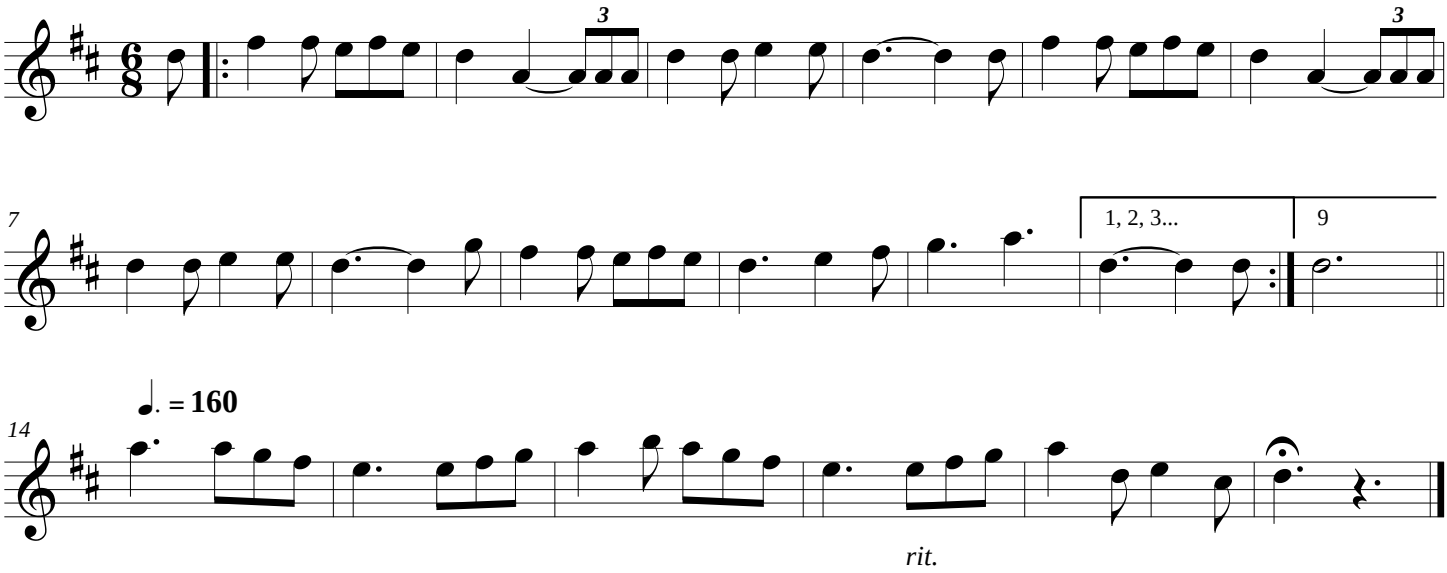LA DE ABAJO