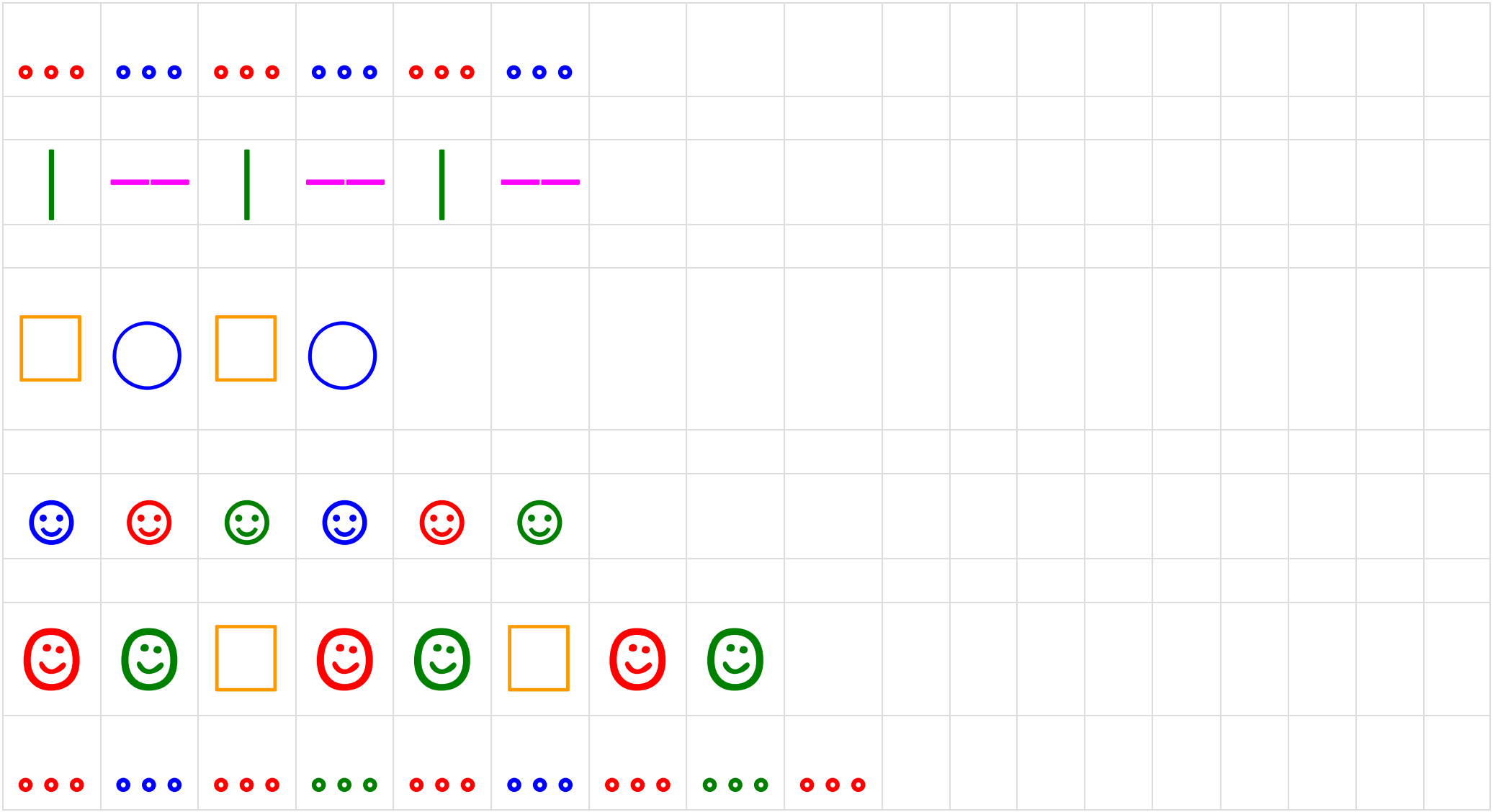