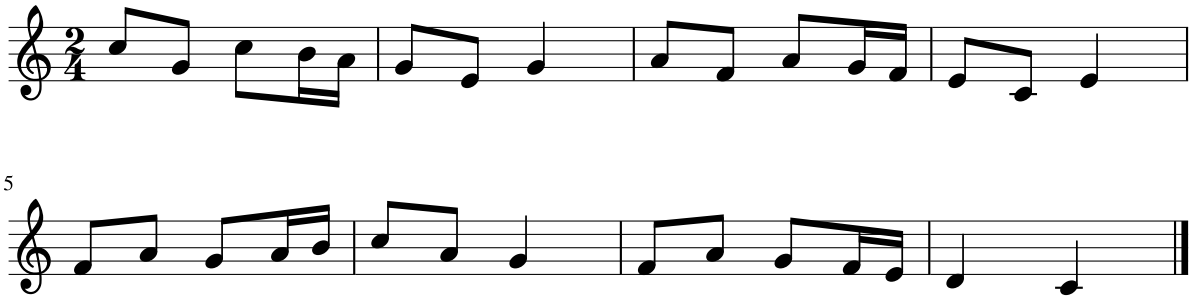Dictado 7