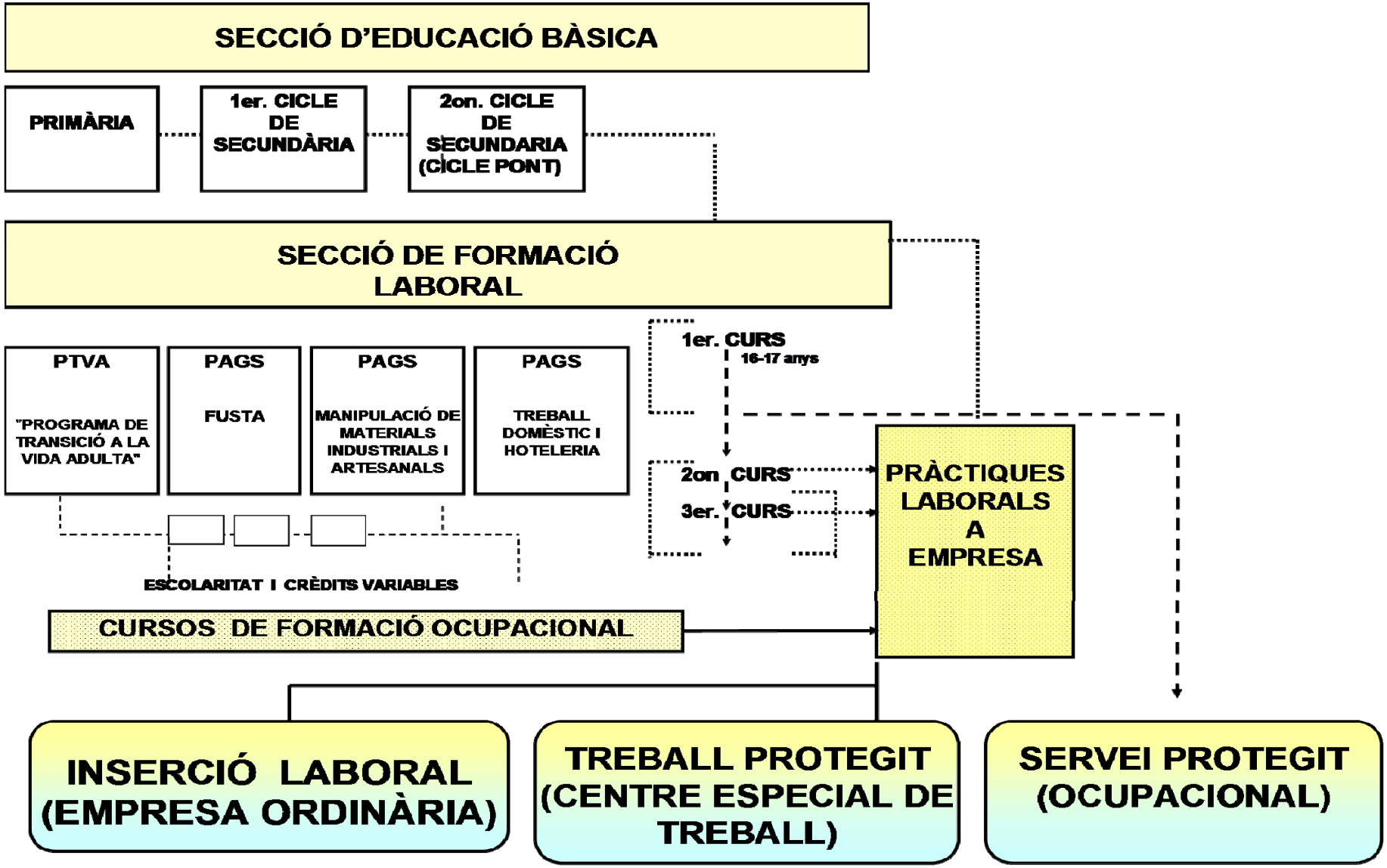L'HEURA DEL VALLÈS