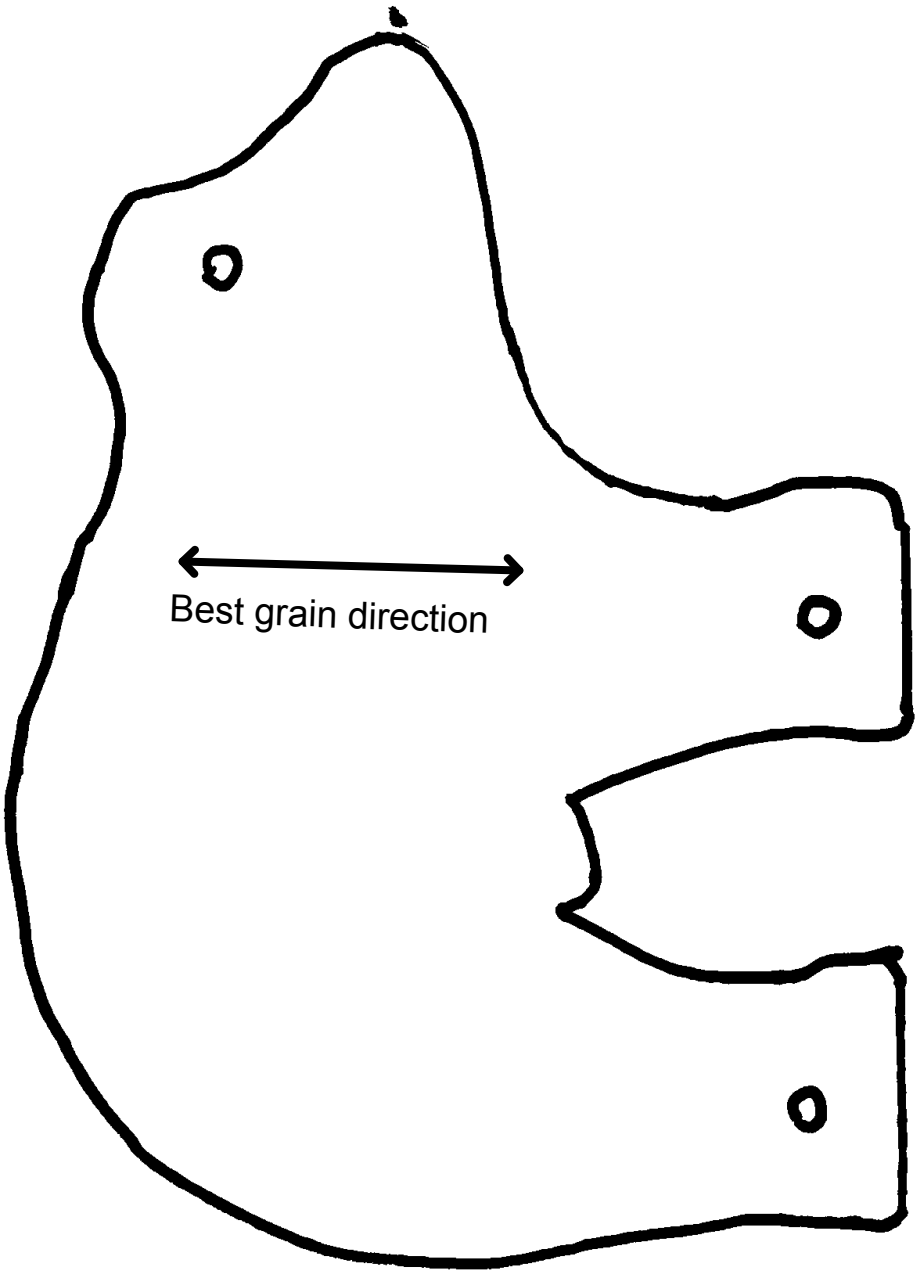Bear