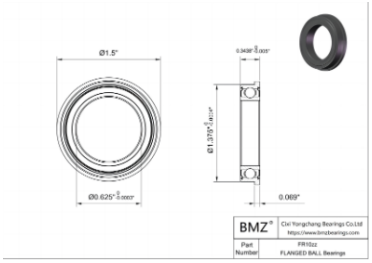FR10