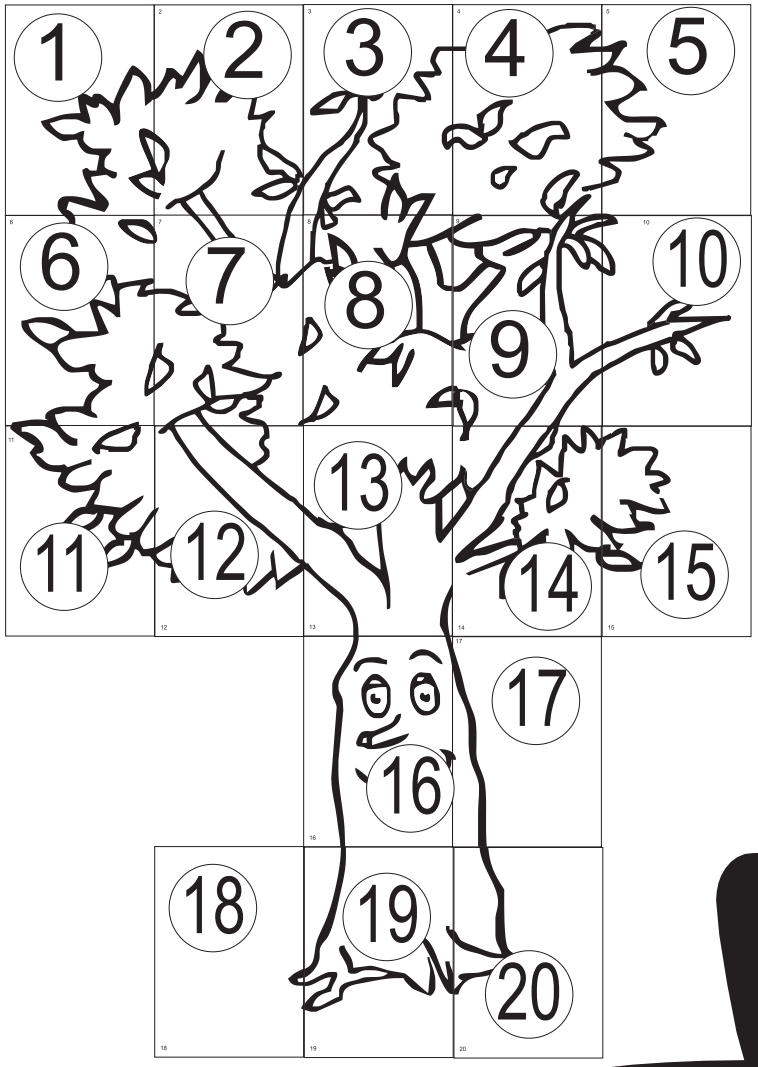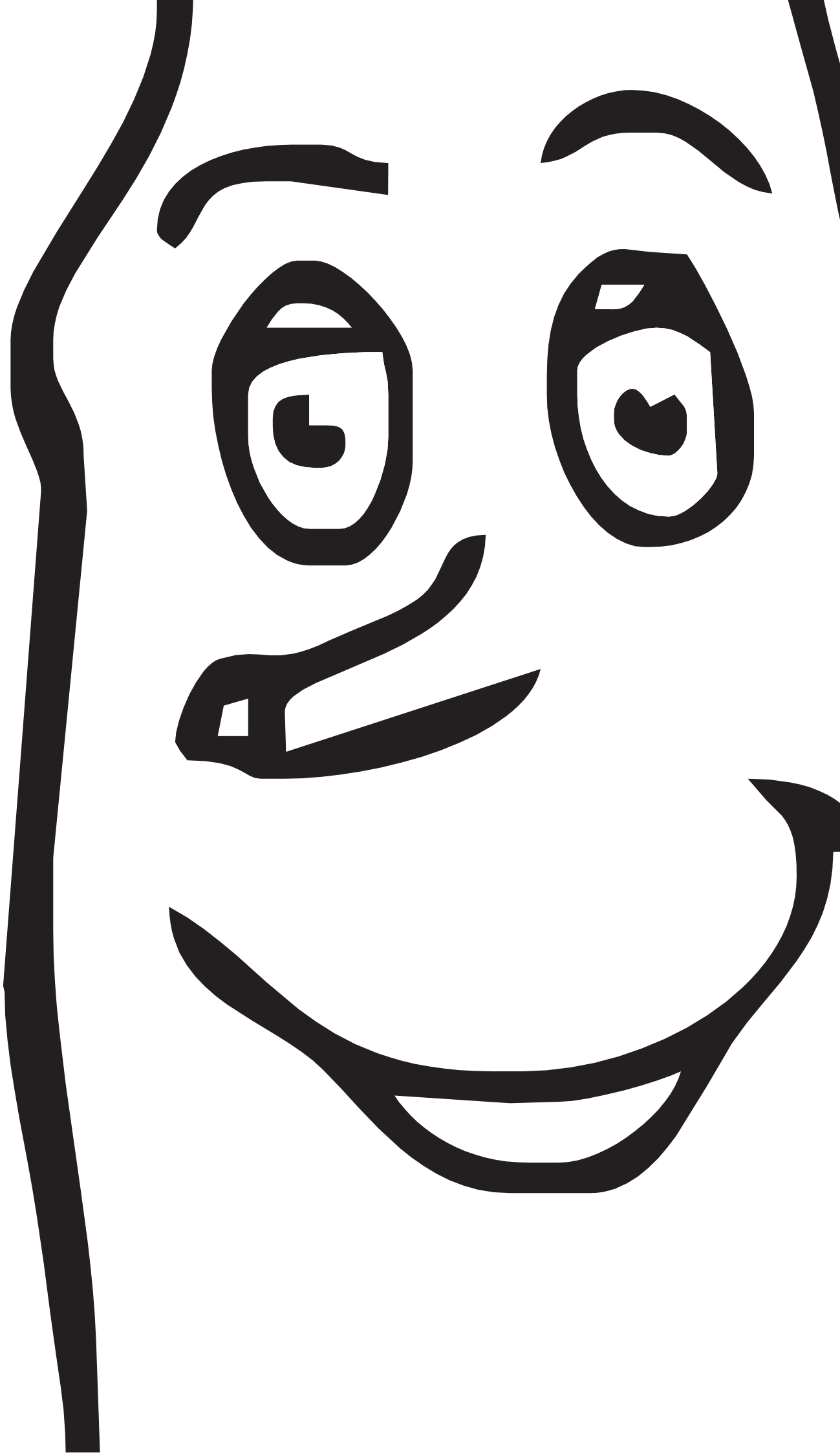