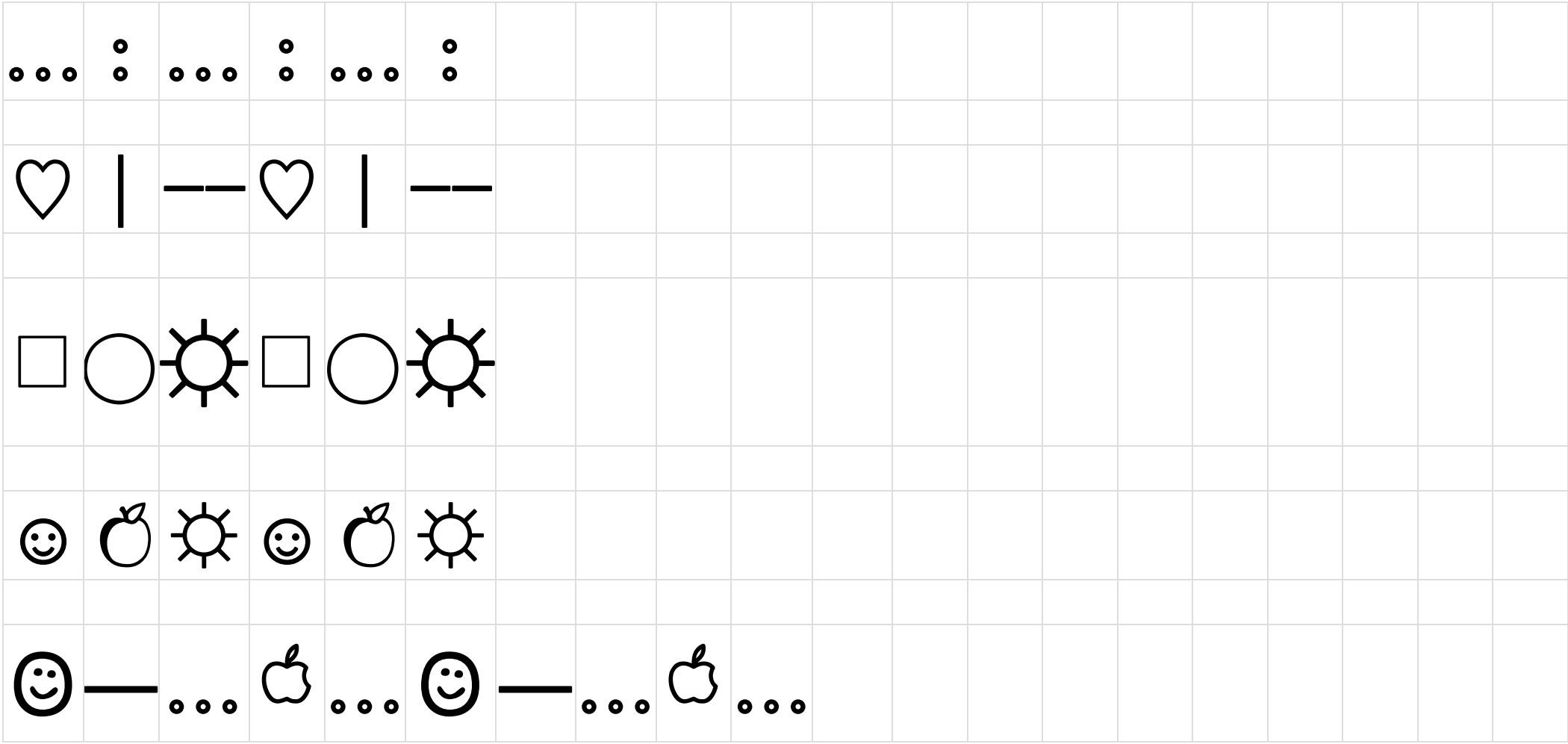CONTINUA I RITMI