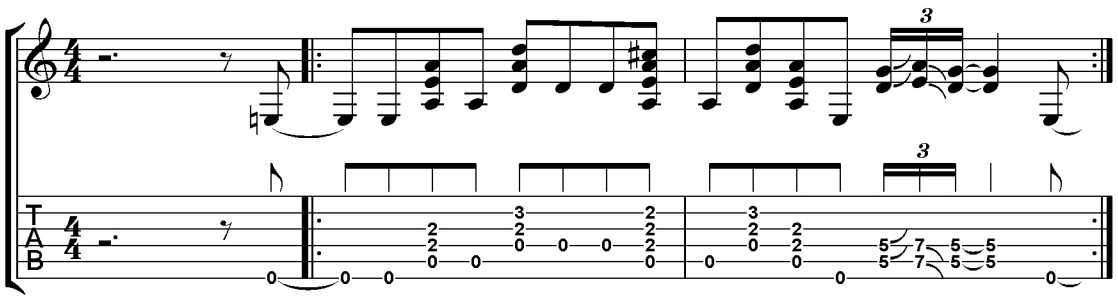Panama Refrain