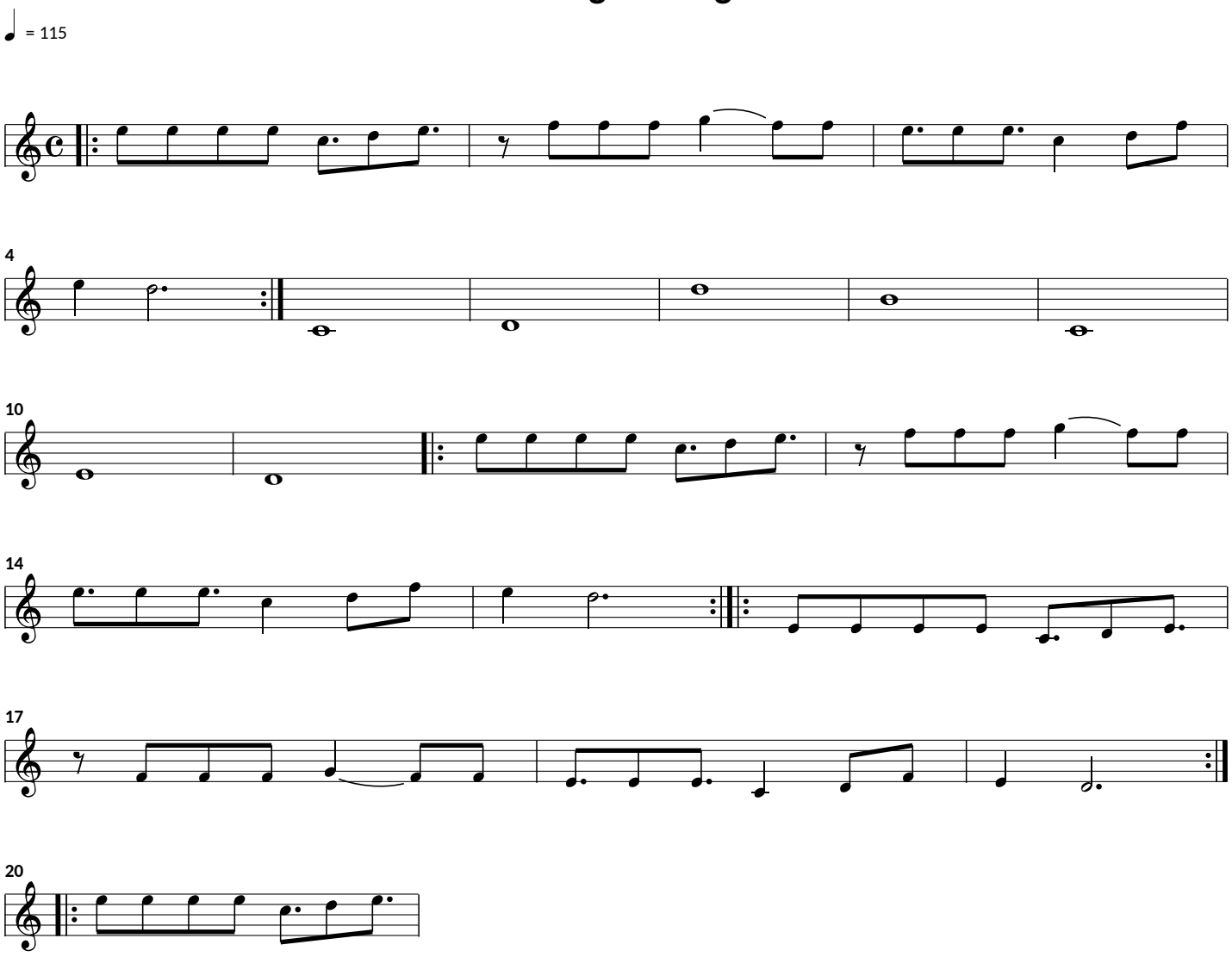Entre água e fogo