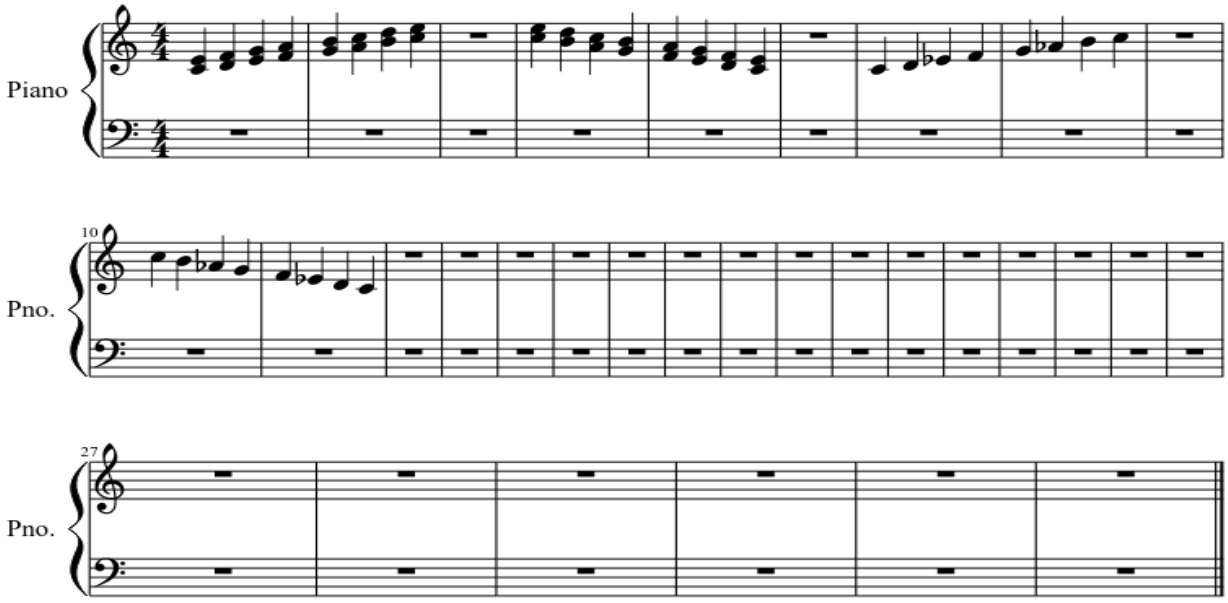Scales