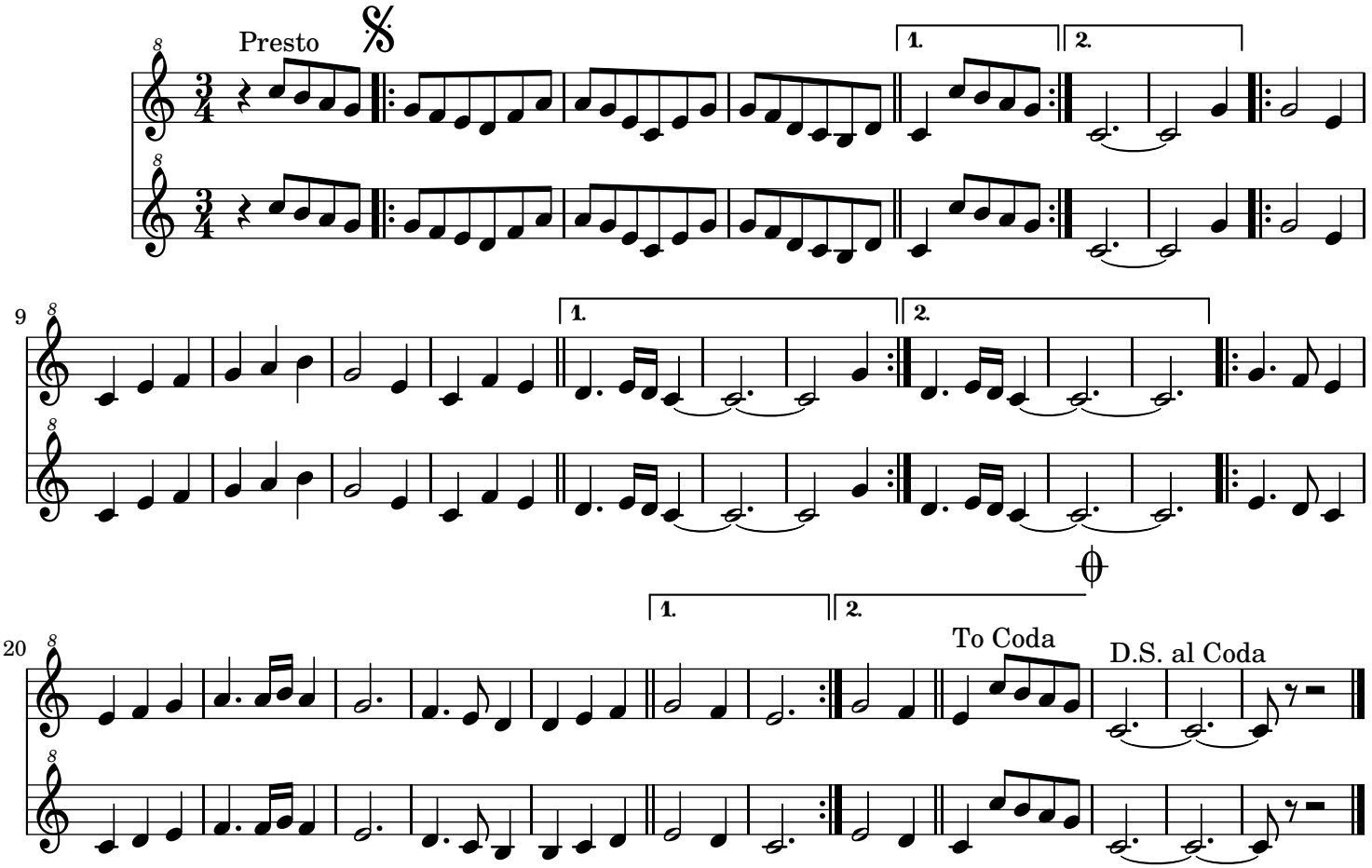Foliada de Avión