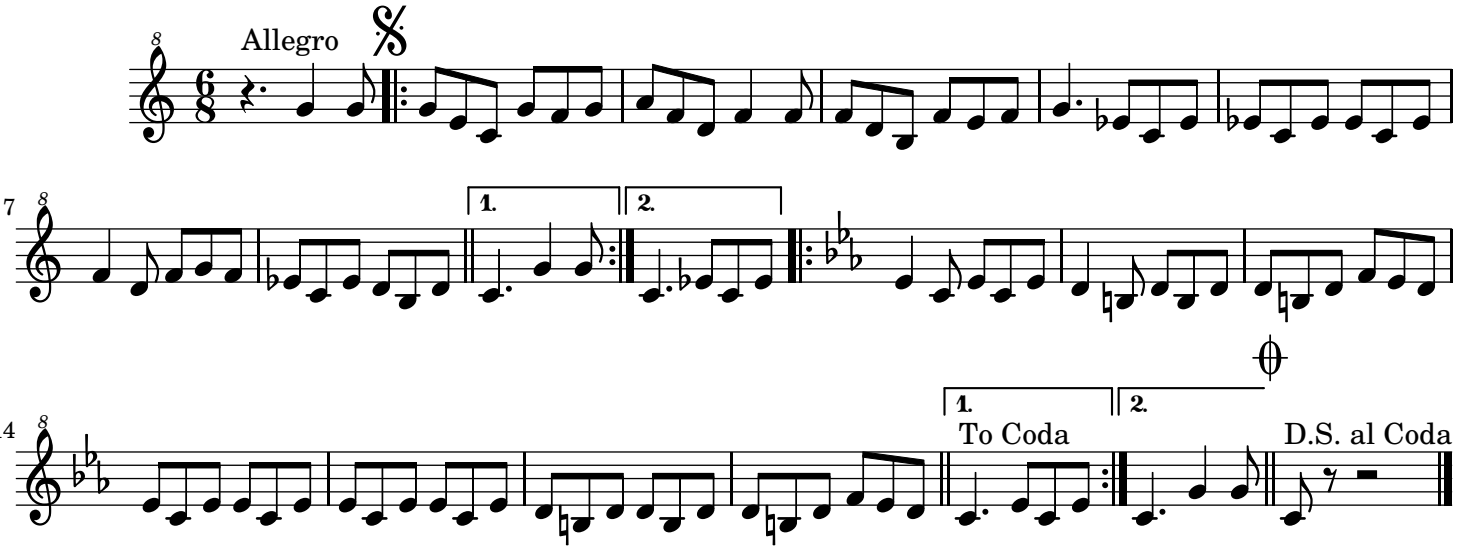Muiñeira