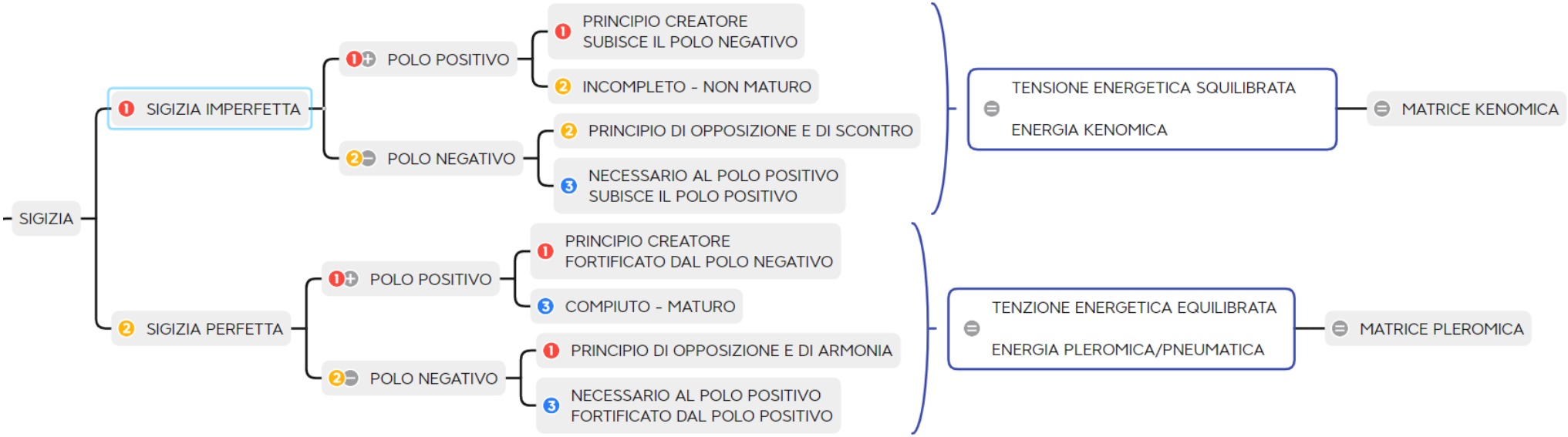TAVOLA DELLA SIGIZIA