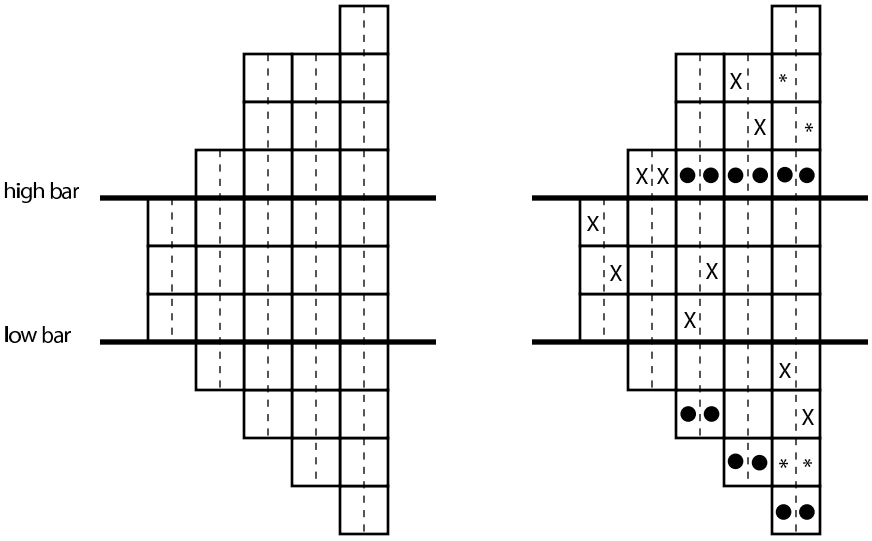
high bar
low bar