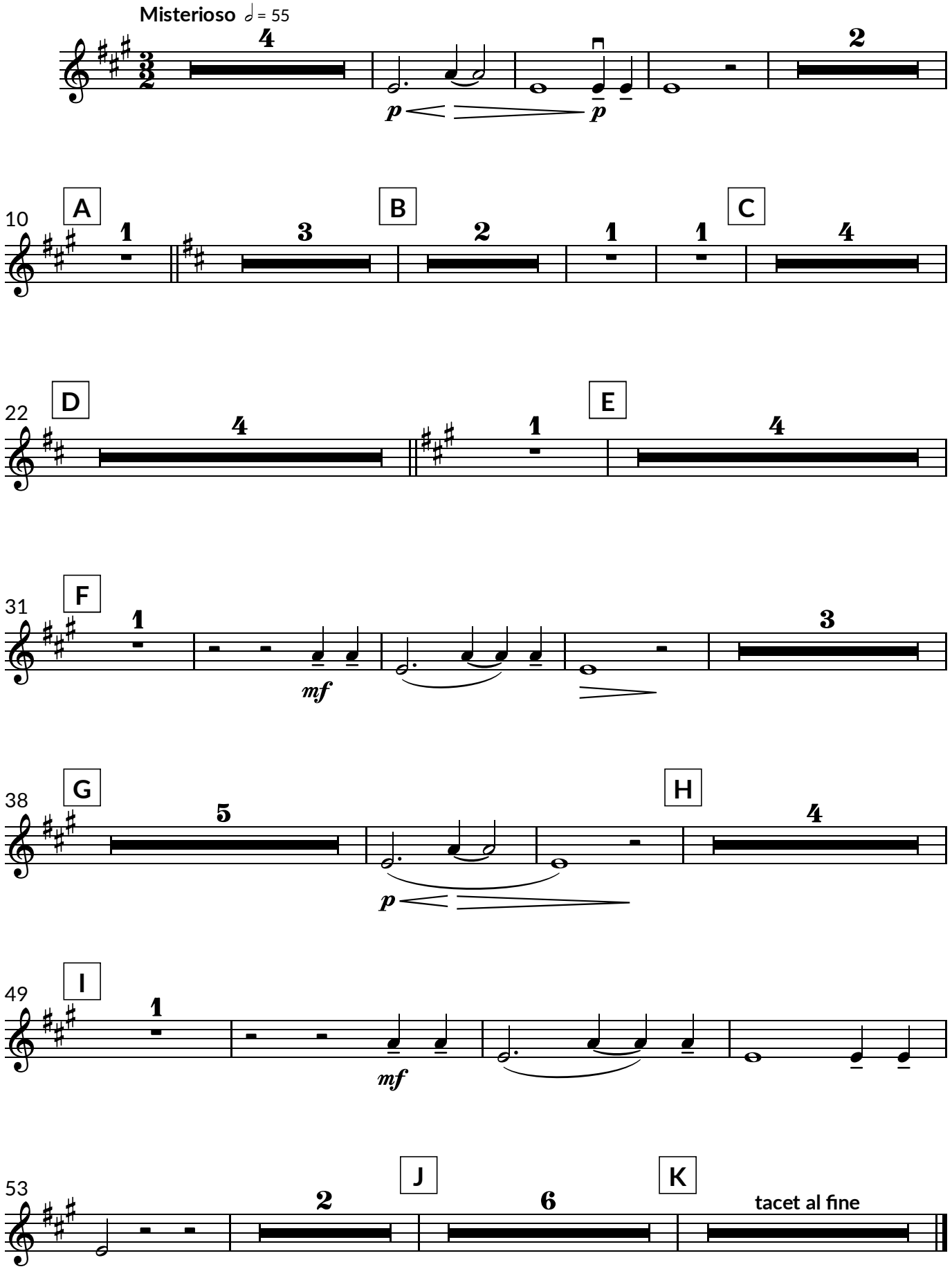3 Mare Spumans