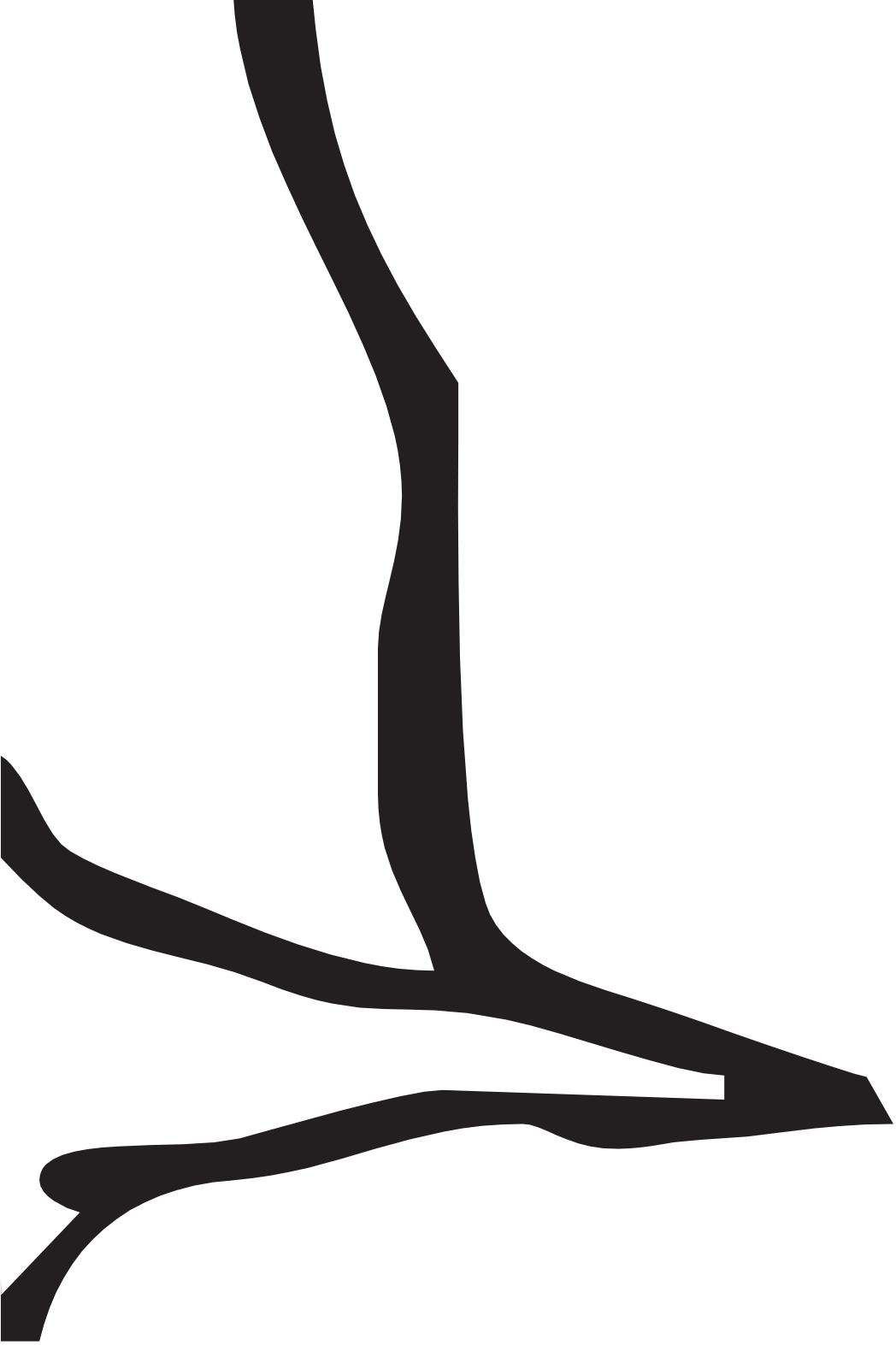realizzato da www.maestramary.altervista.org