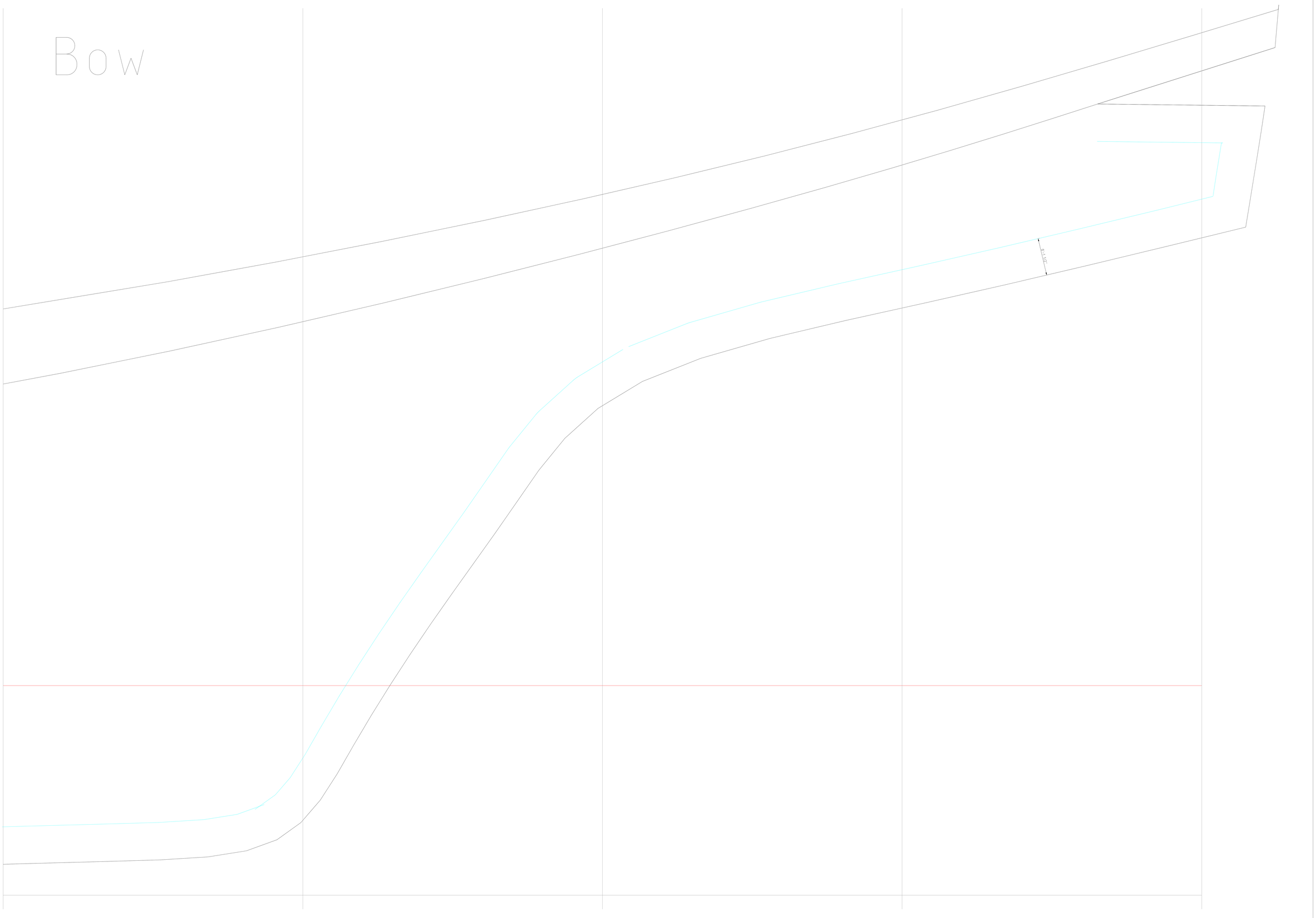Bow