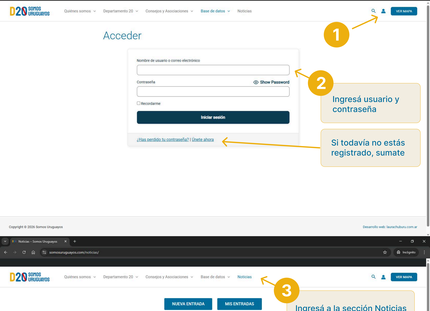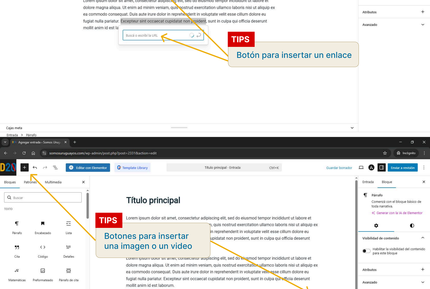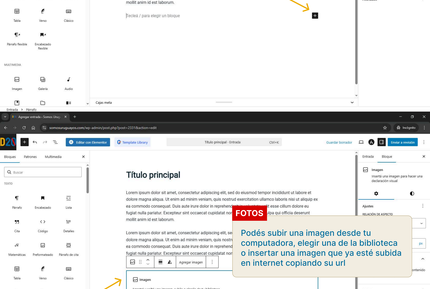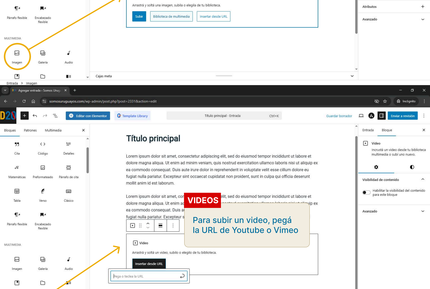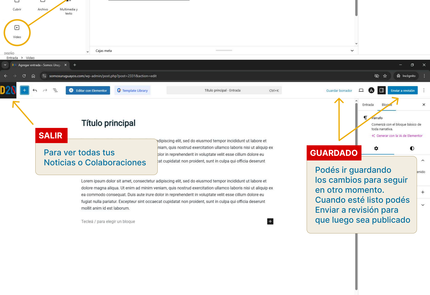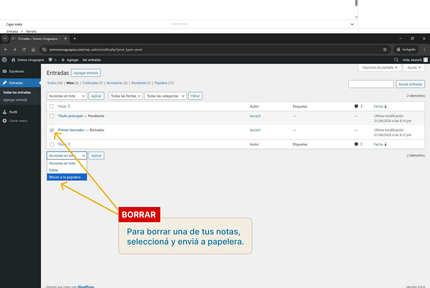Guía para escribir Noticias y Colaboraciones en somosuruguayos.com