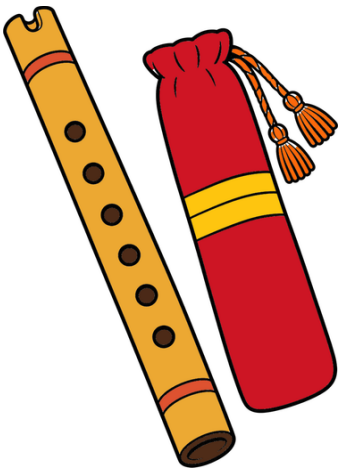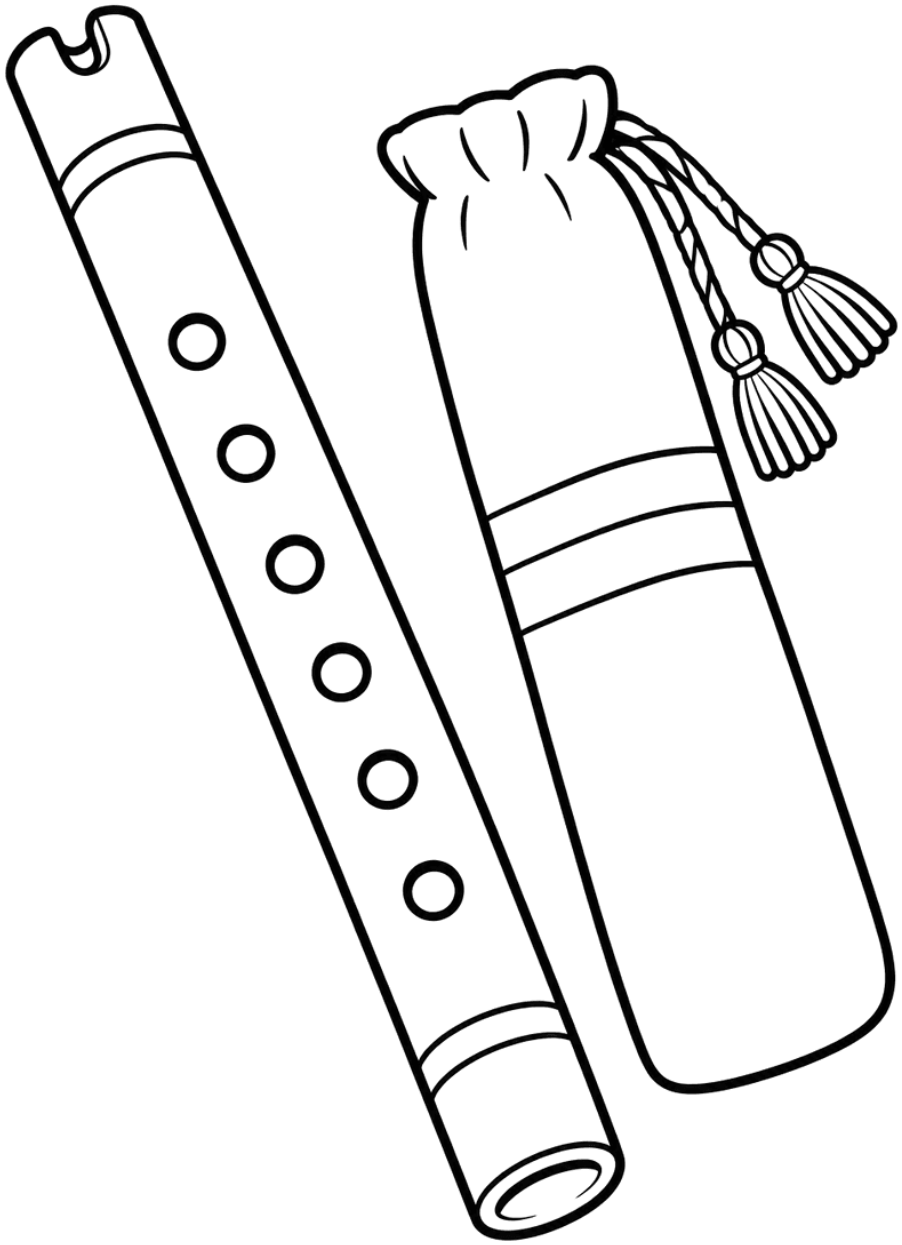Quena