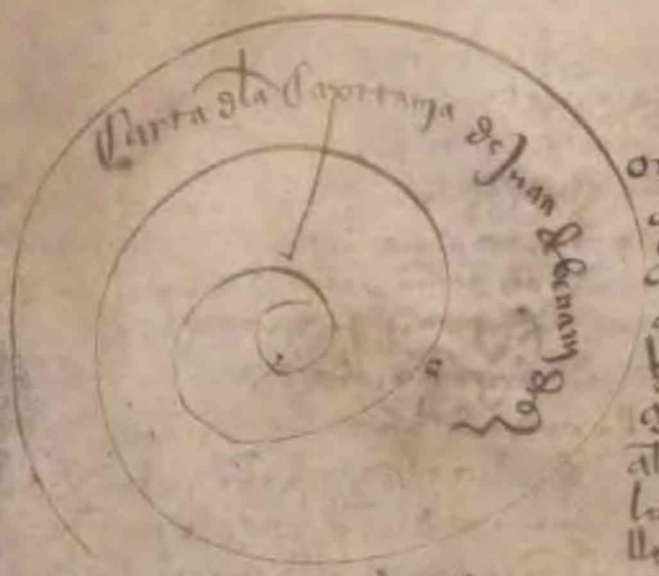Carta de la capitana de Juan de Benavides