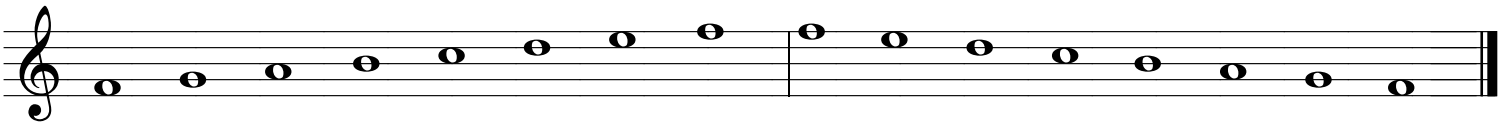Modo Lídio - Fá