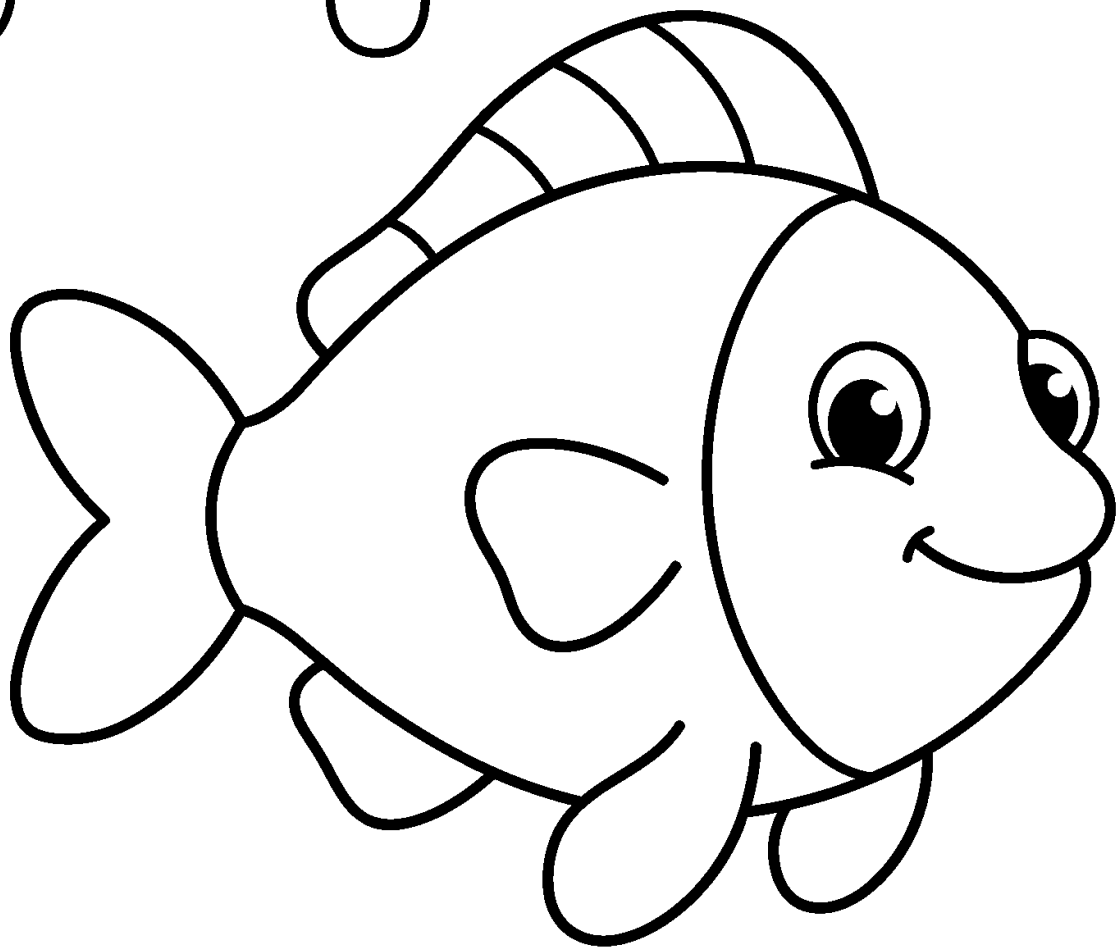Ff