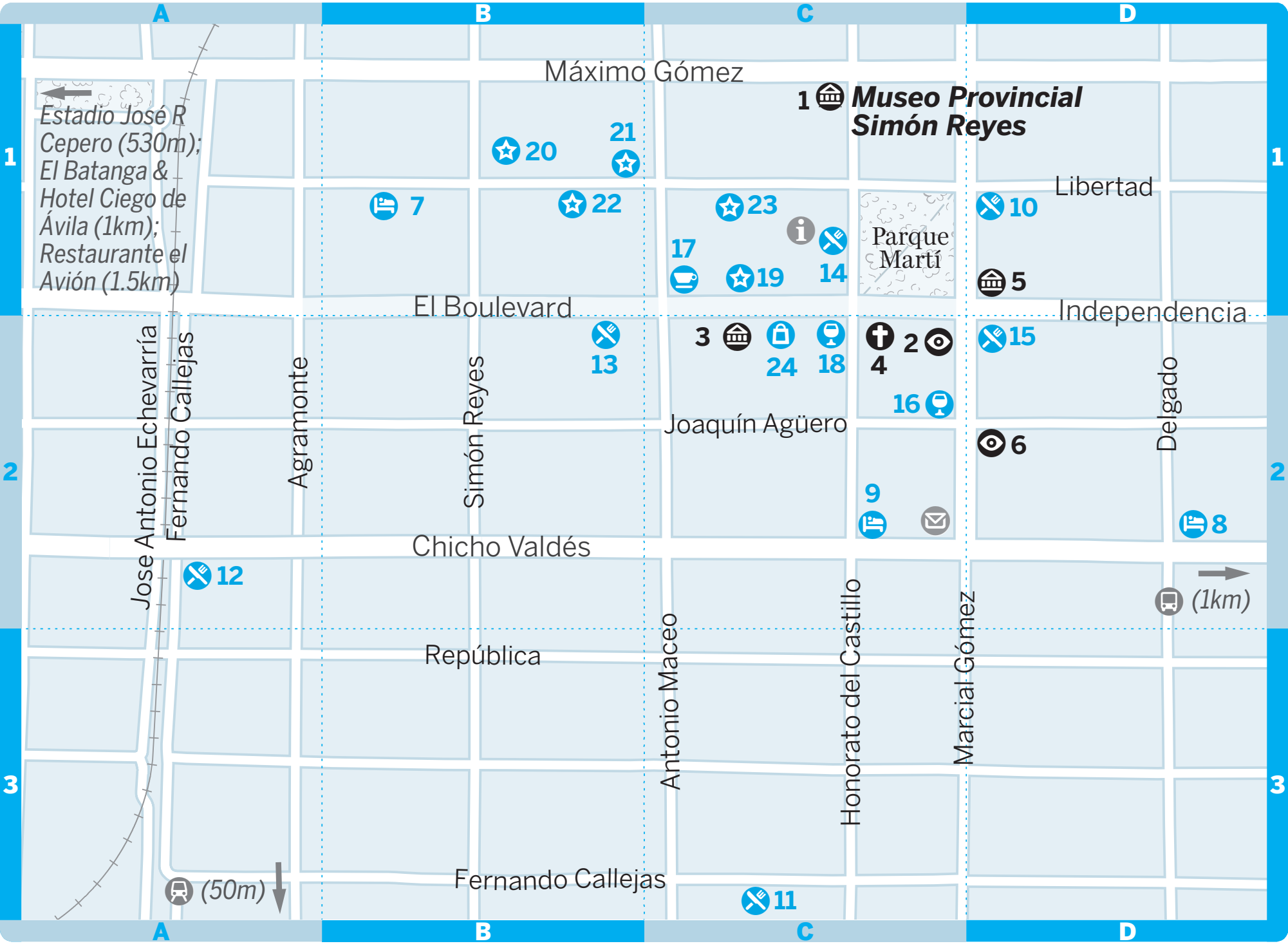Ciego de Ávila