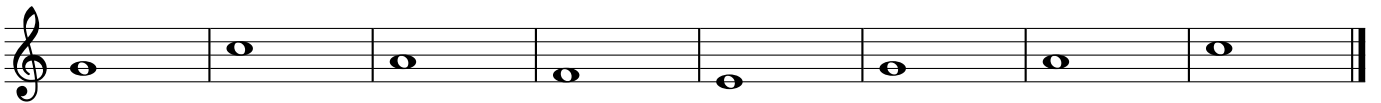Dictado 53