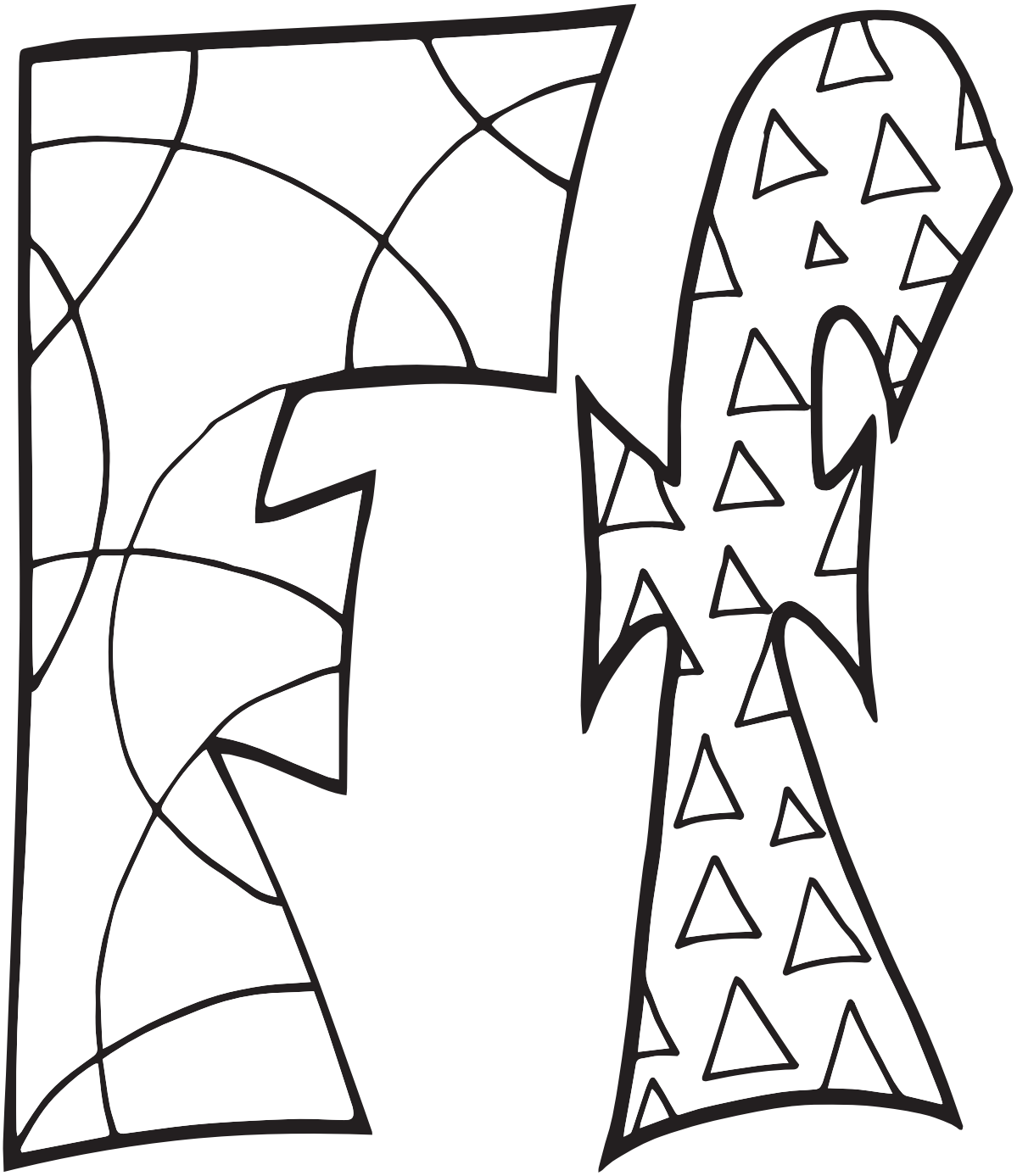

F is for