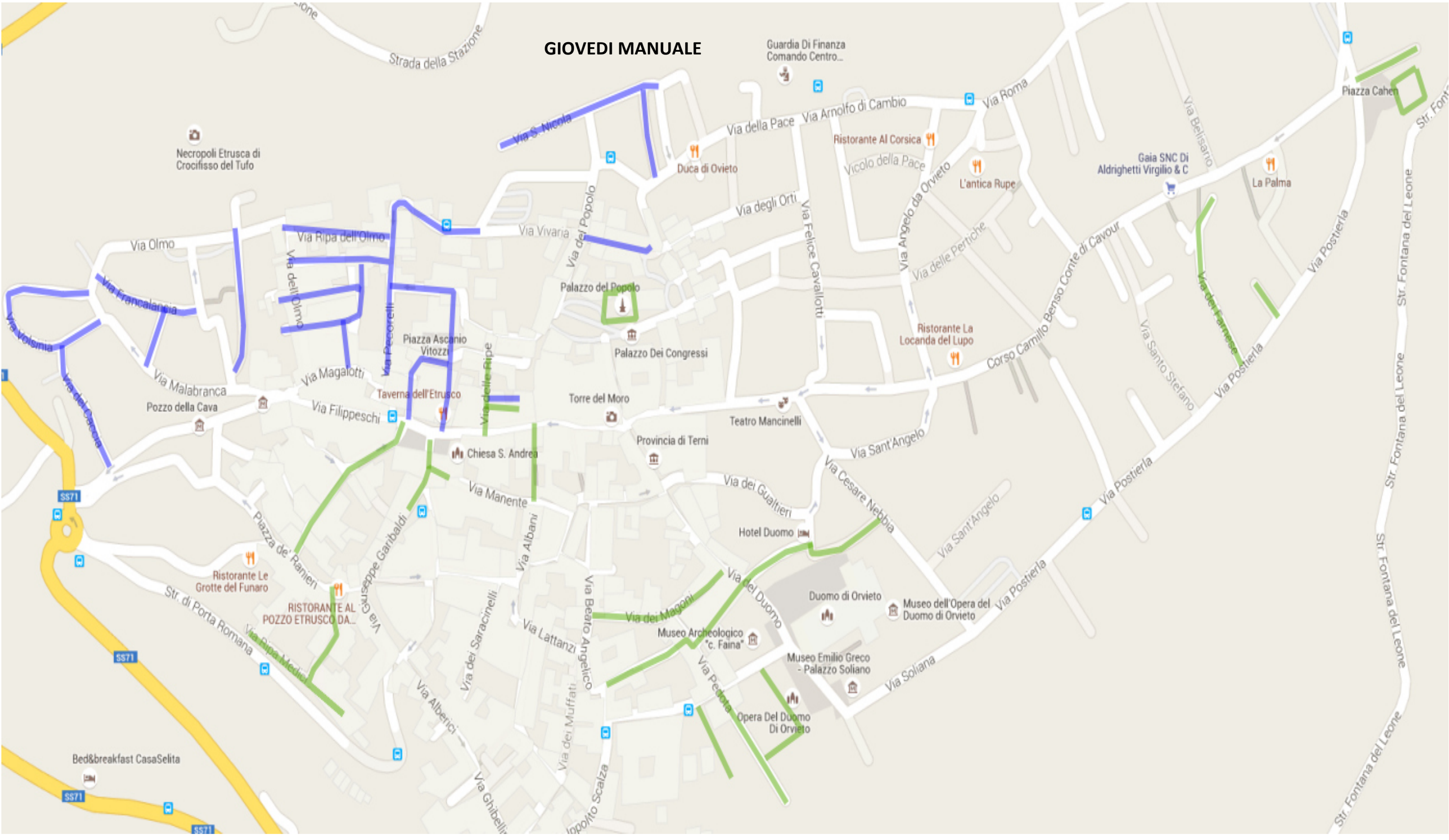GIOVEDI MANUALE