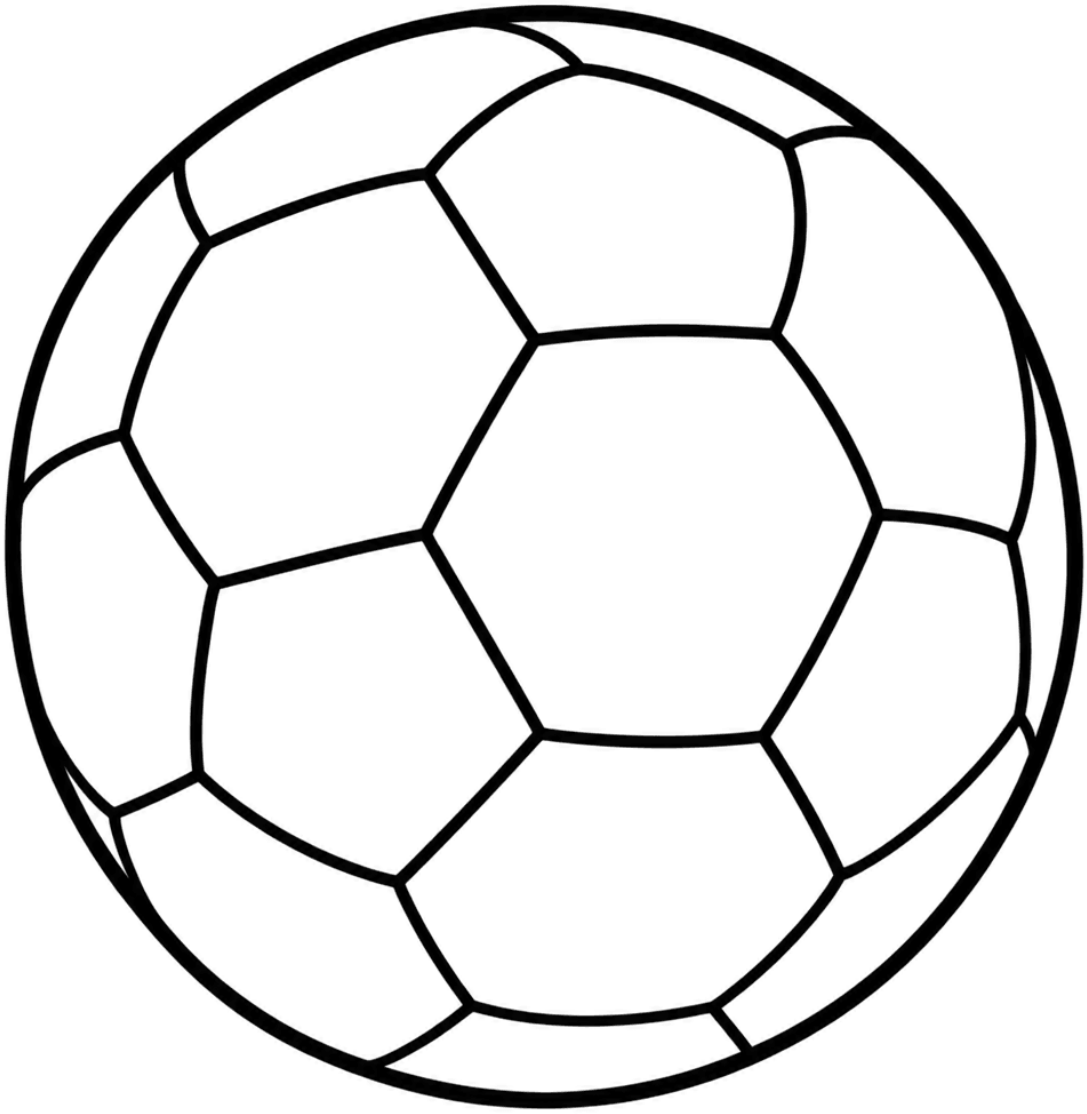Ball