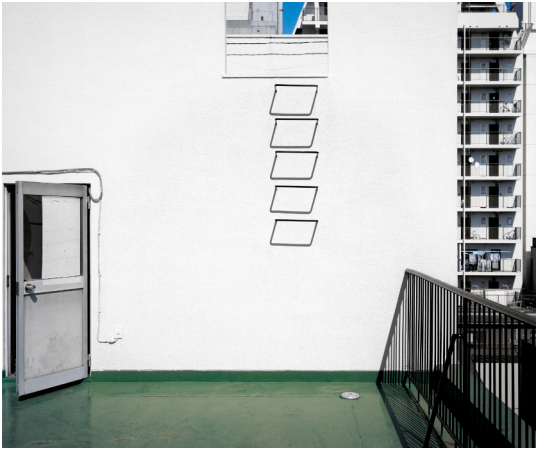CF M