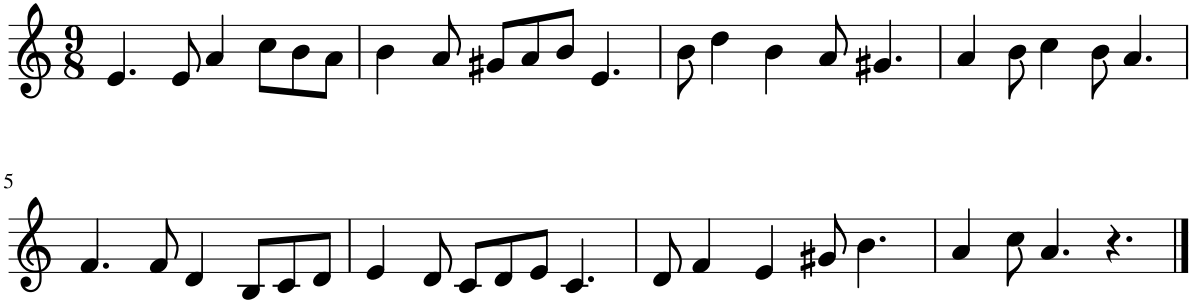Dictado 75