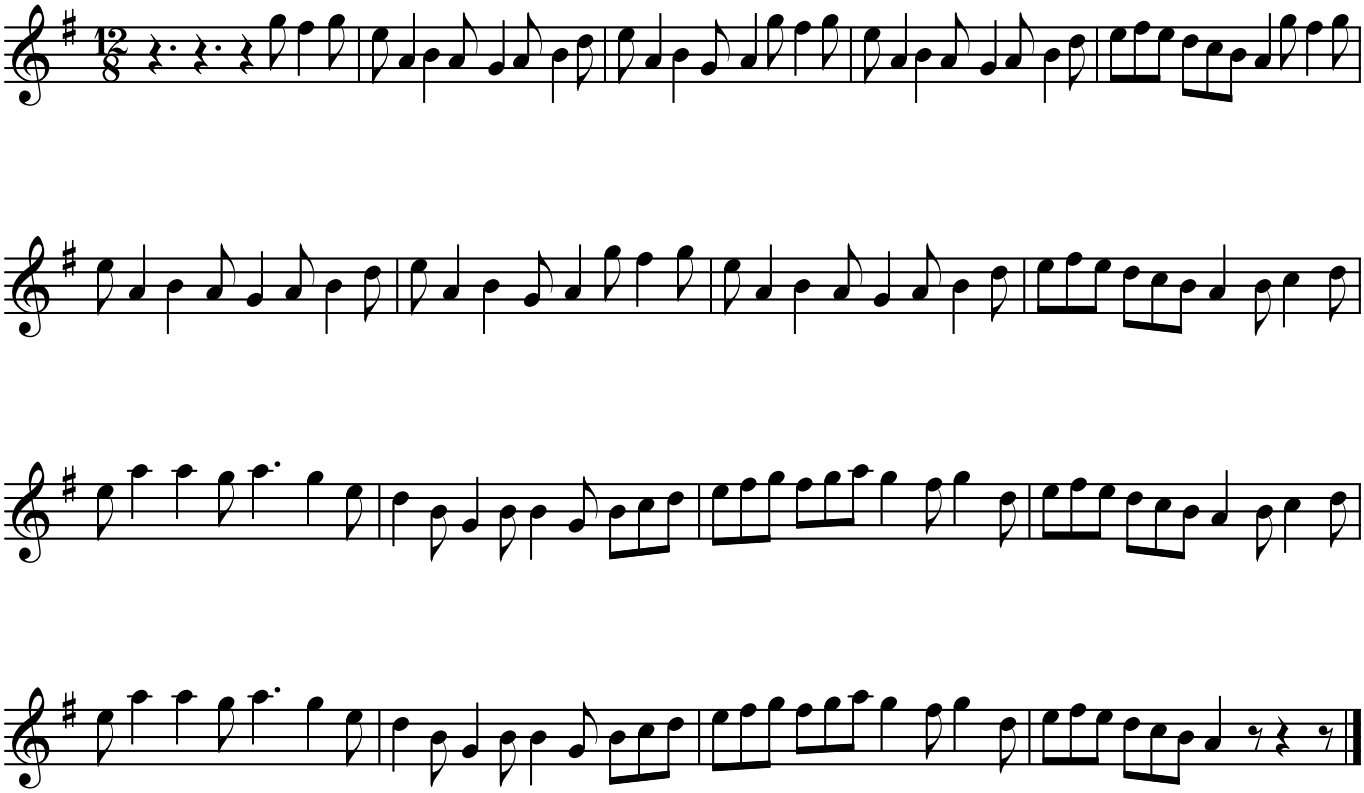Fré 3