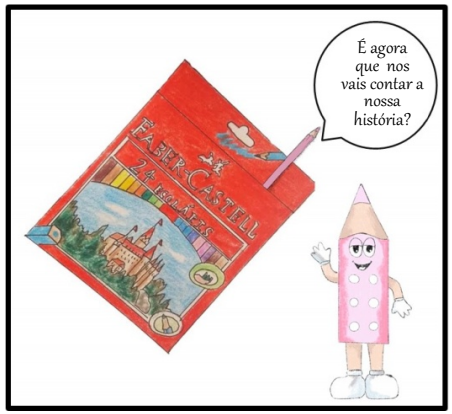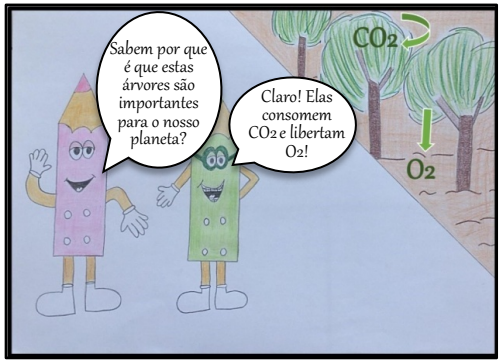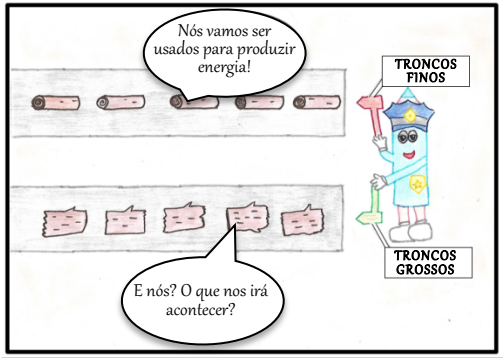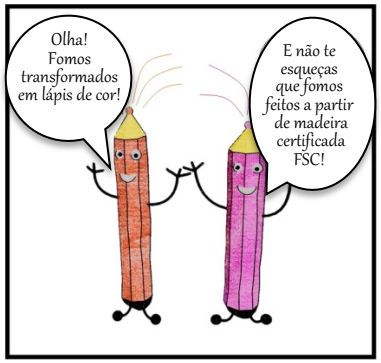O CICLO DO ECOLÁPIS