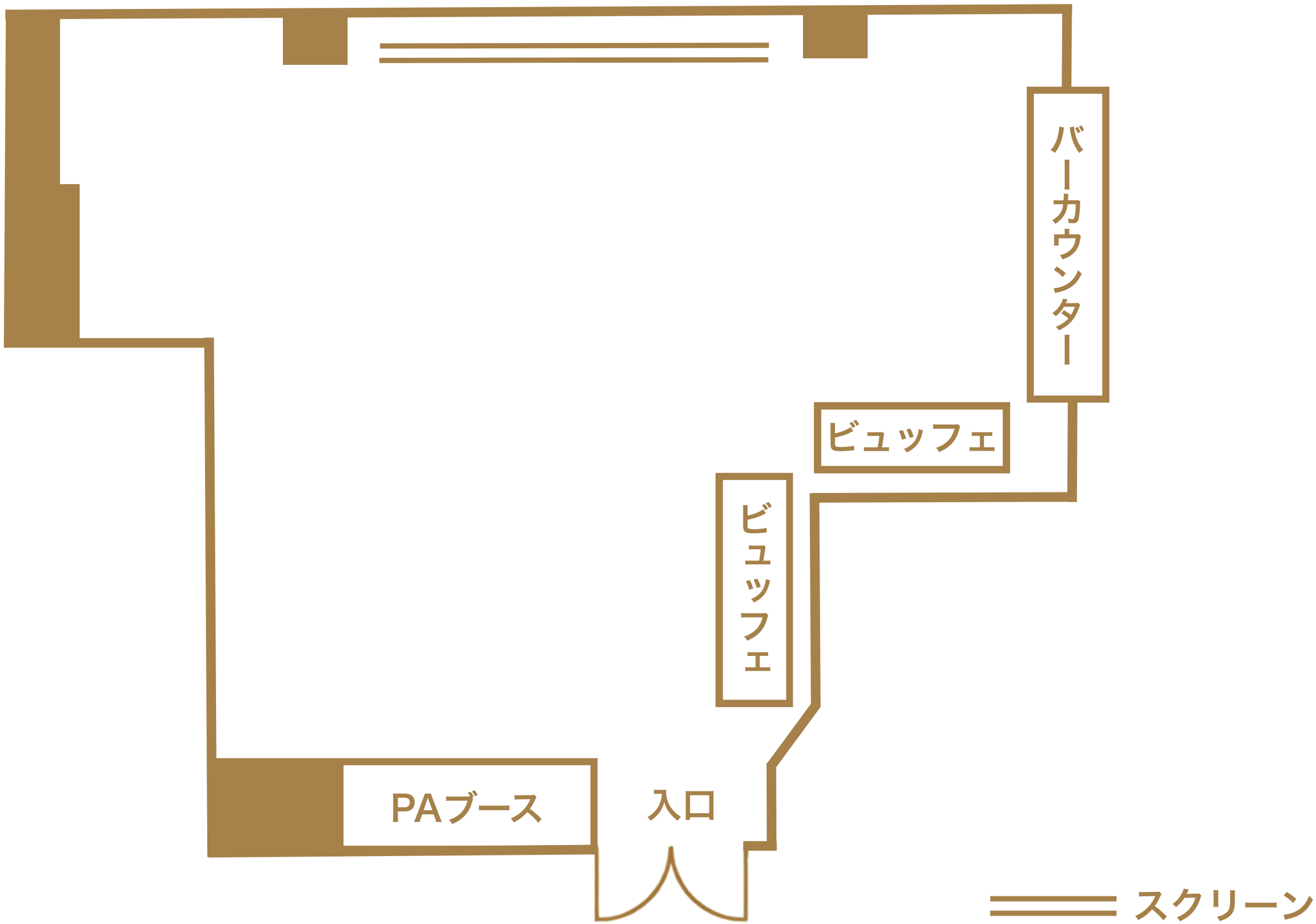7F