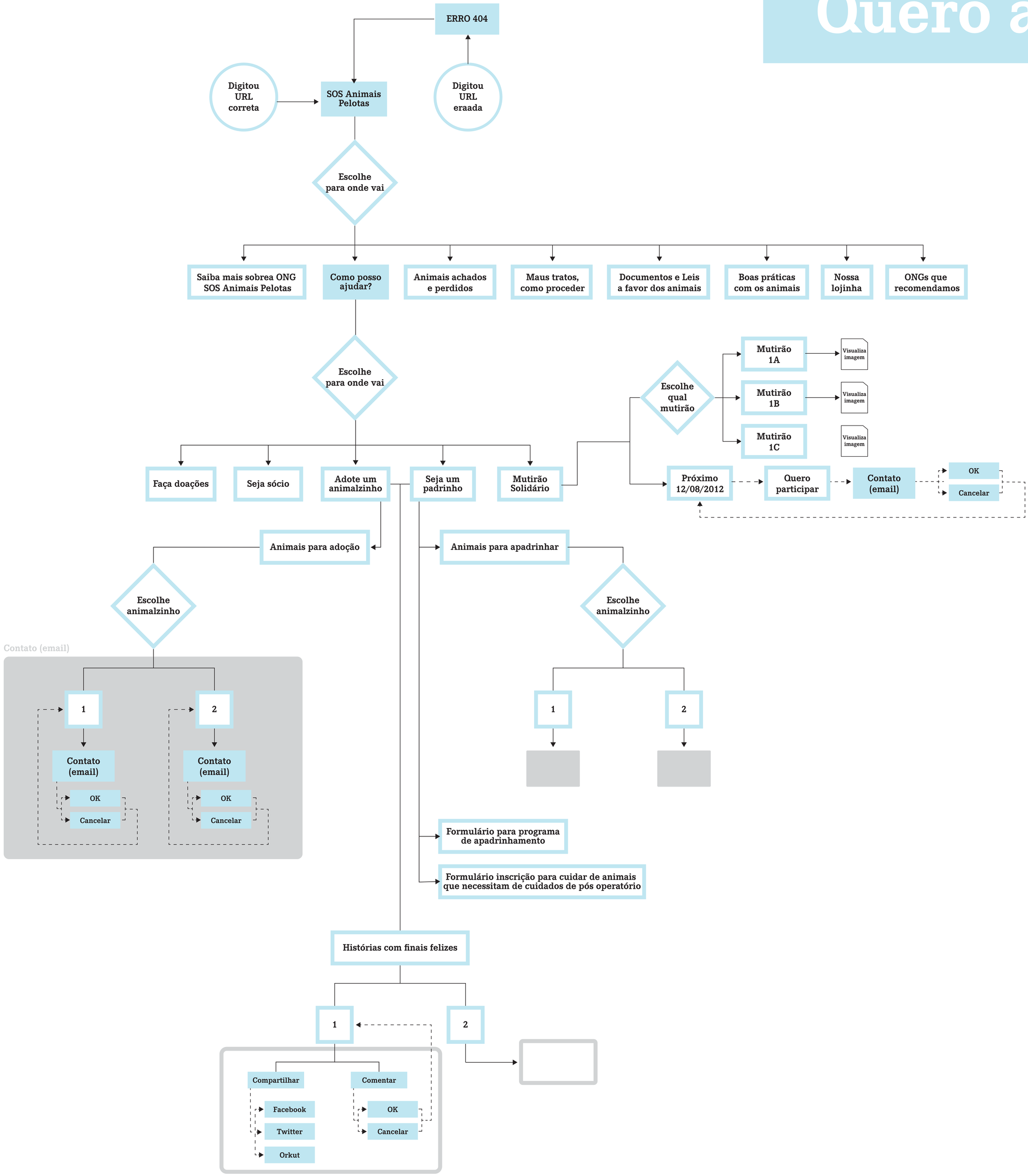Quero ajudar