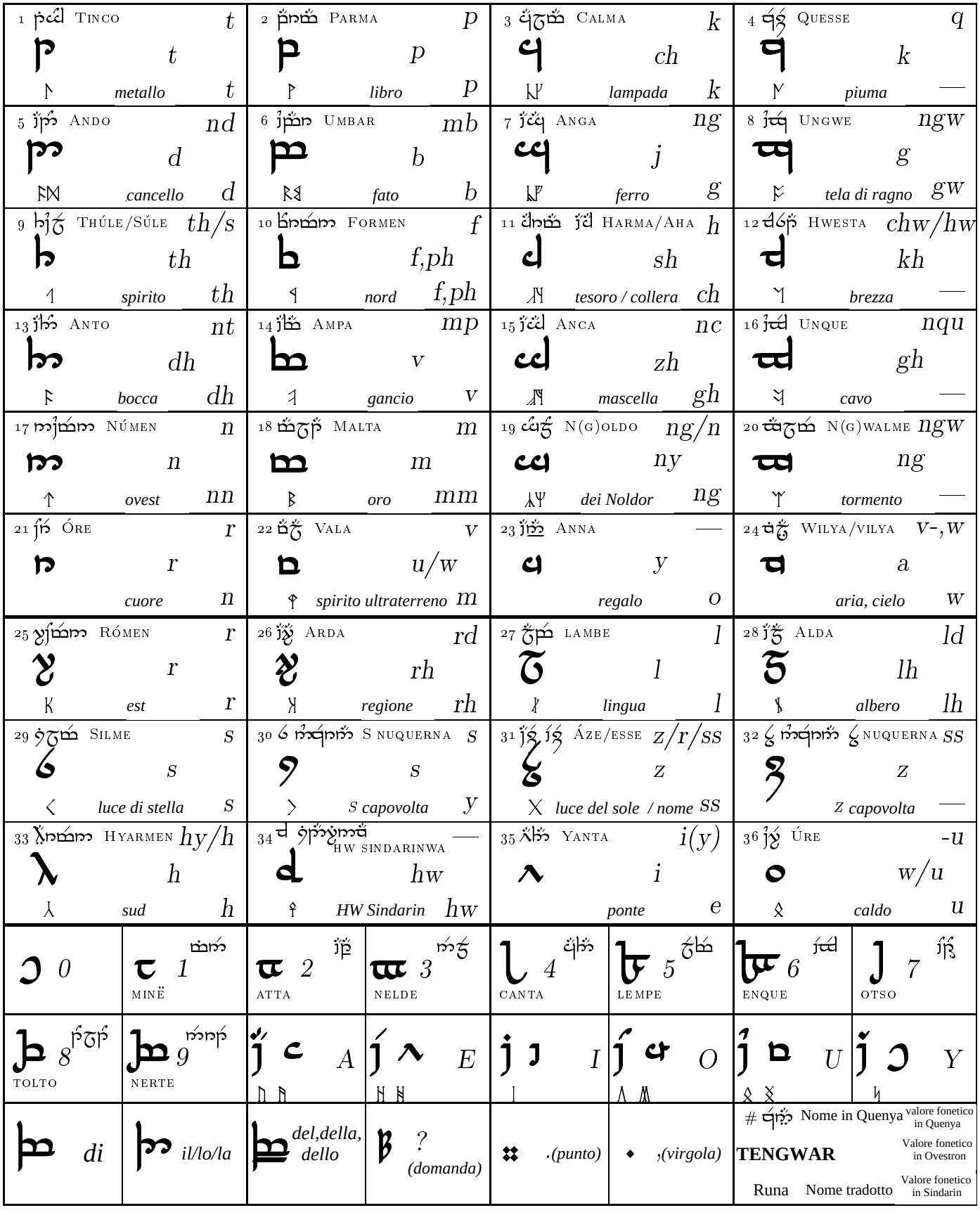Tavola delle Tengwar