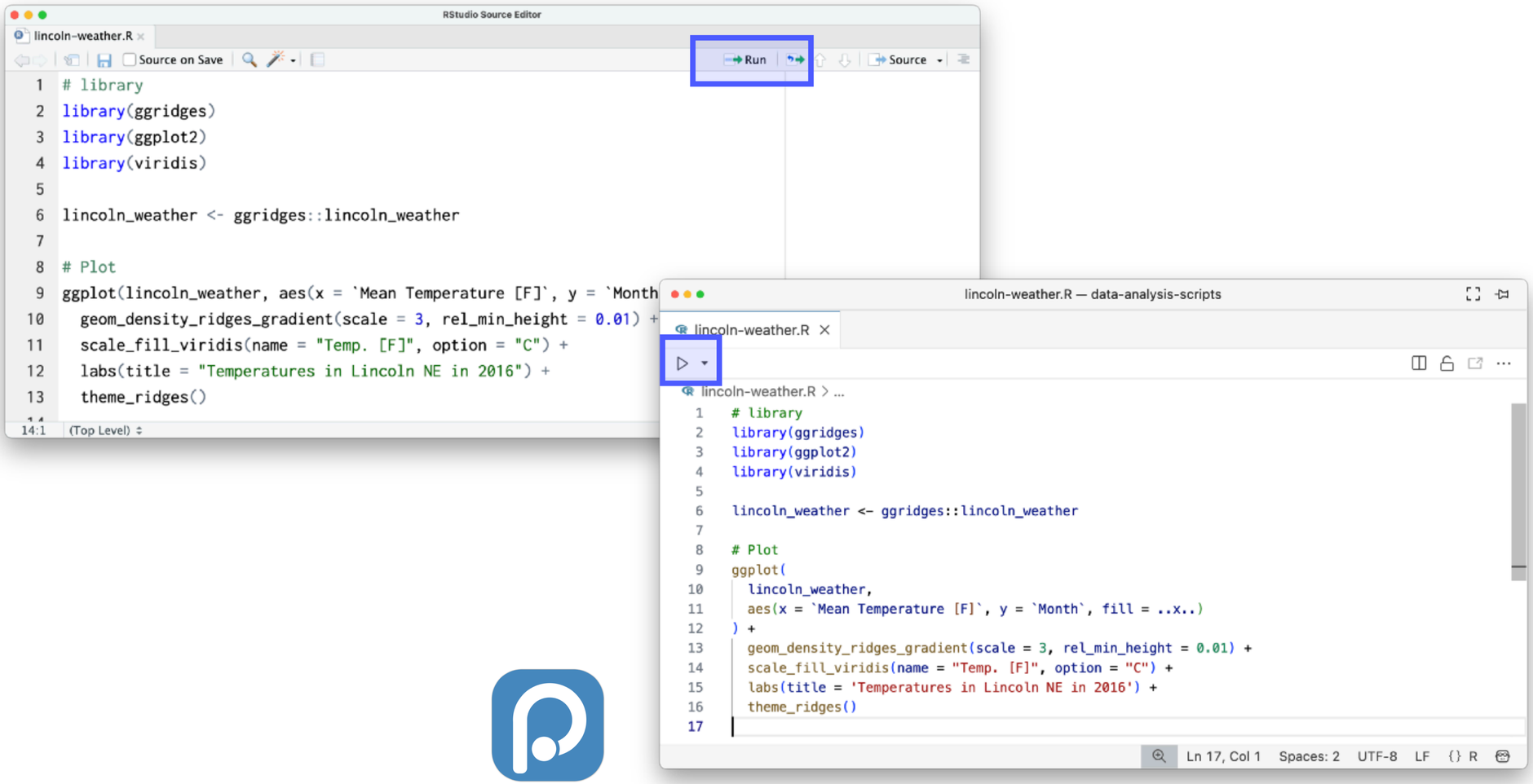
Cmd + Shift + Enter



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> ??