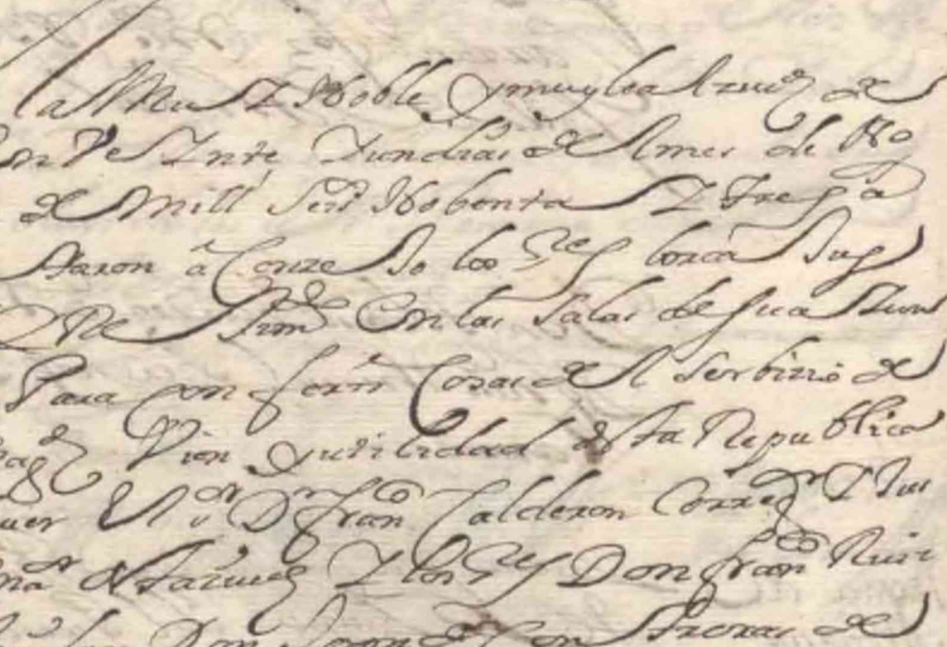Bol