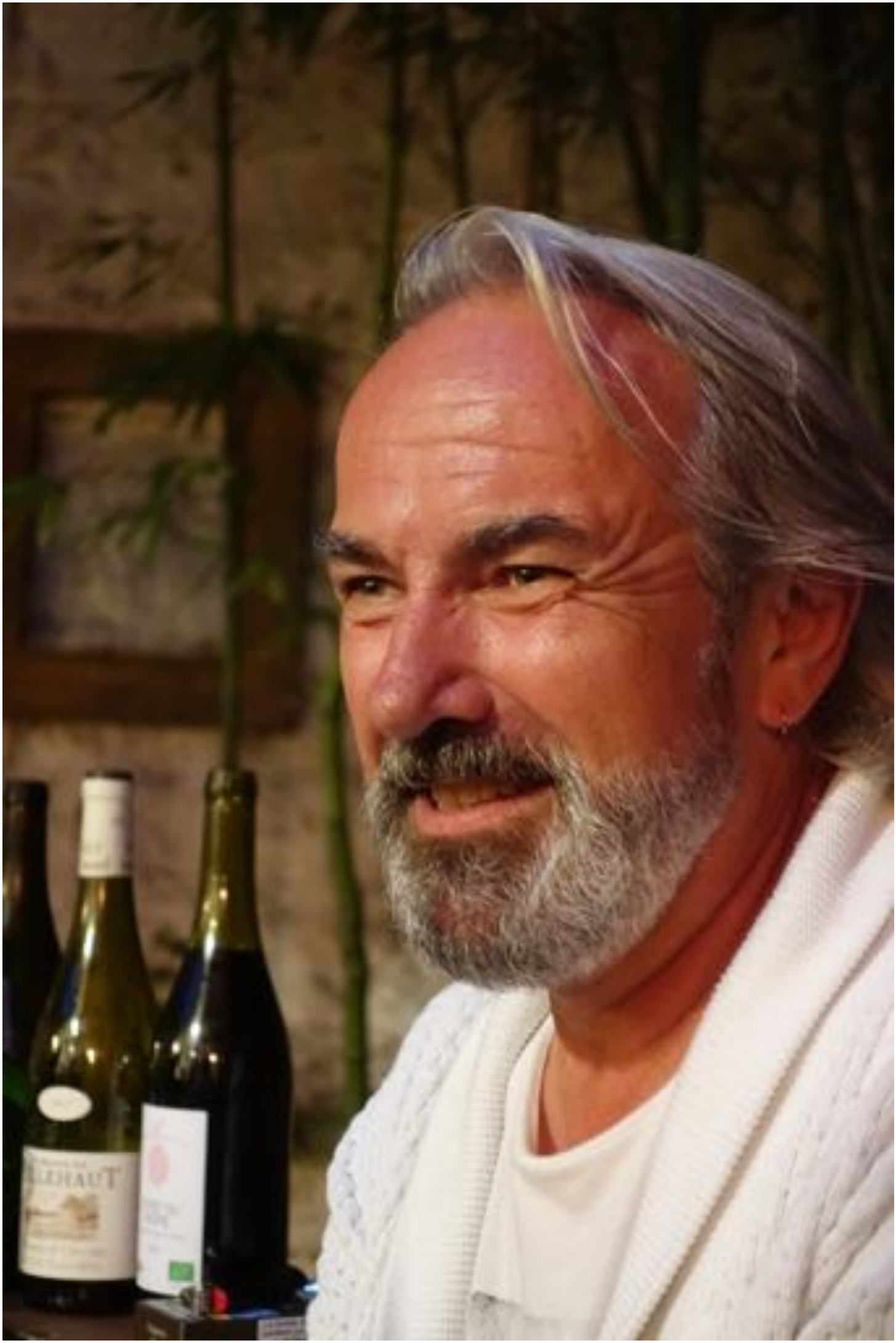