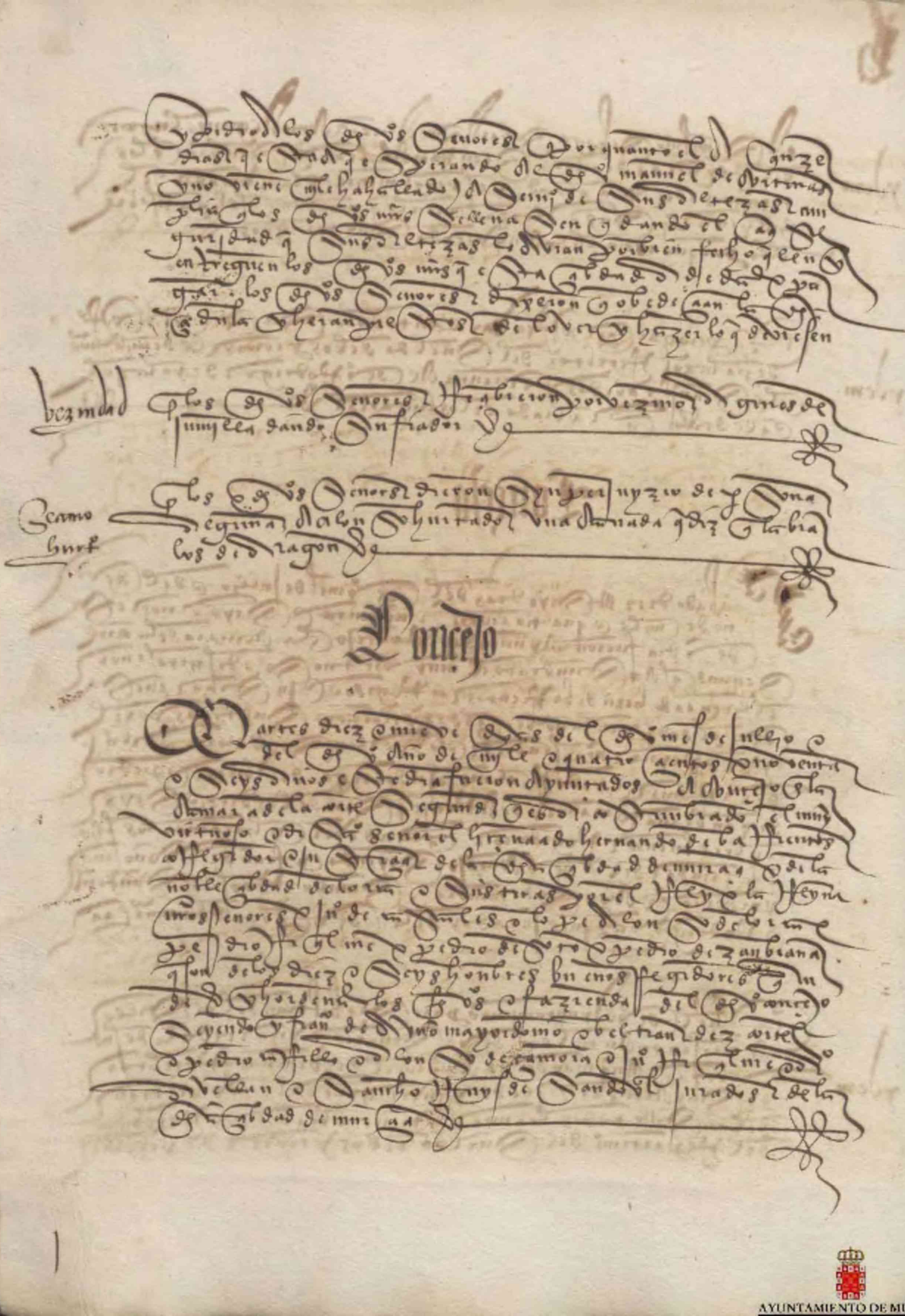Poncejo