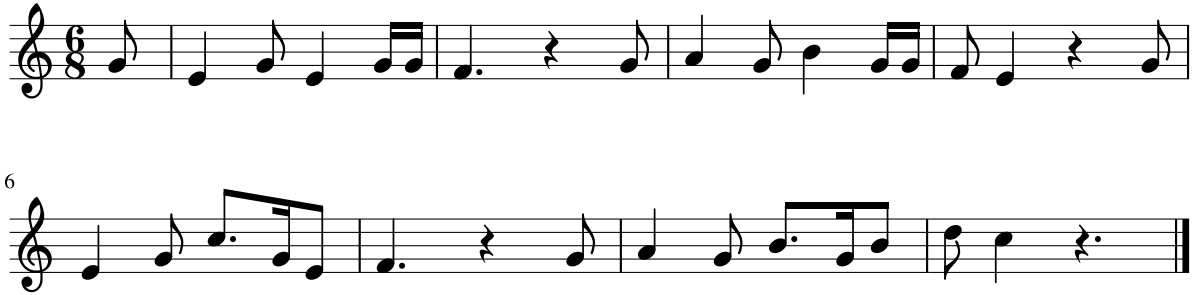Dictado 90