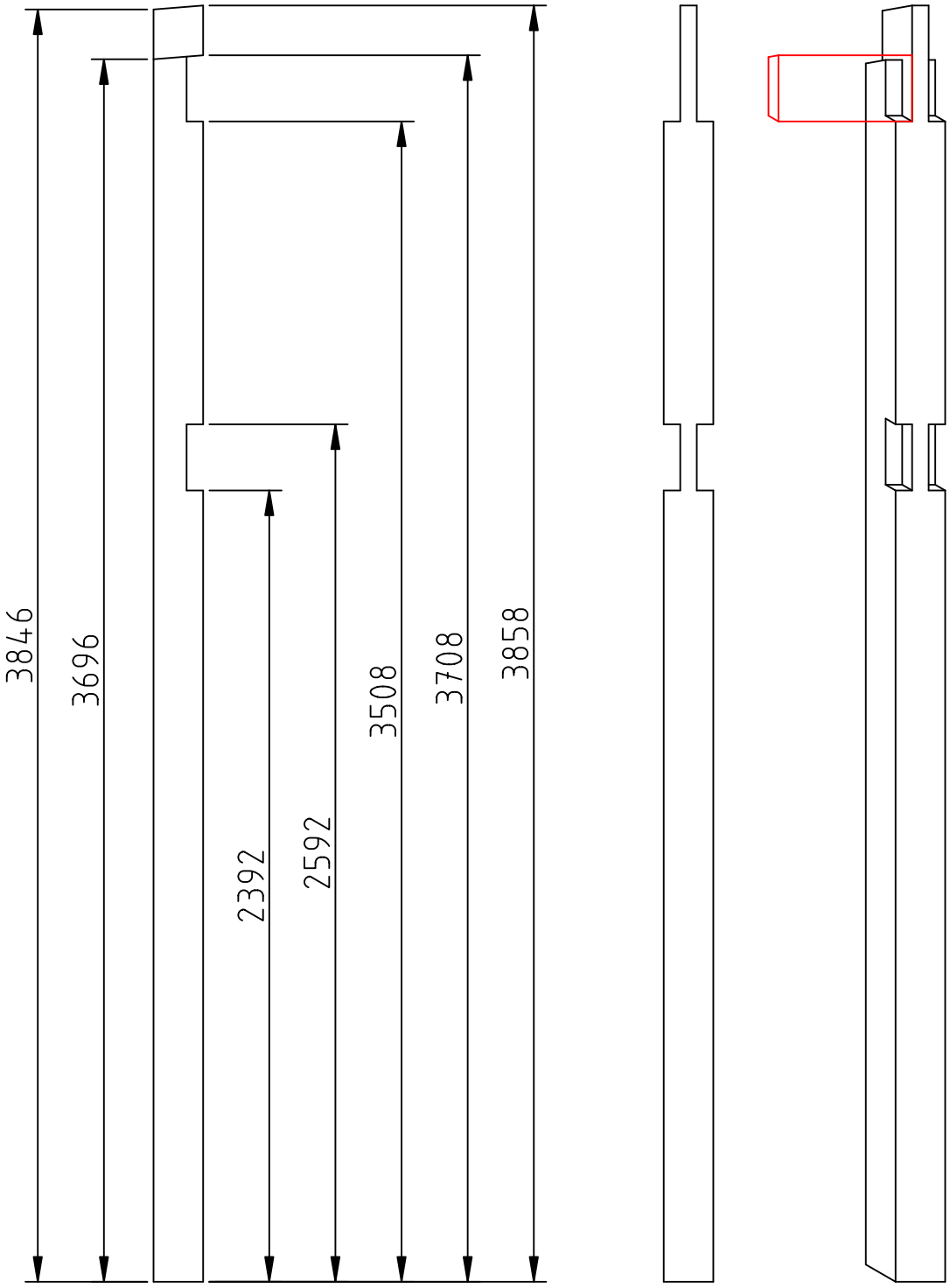Poteau F