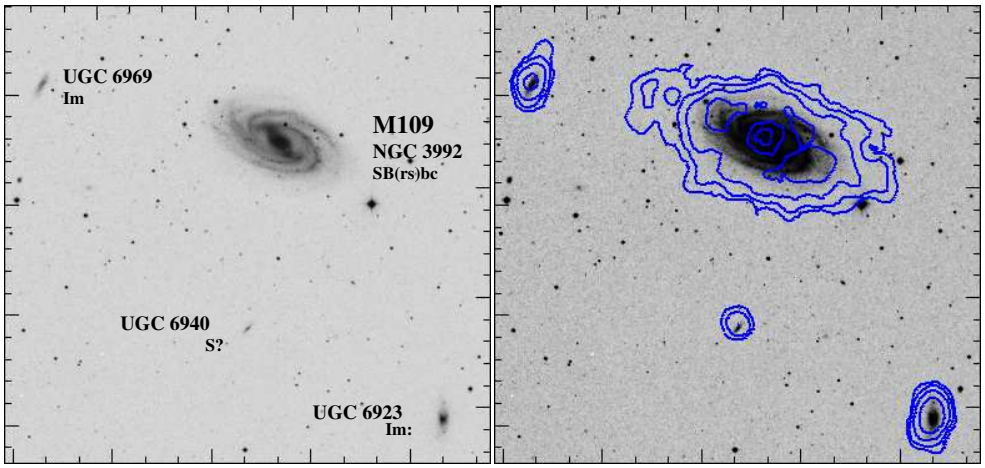

Figure 1. **The M 109 System**.
H I: WSRT, 60″ resolution, contours=1×10^{20} cm$^{-2} \times 2^n$.
Optical: DSS, FOV=$22' \times 22'$.
Notes: Member of the Ursa Major Cluster. See also Fig. **??**.
Reference: Verheijen, M. A. W., & Sancisi, R. 2001, A&A, 370, 765.