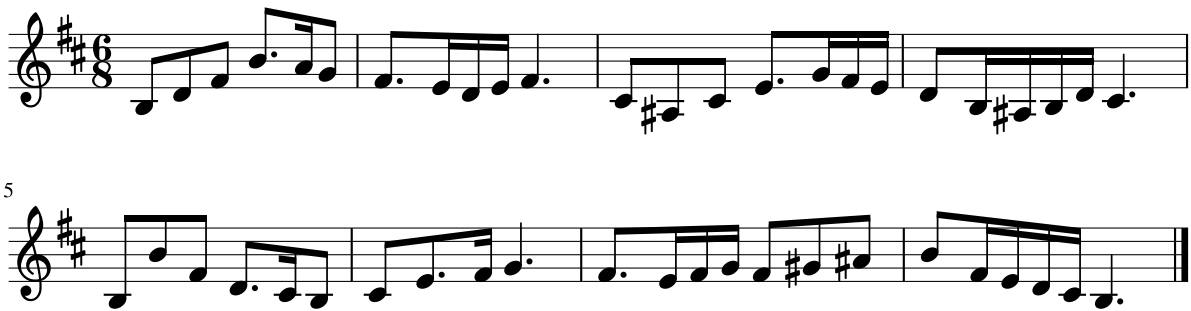Dictado 70