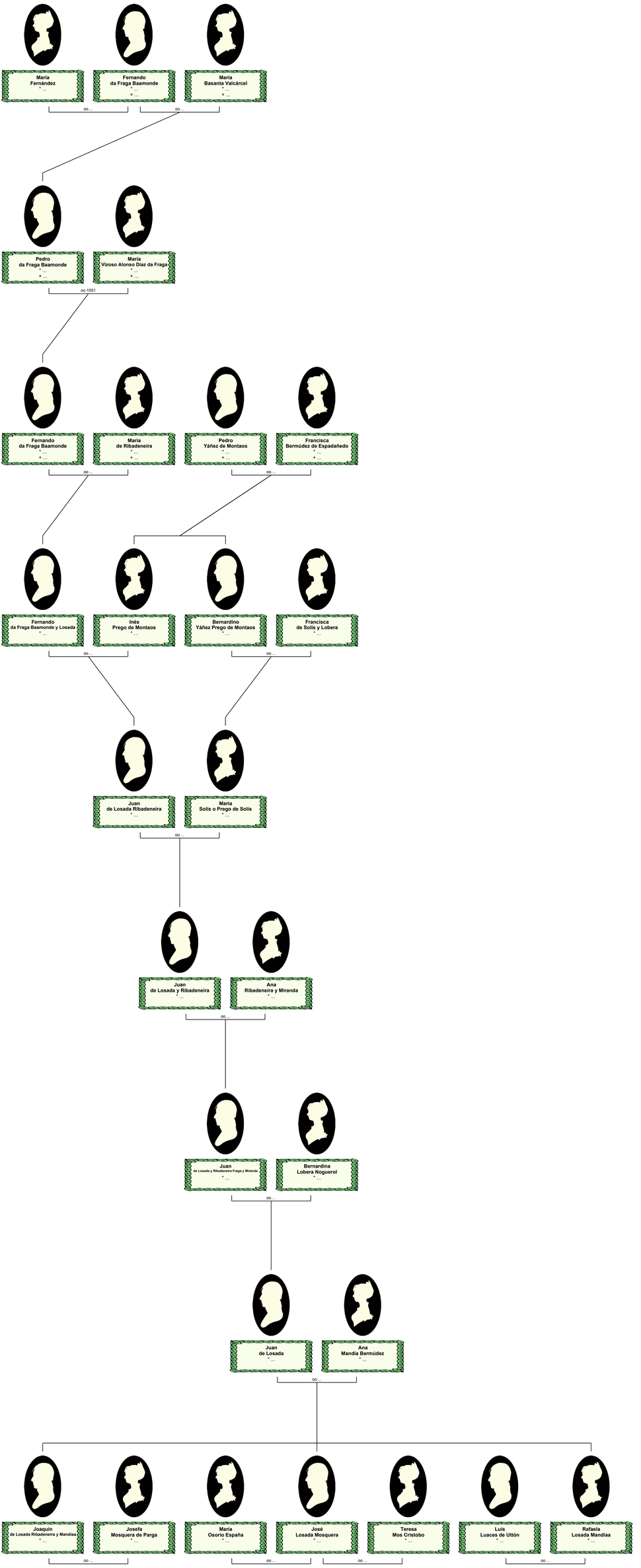Familia Prego de Montaos (da Fraga) de Noia