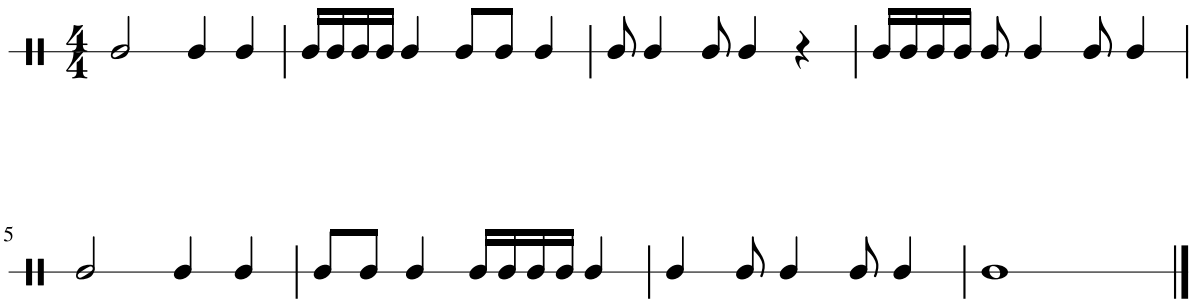Dictado 19