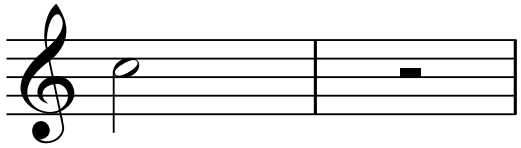Silencio de blanca