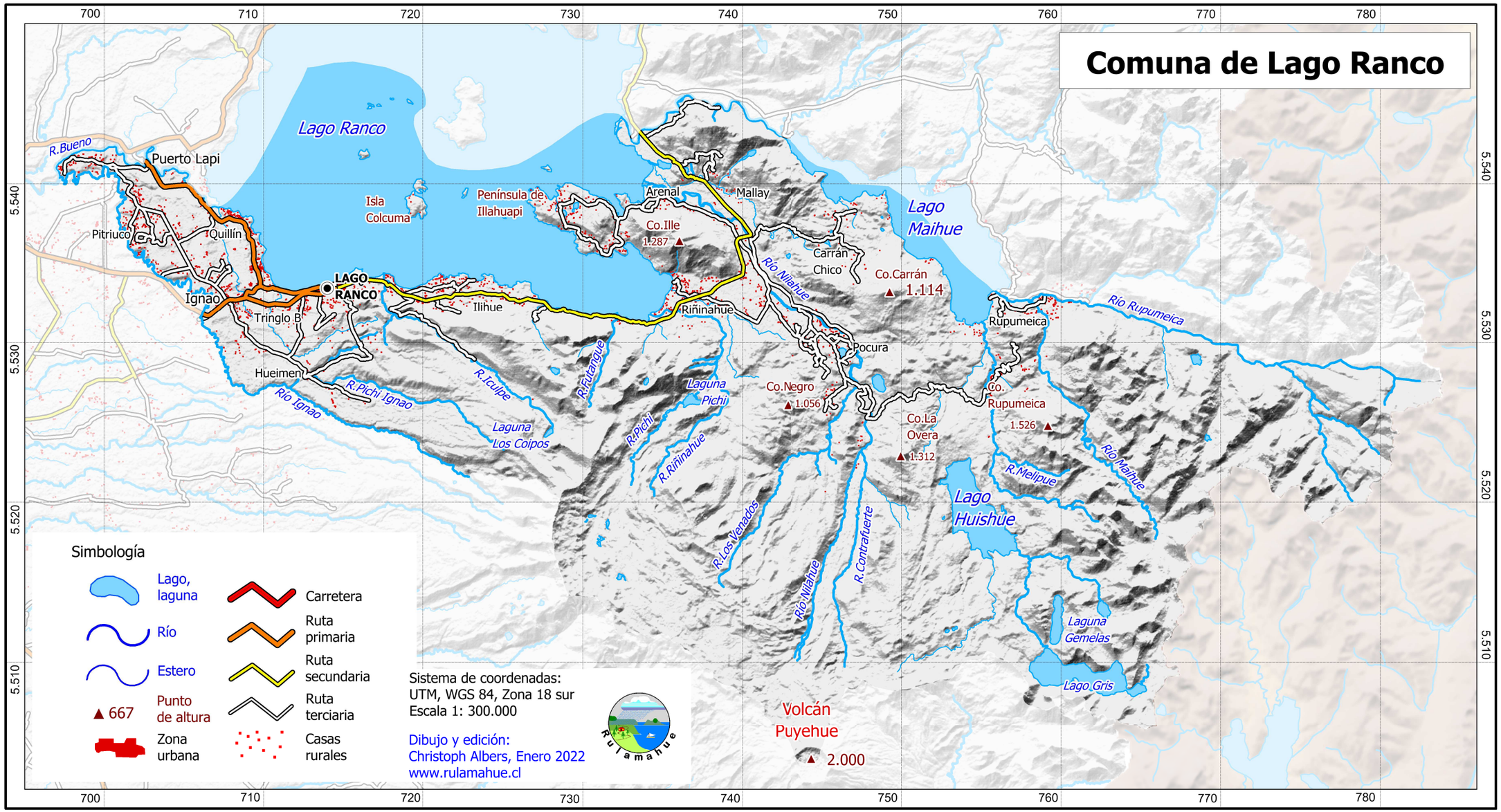Comuna de Lago Ranco