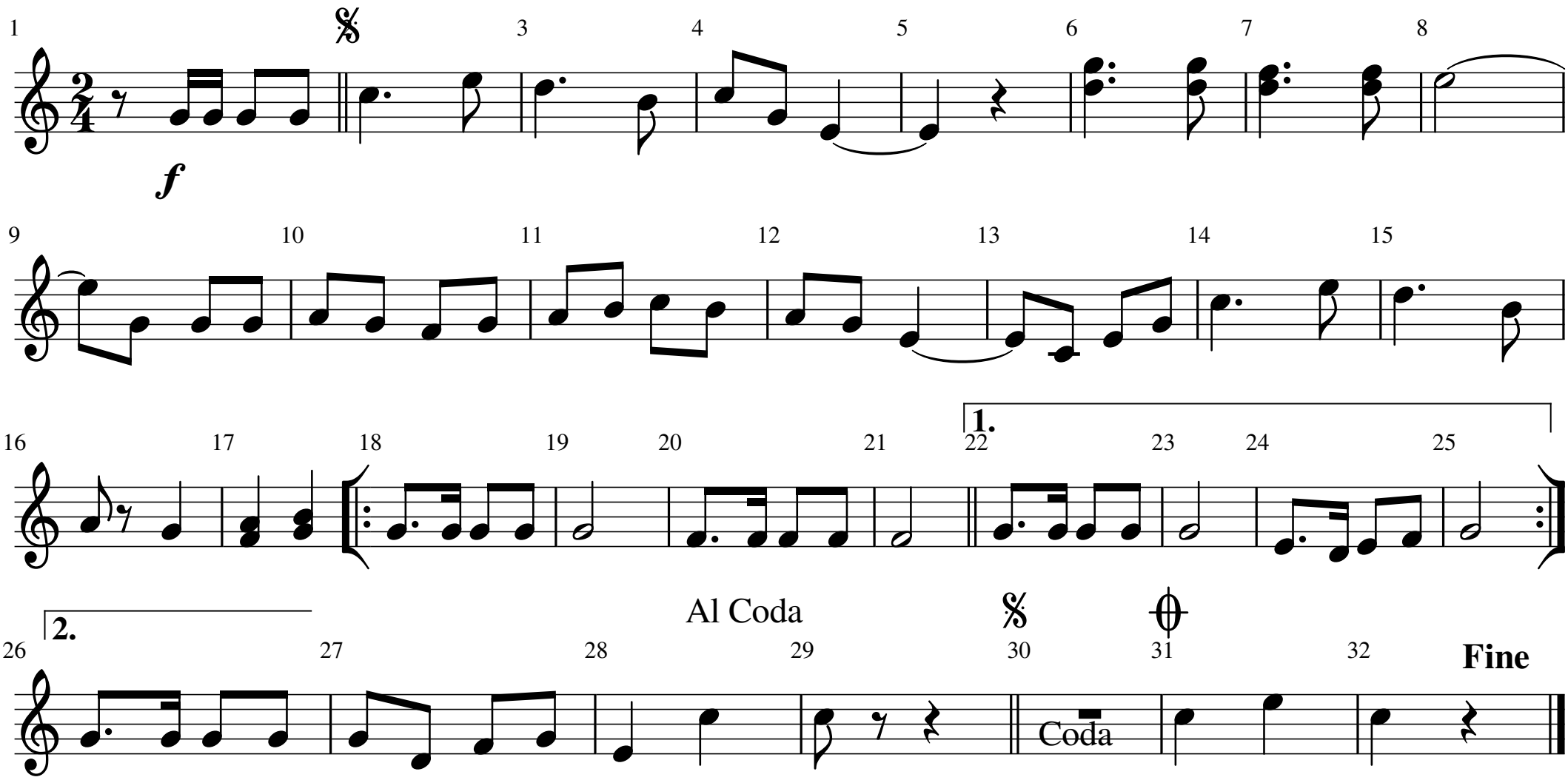Arrantzaleak