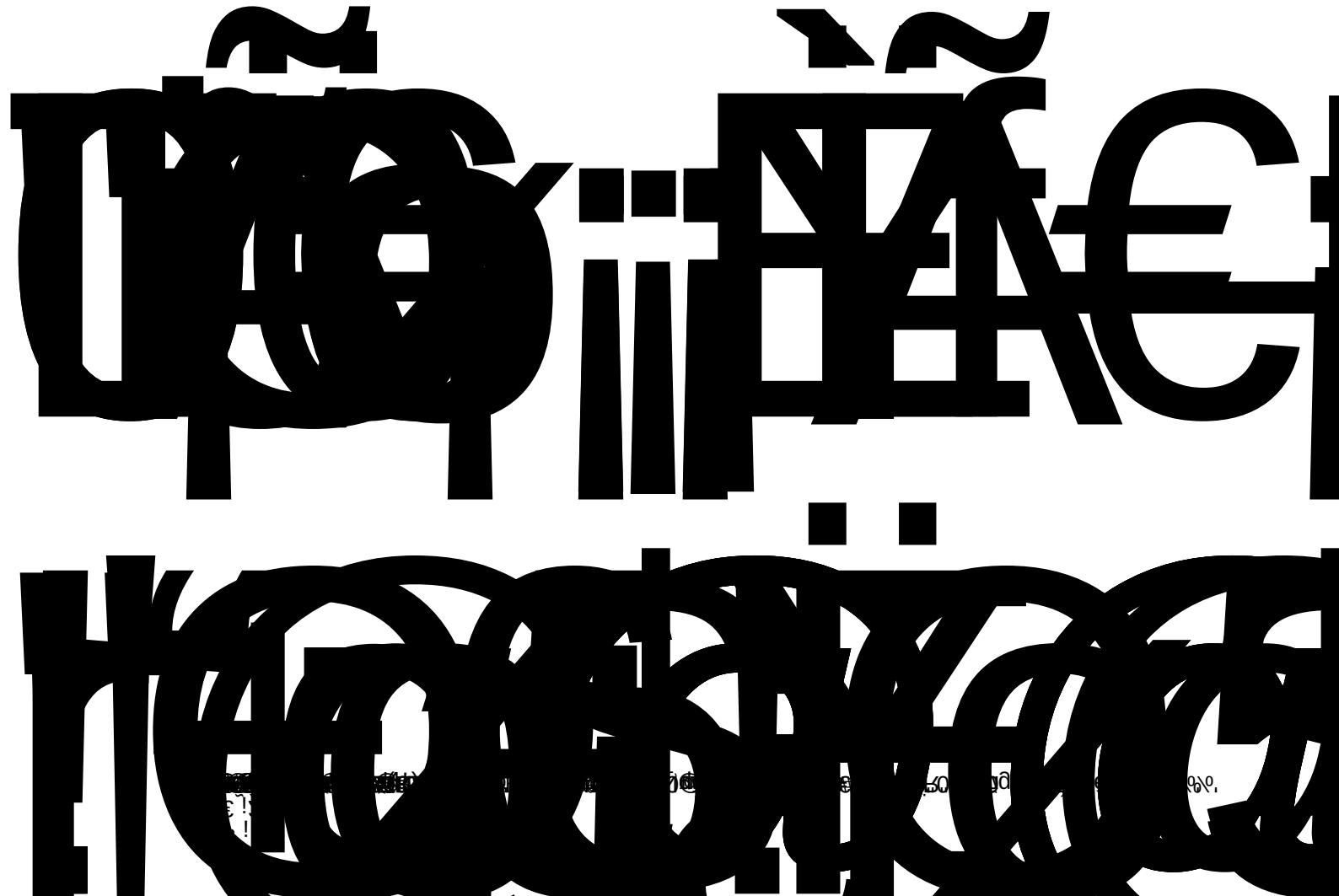F5F