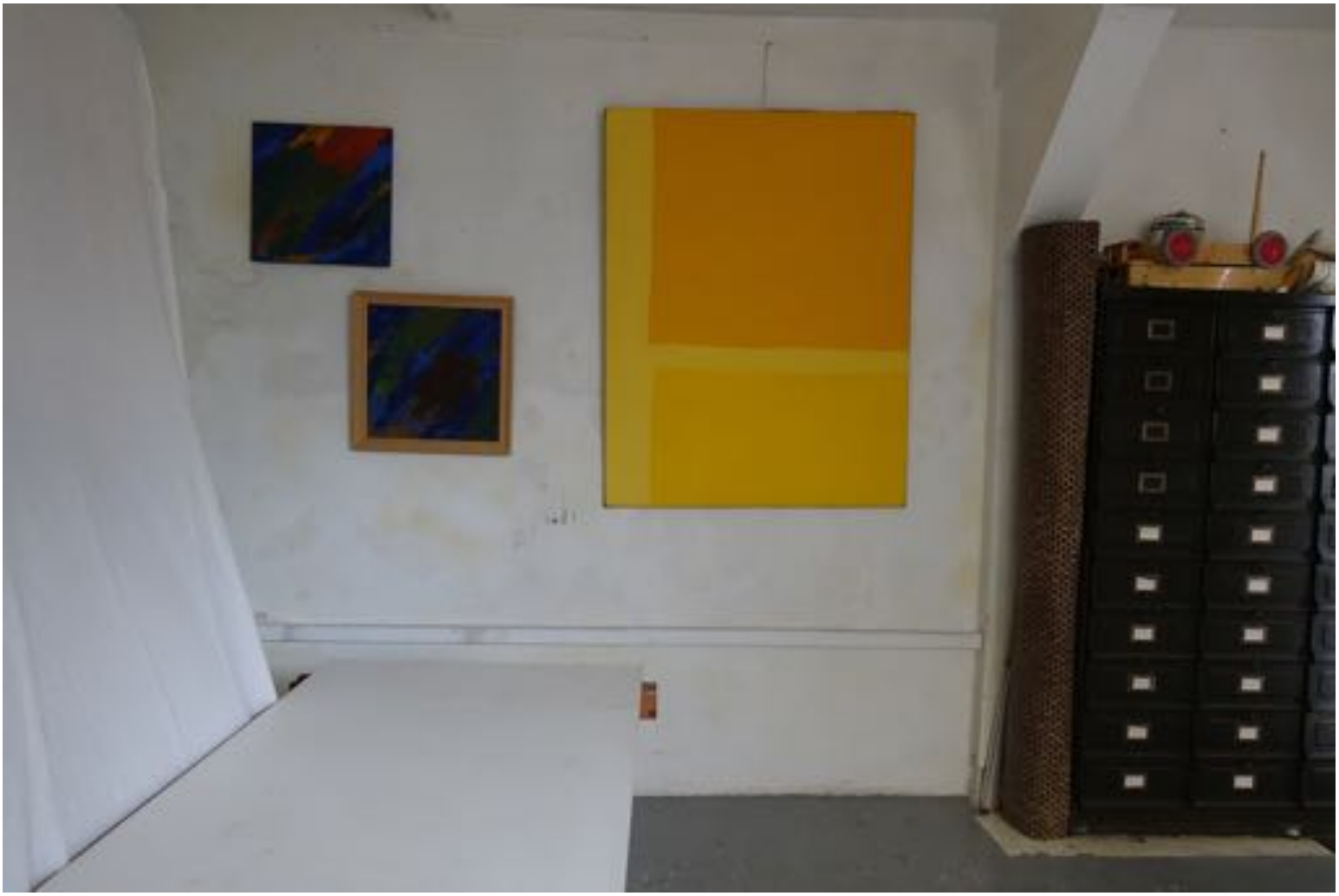