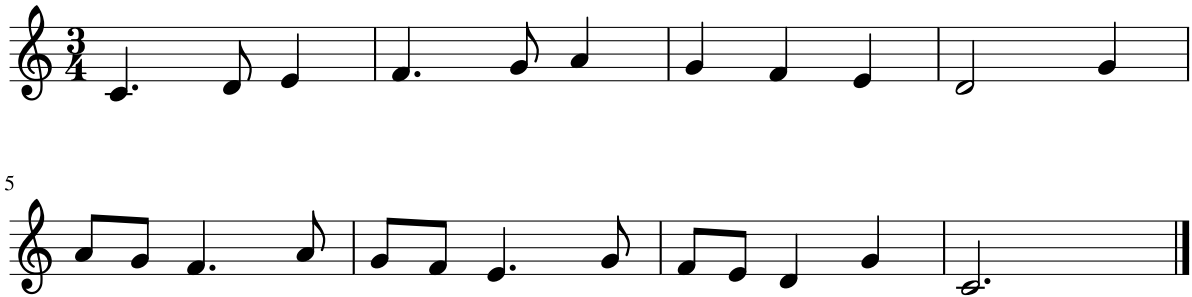Dictado 45