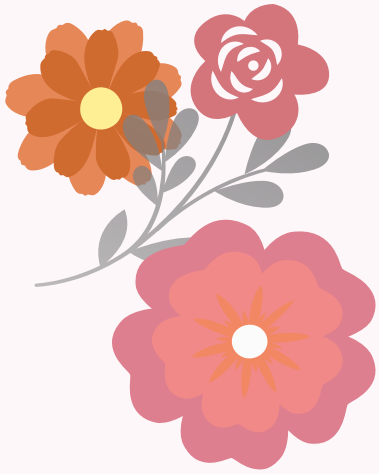CARA MAMMA