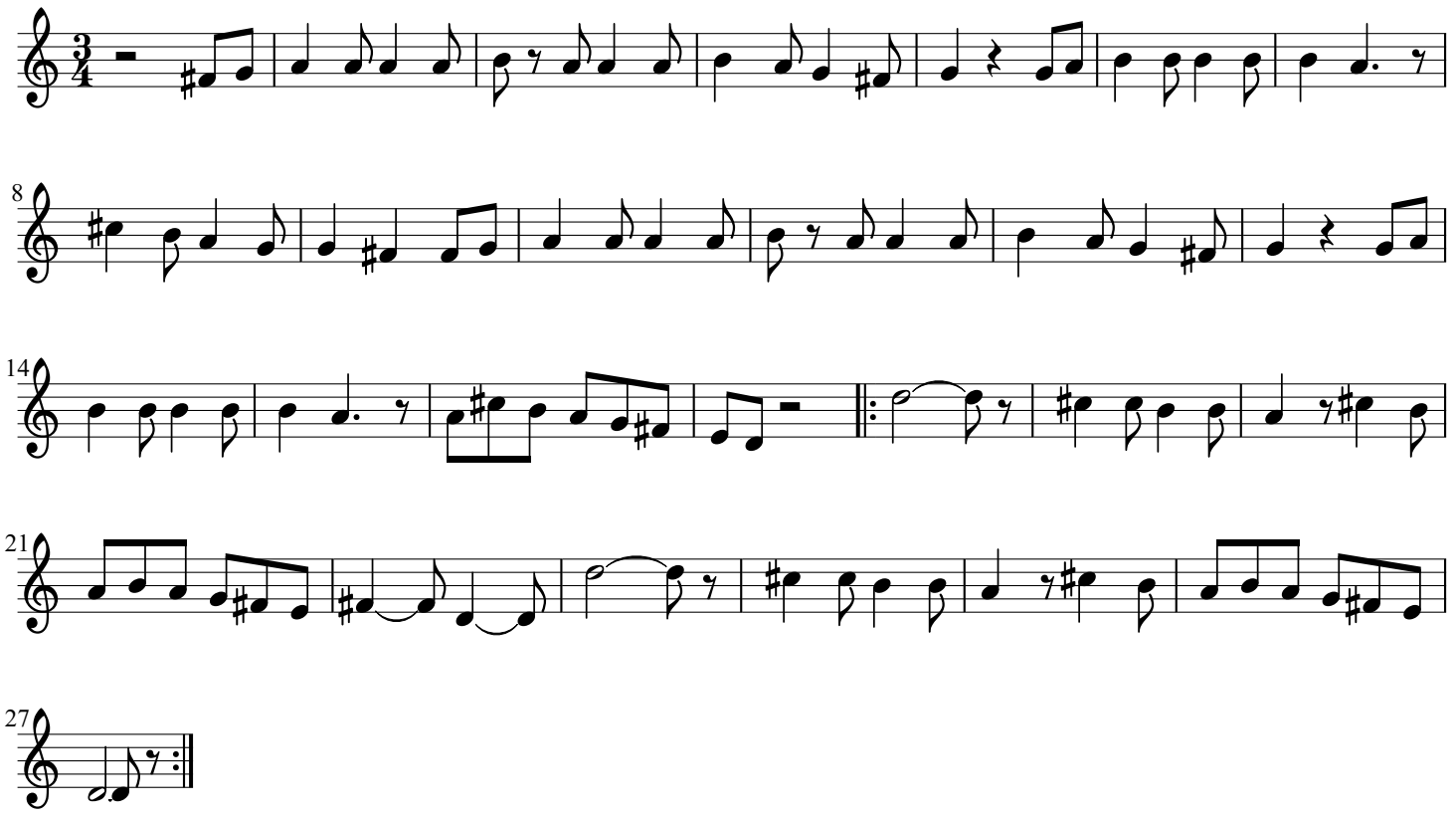La polahiera