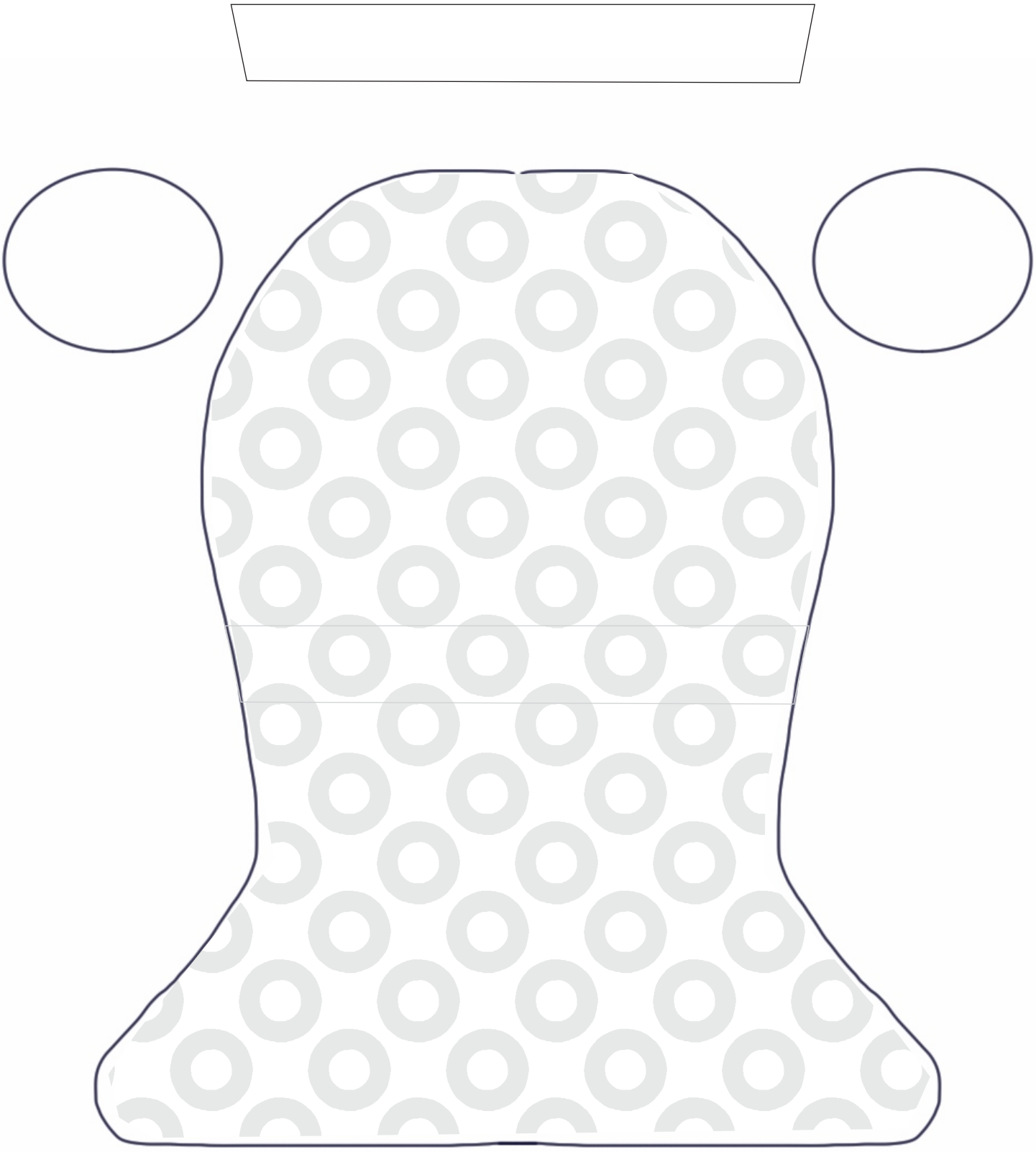Bell