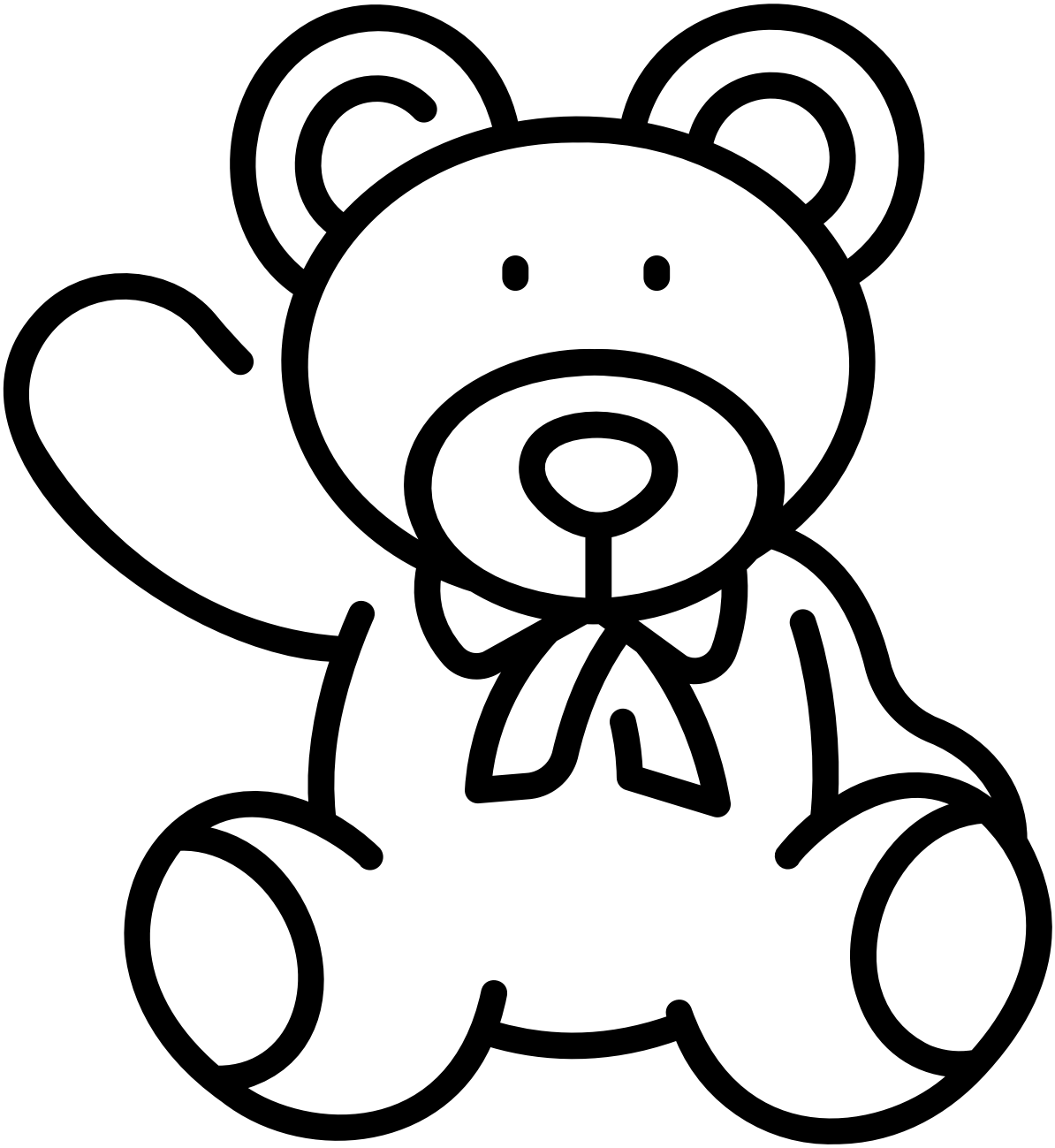Les ours