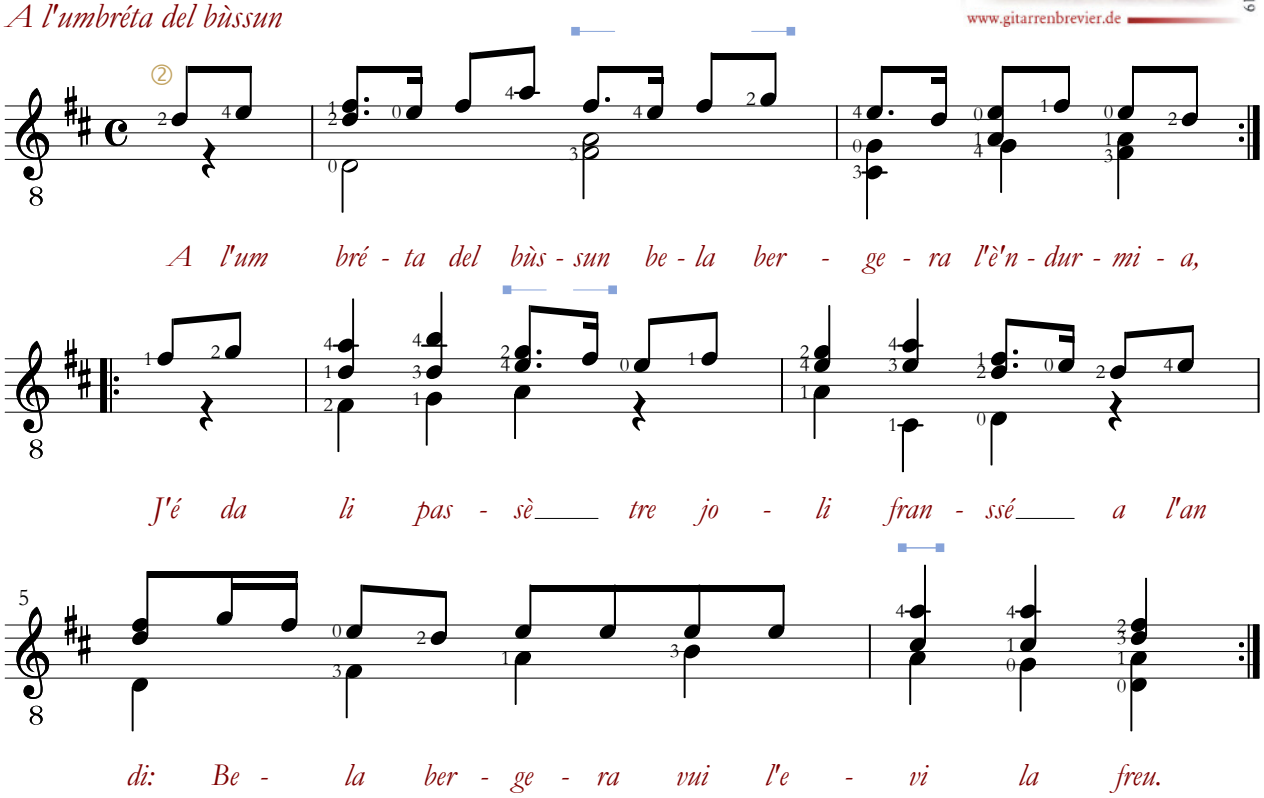A l'umbréta del bùssun