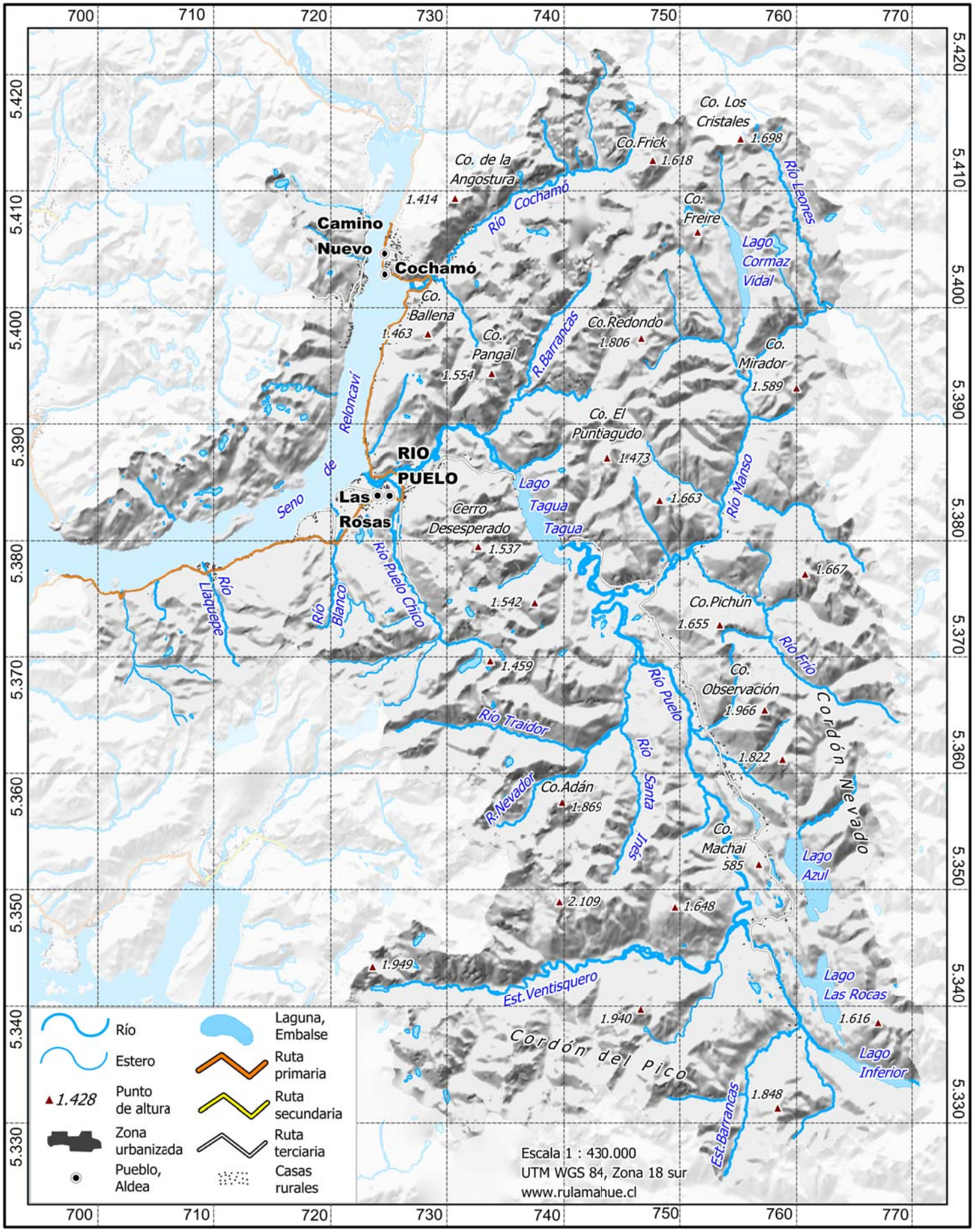Comuna de Cochamó