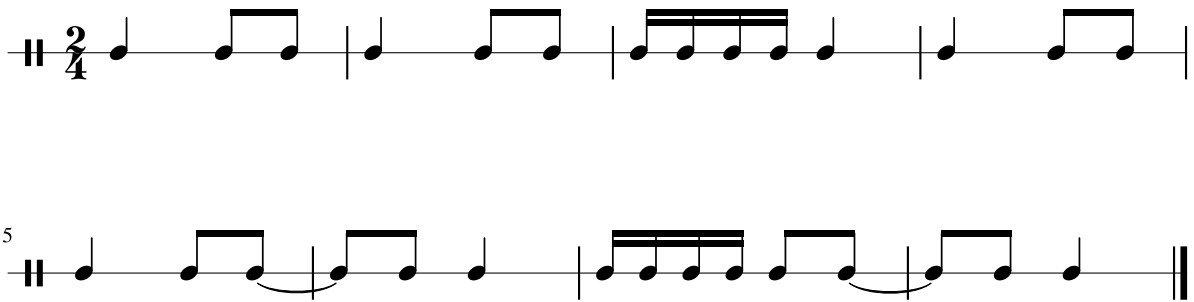Dictado 85