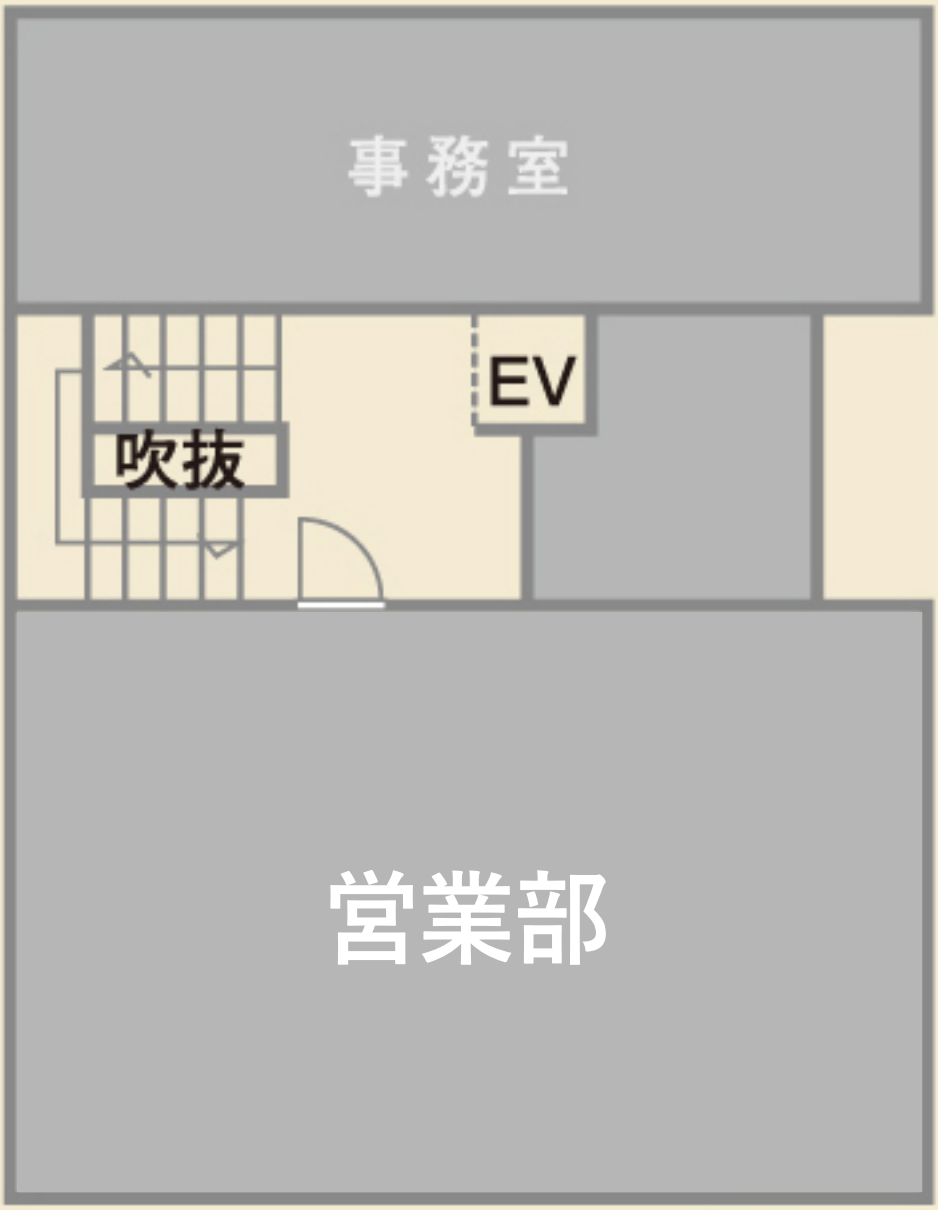3F