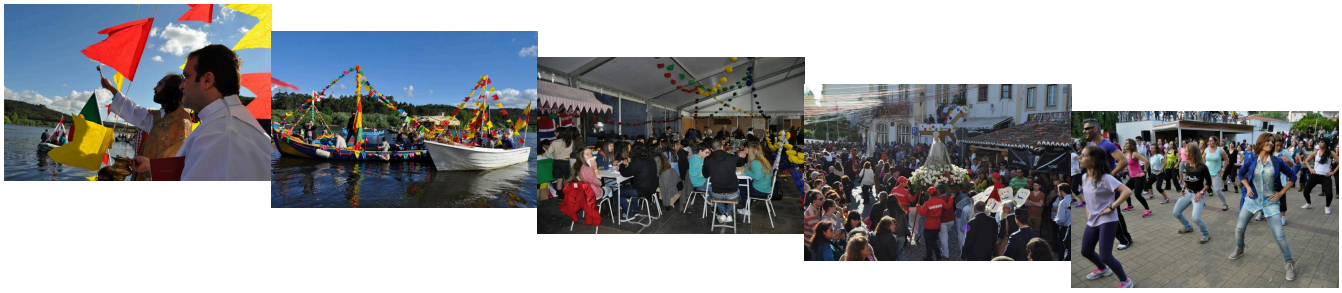As Freguesias