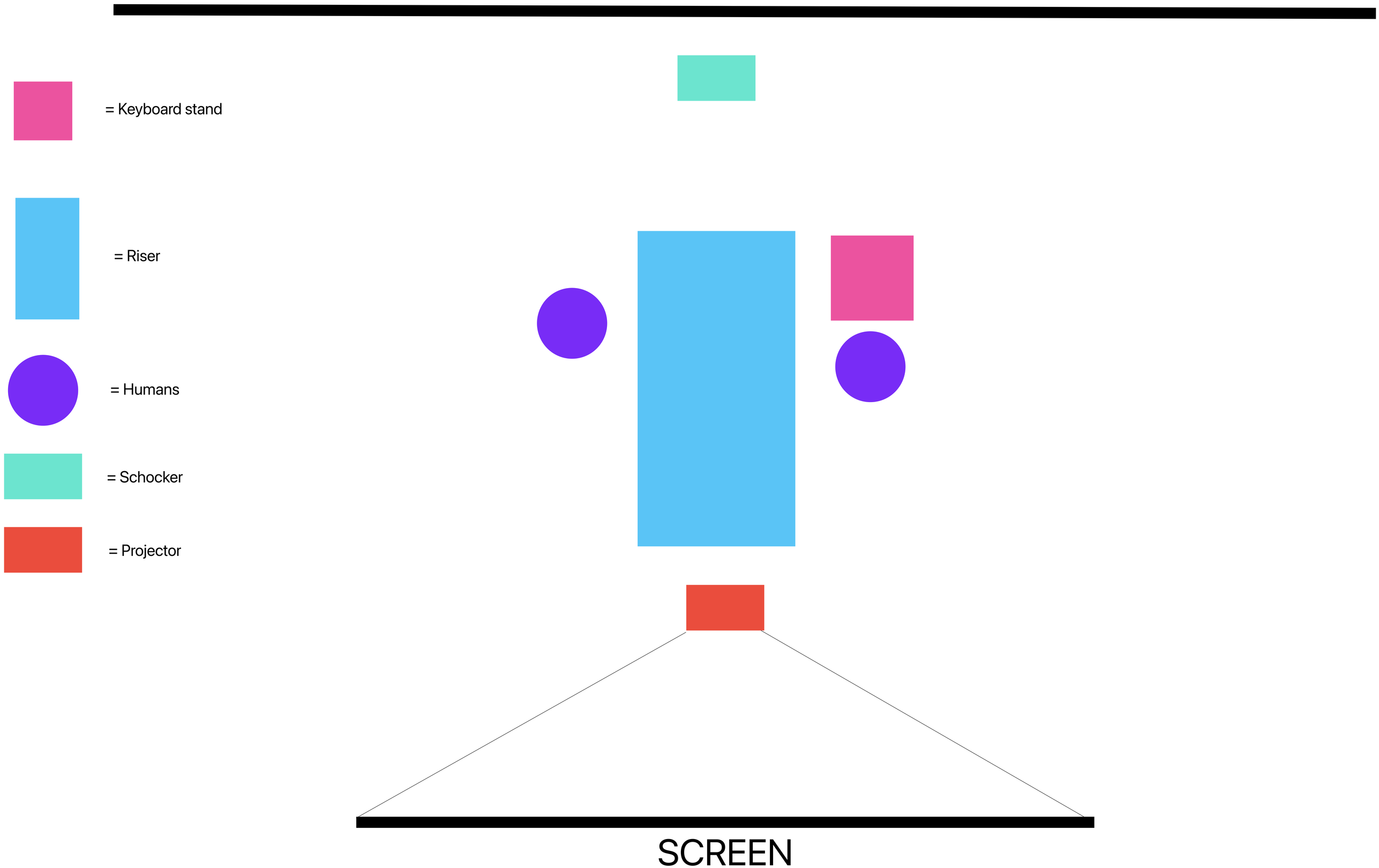F O H