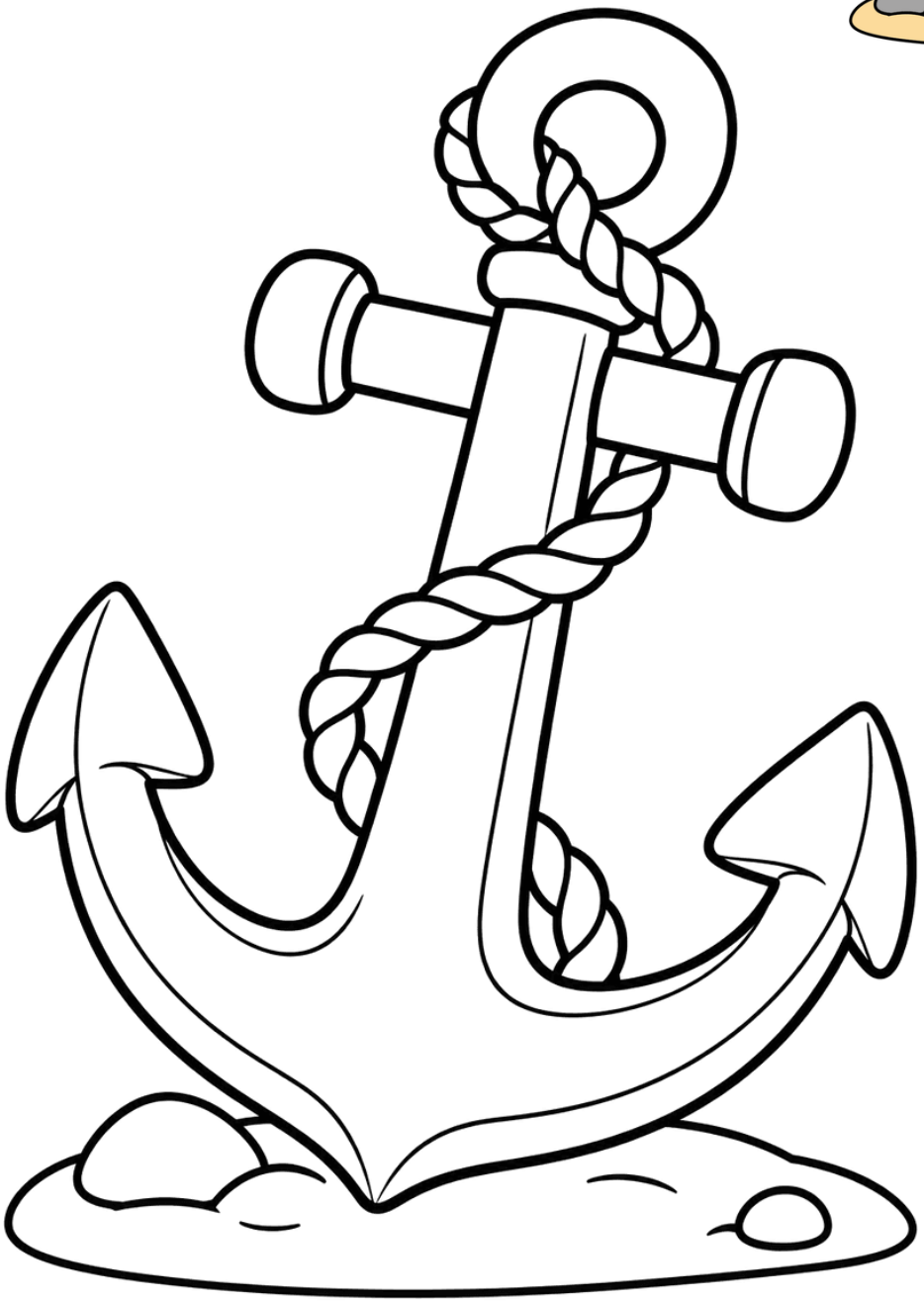Anchor