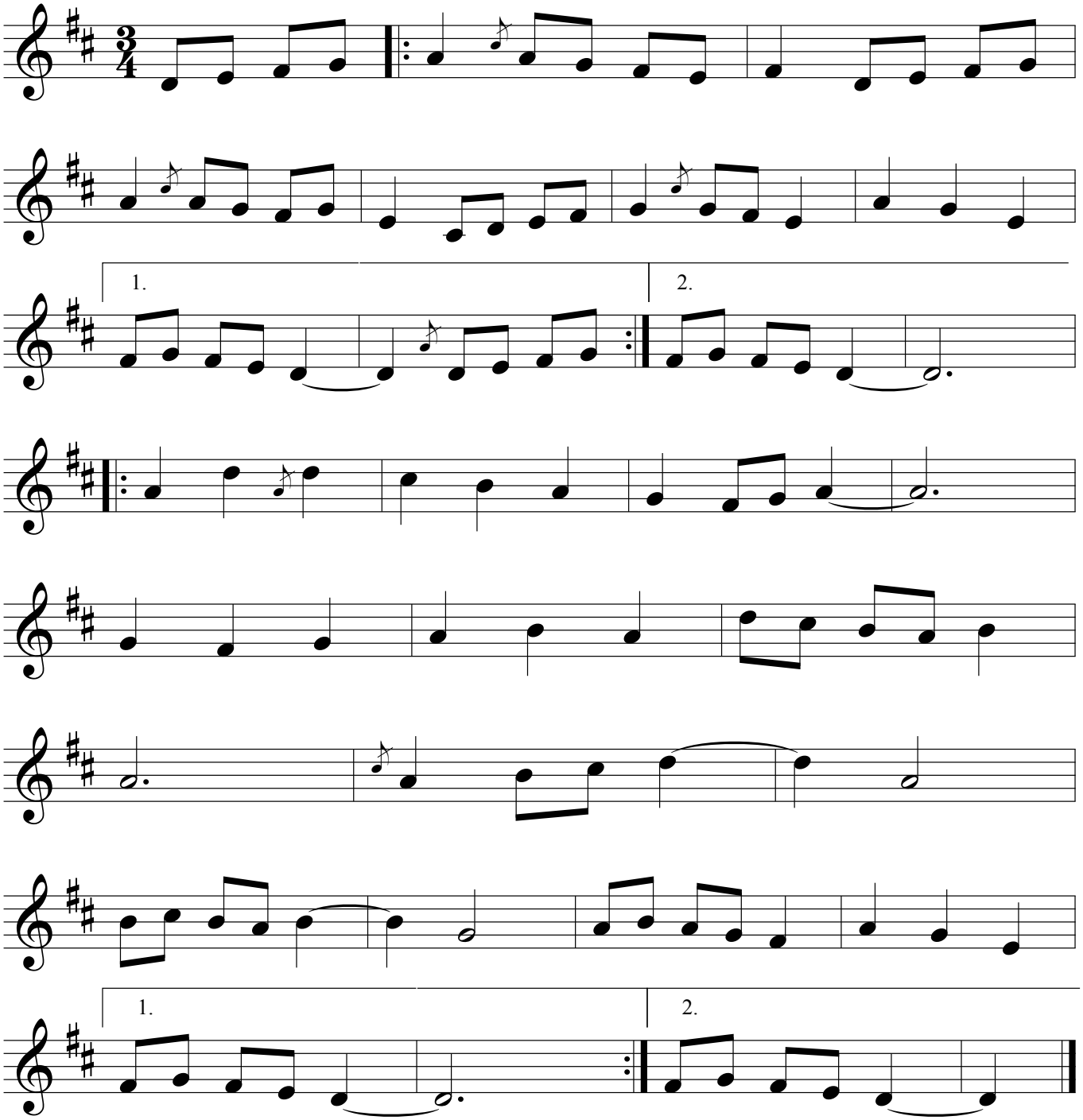Xota Tradicional