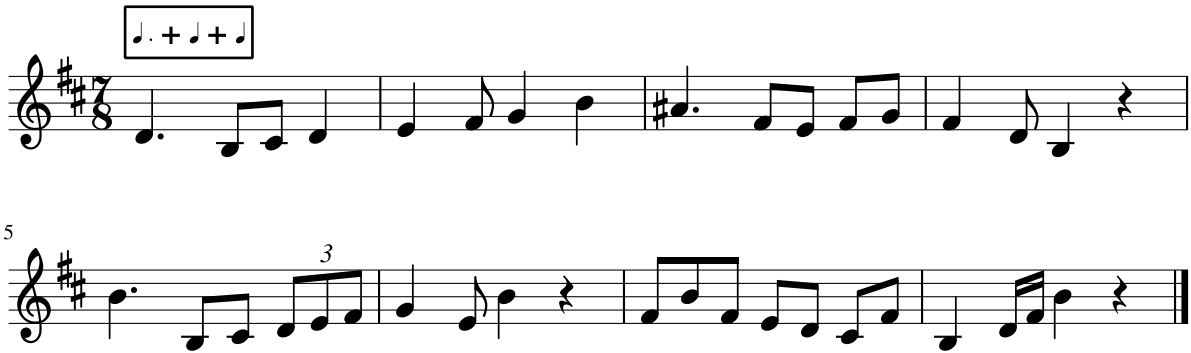Dictado 49