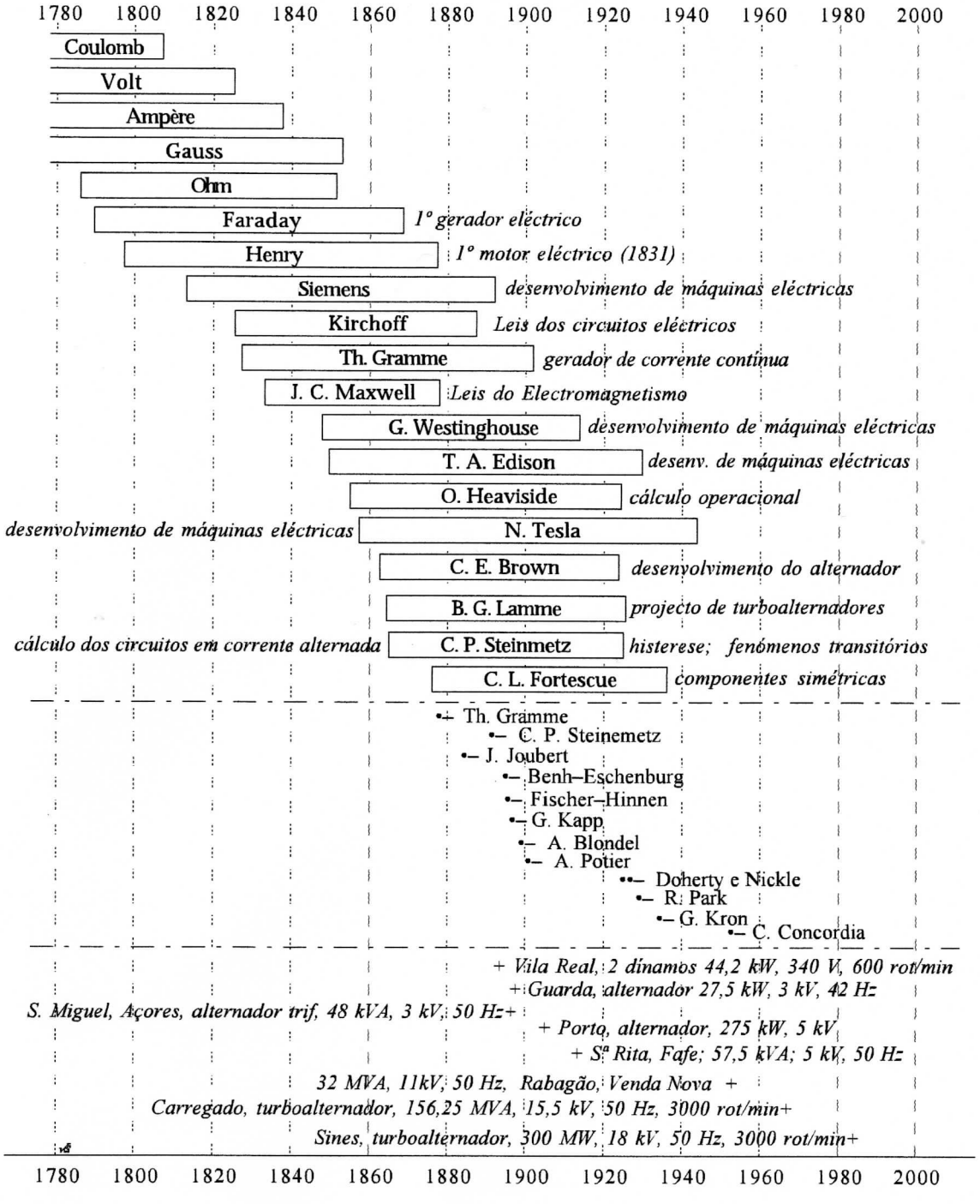Sequência Histórica