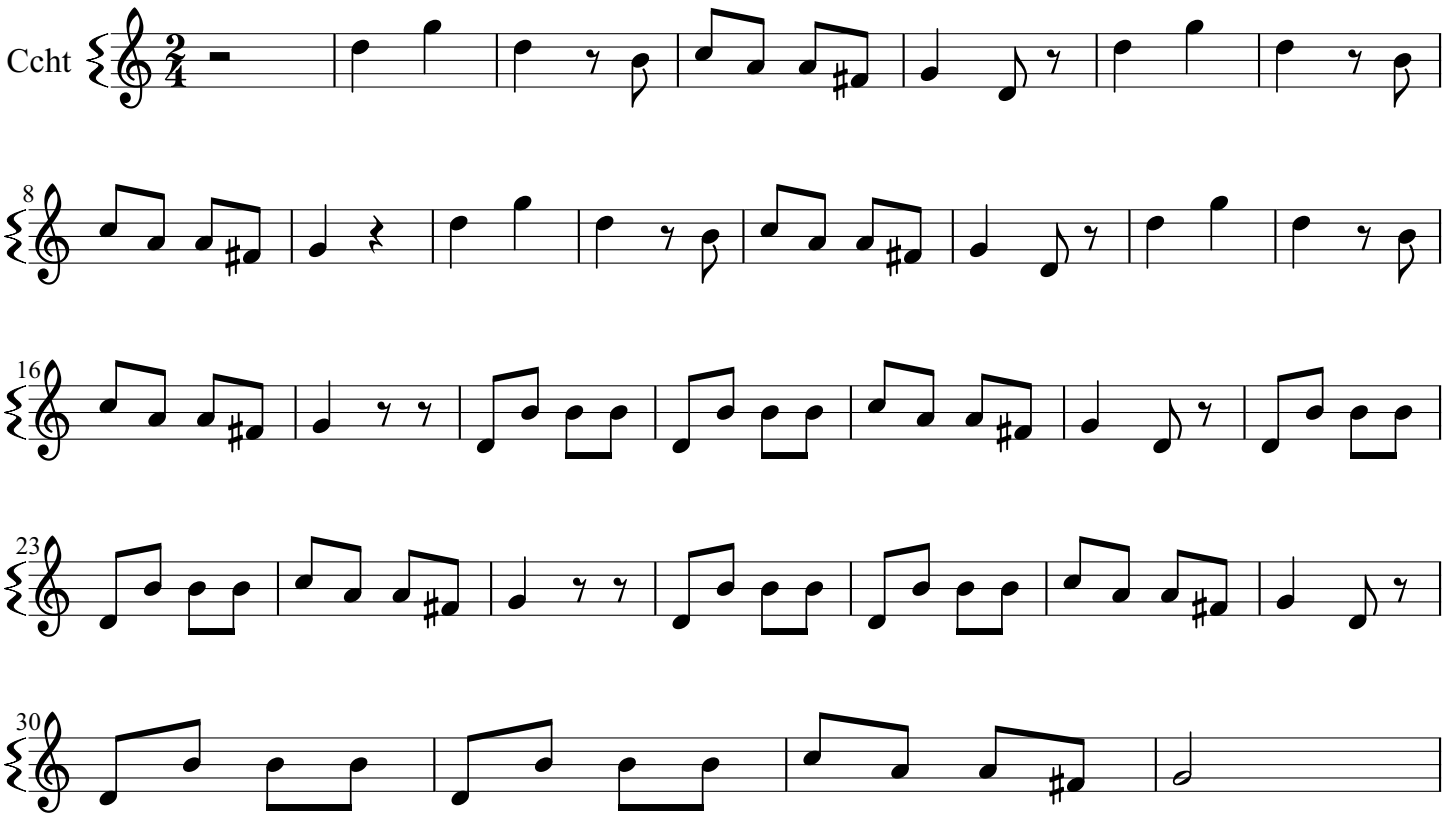Les batons