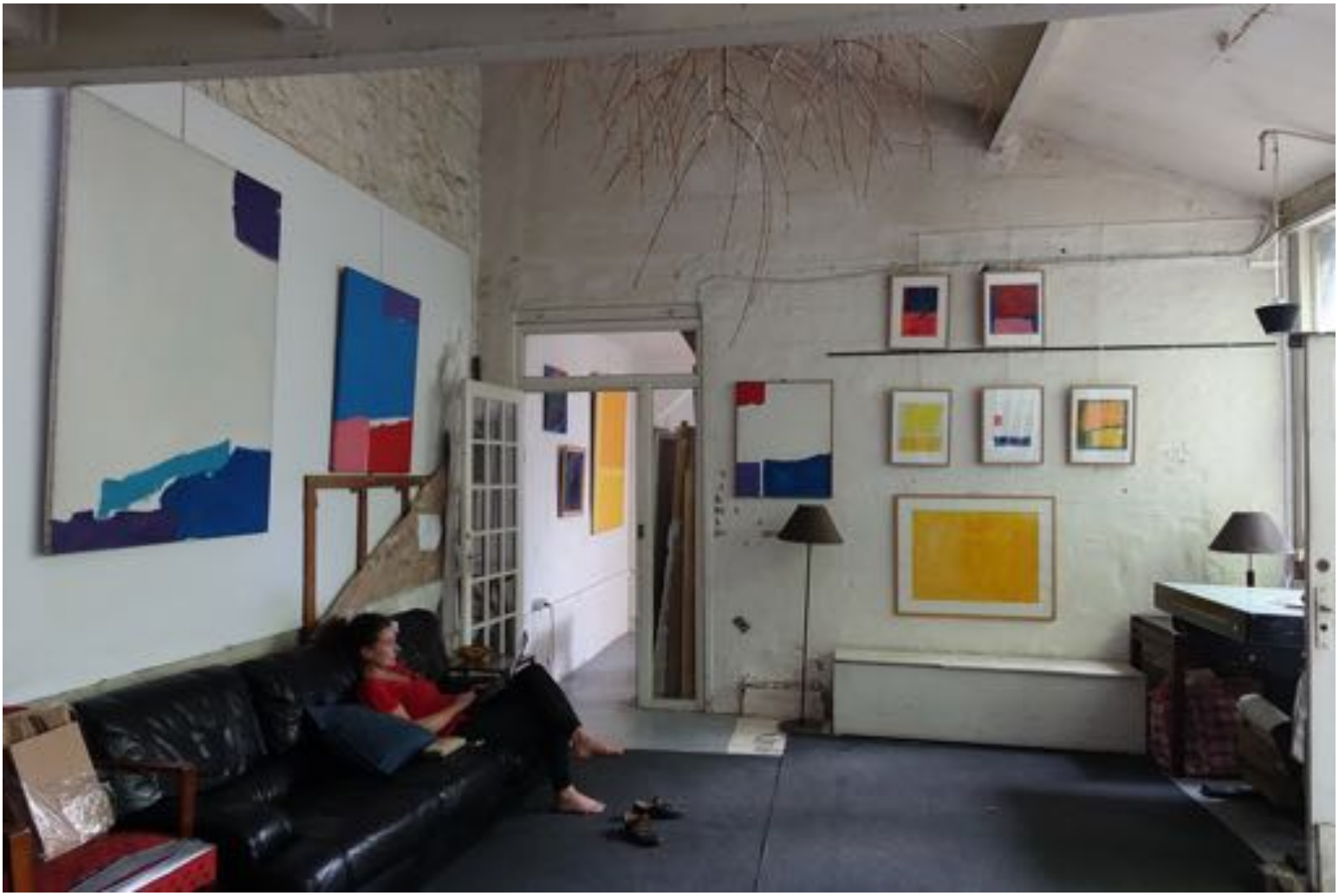Raquel