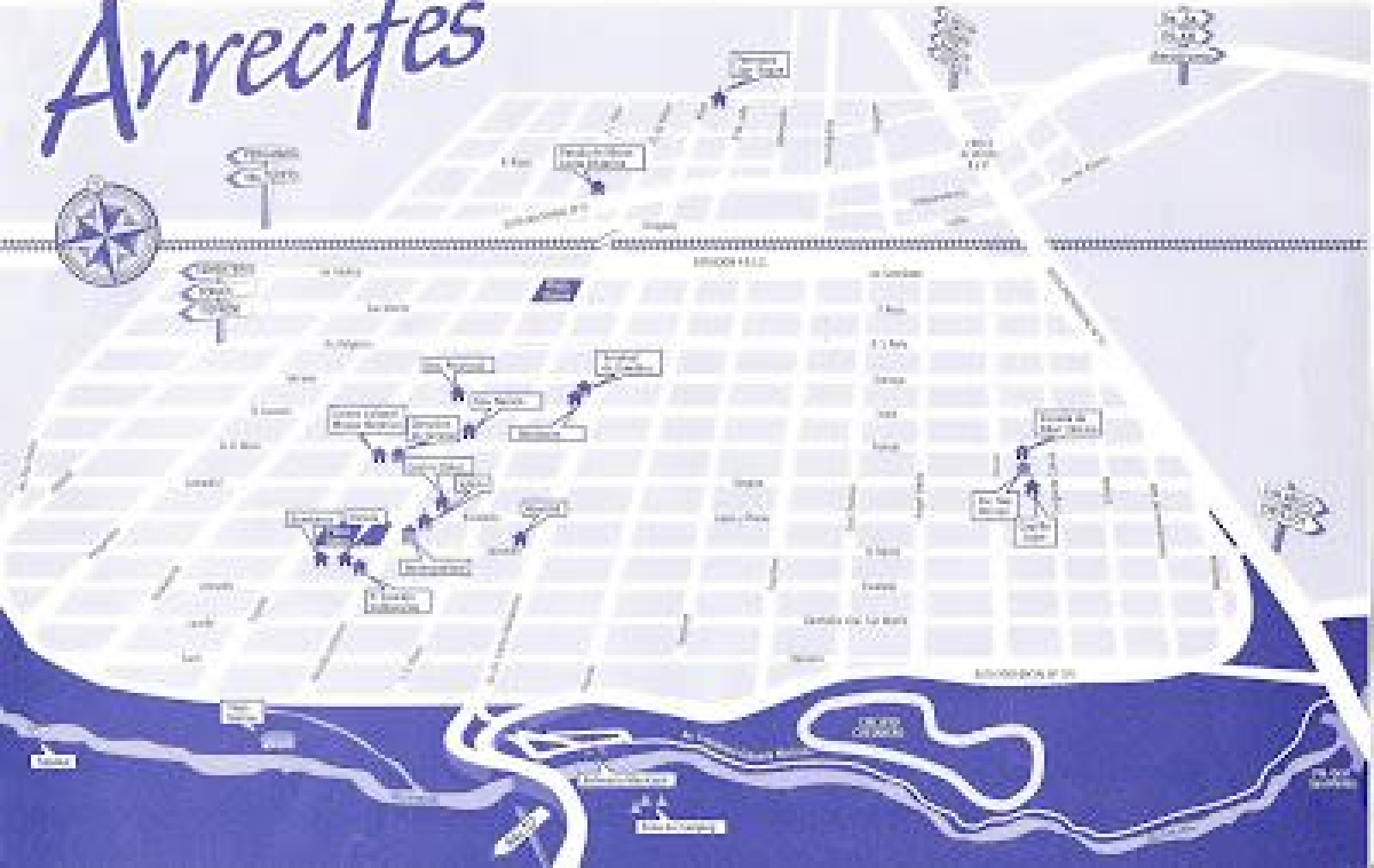Arrecifes