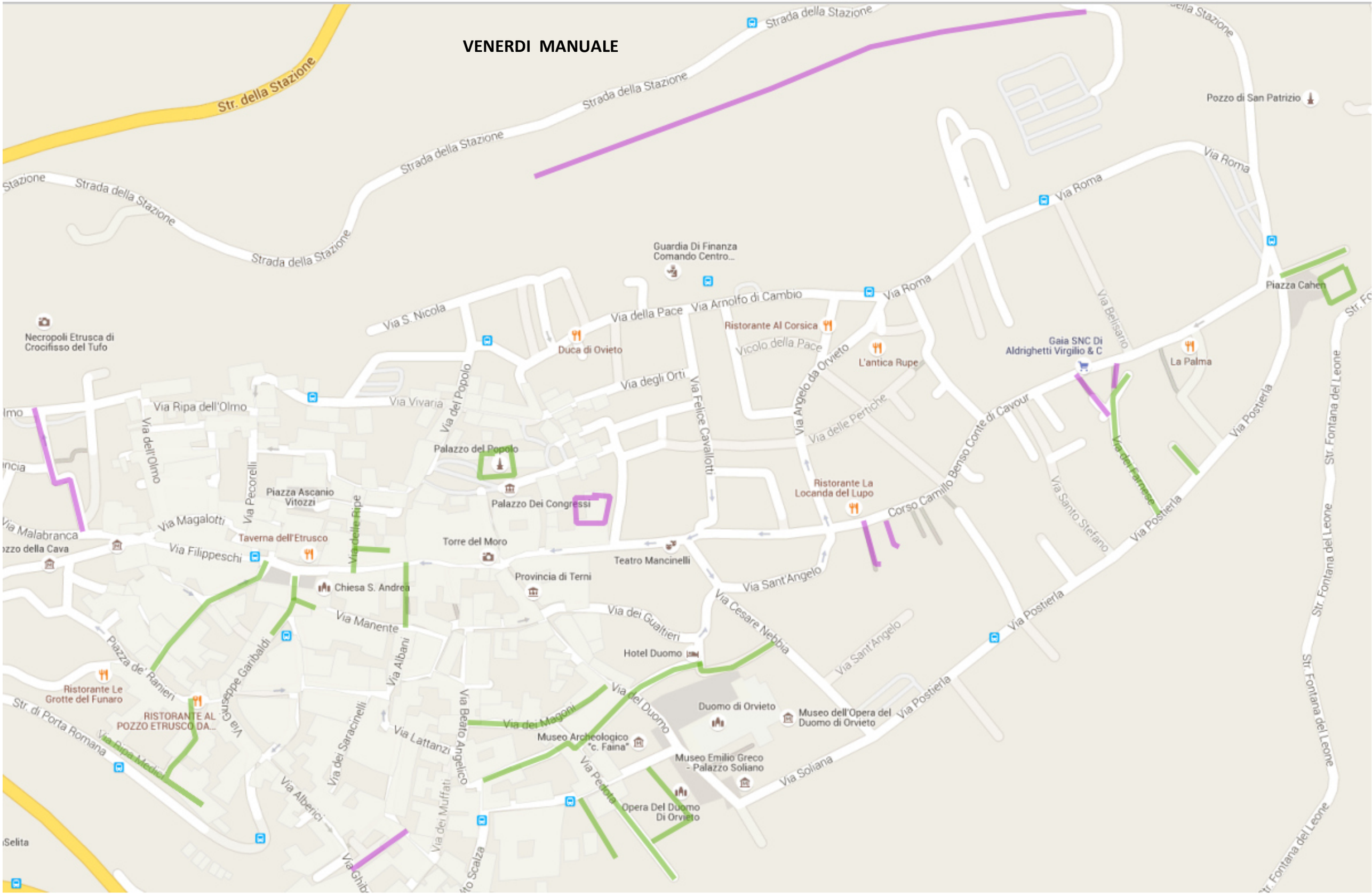VENERDI MANUALE