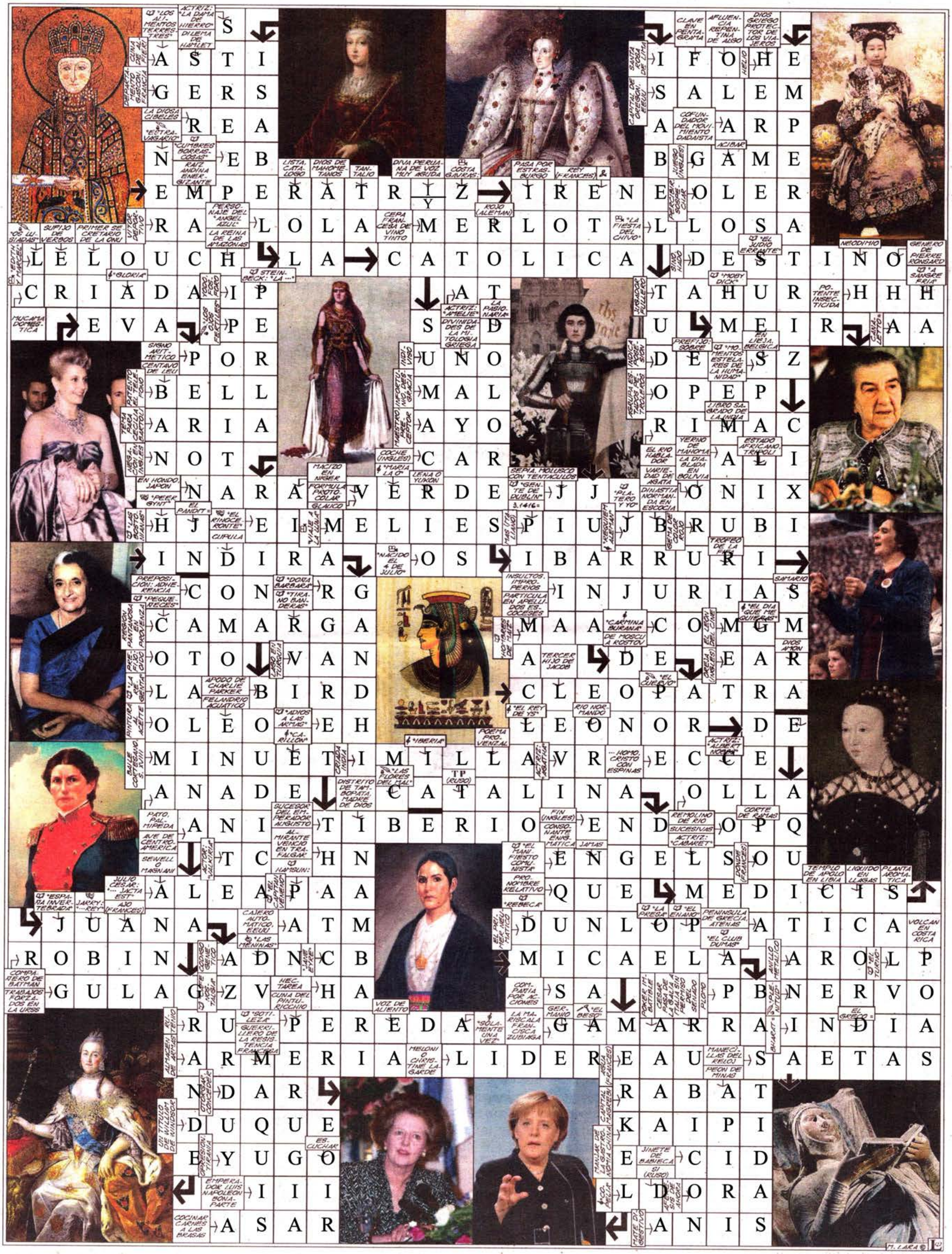DAMAS DE HIERRO EN LA HISTORIA