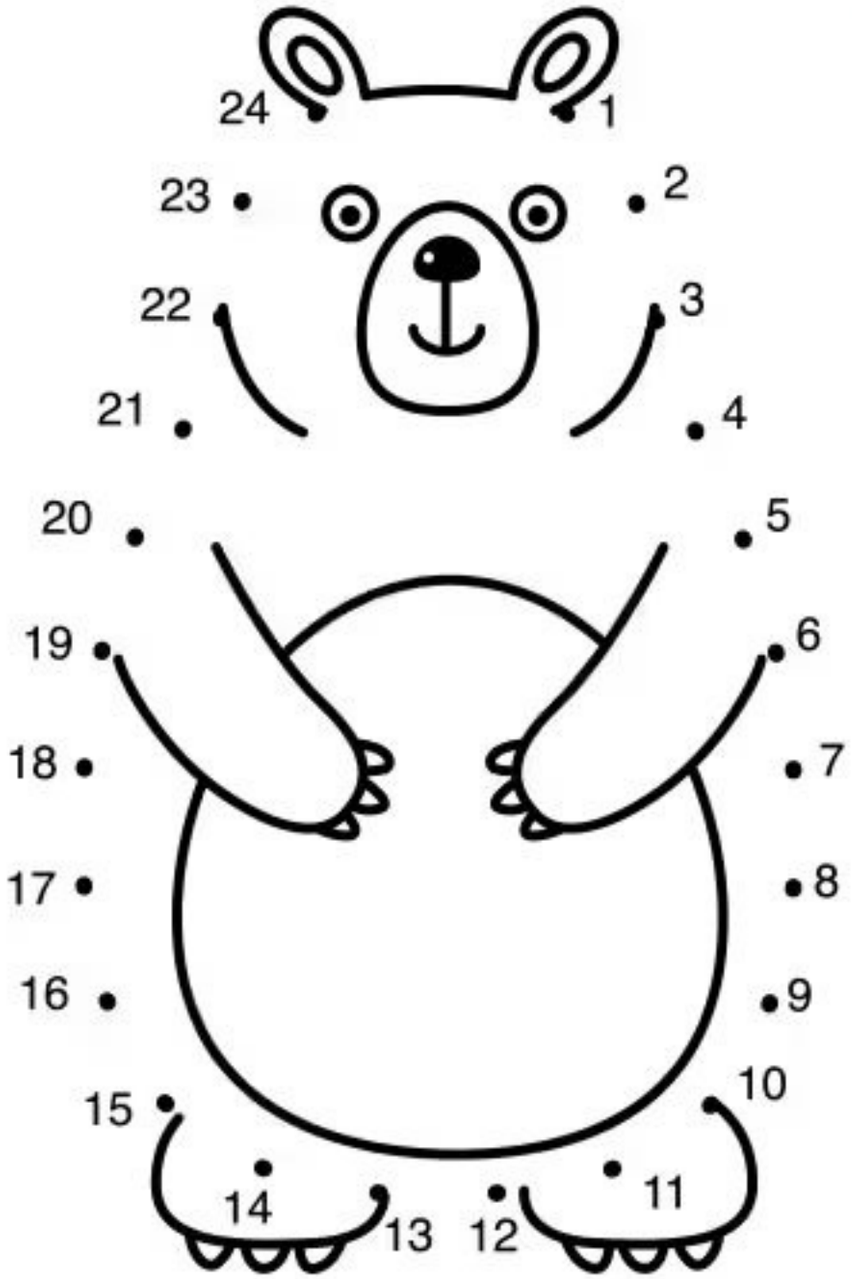bear