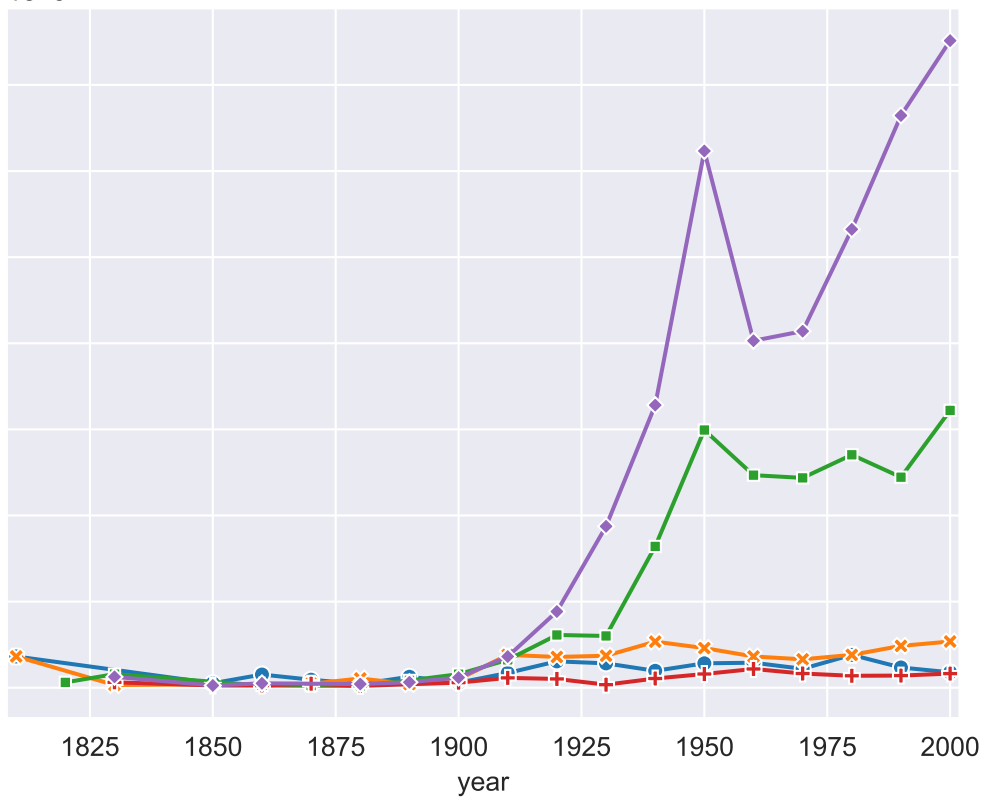boost