ggridges::theme_ridges
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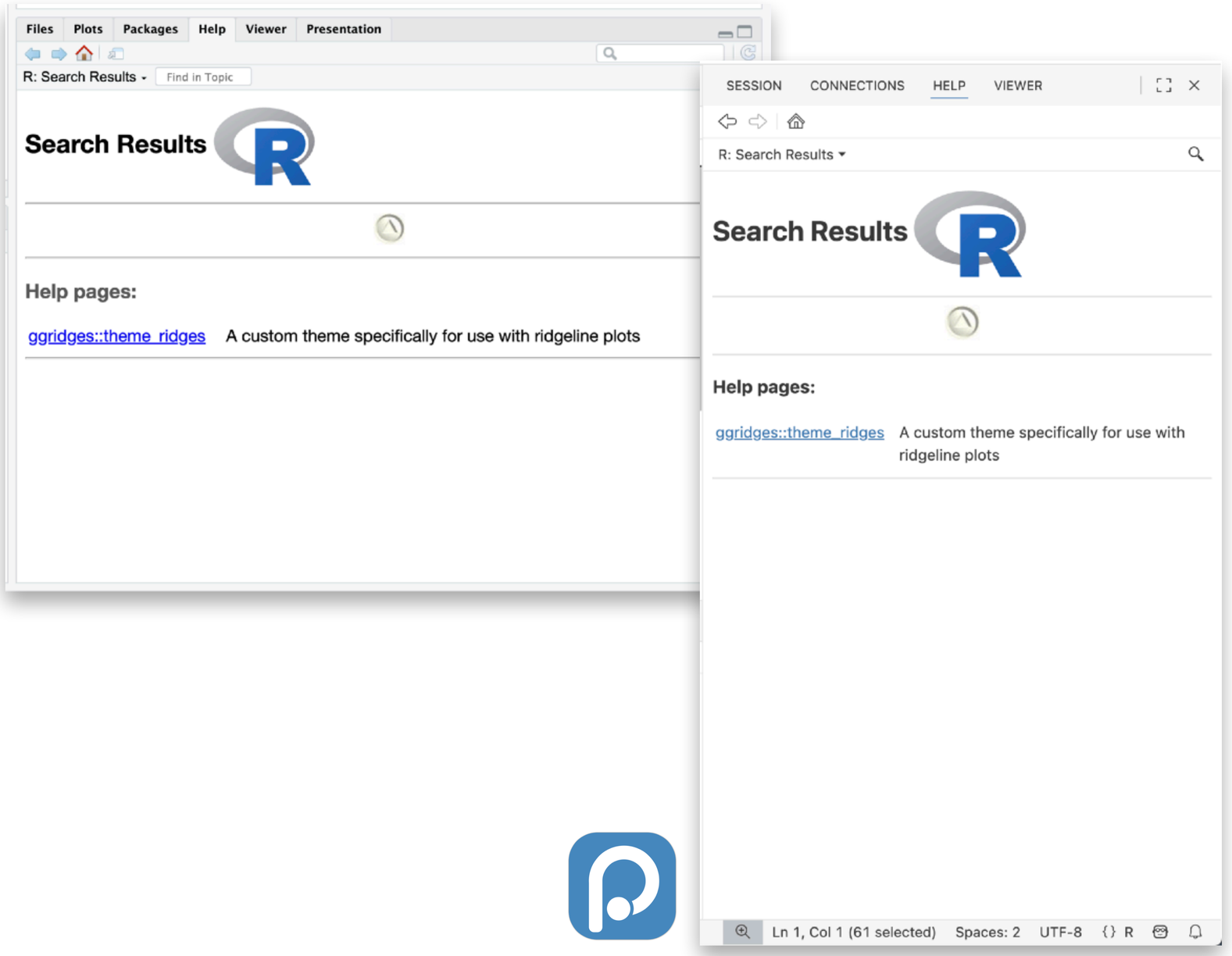
F1