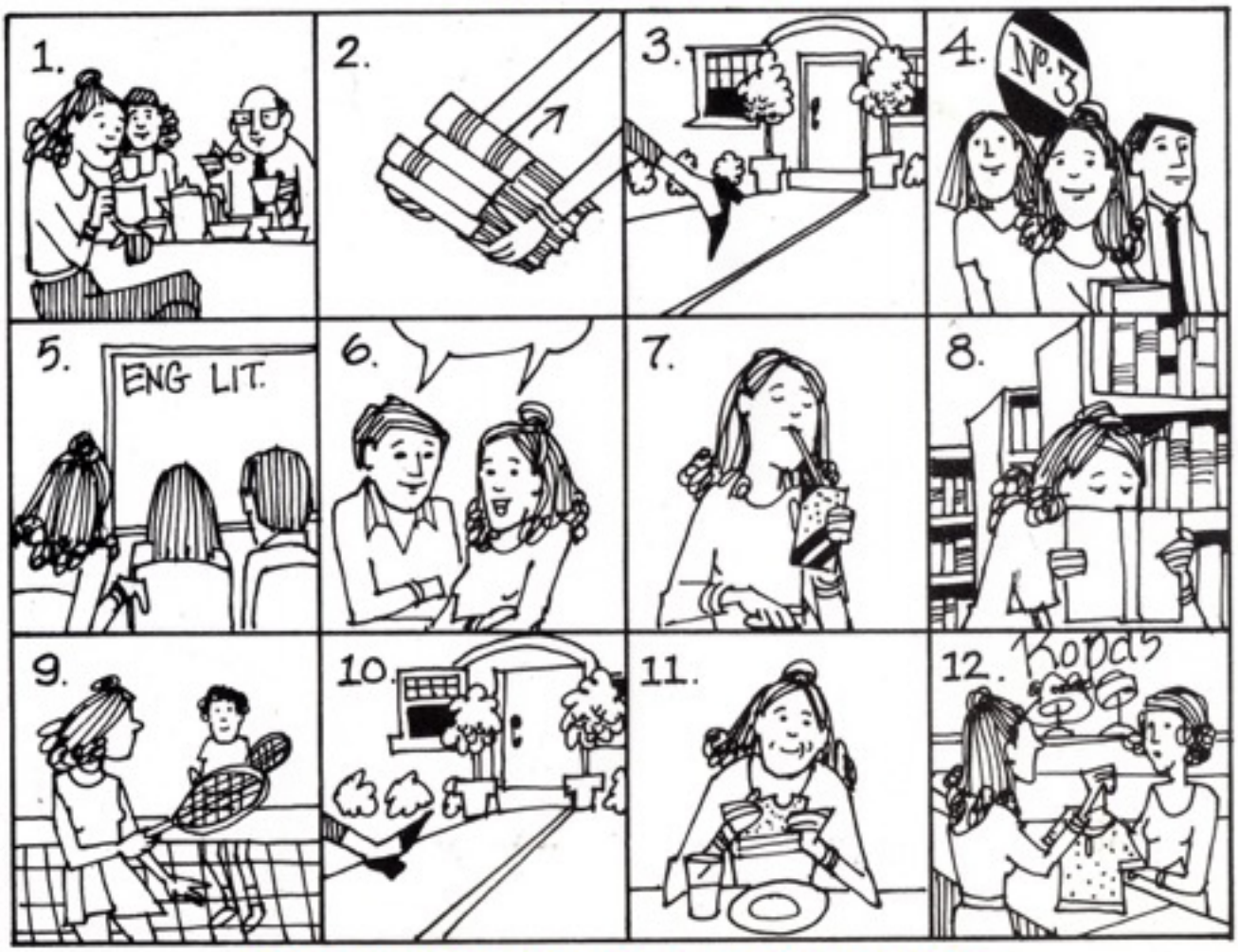Los miércoles de Amparo