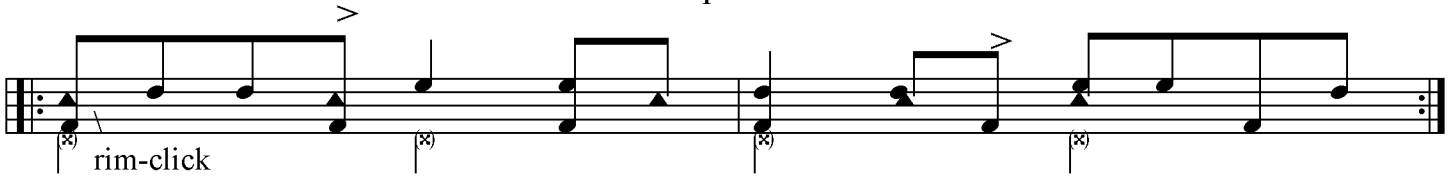Mozambique Bell and Clave