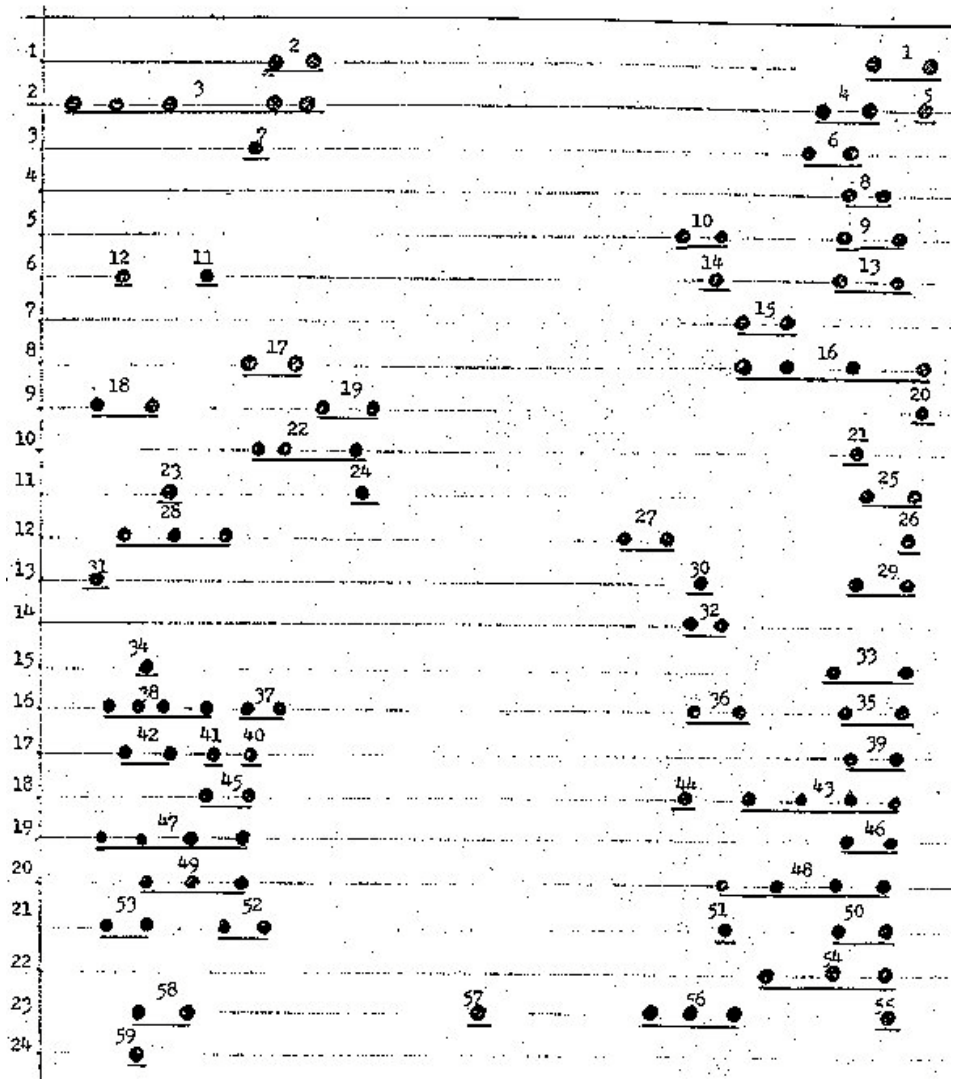Block F