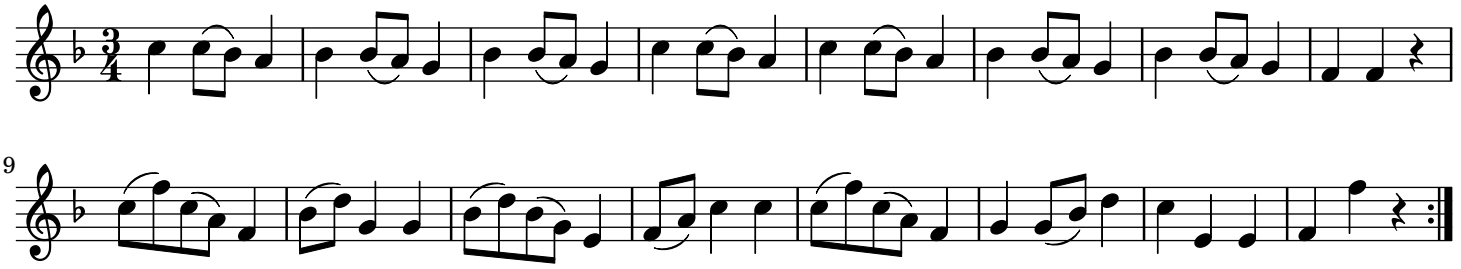
Da Trampla

trad.