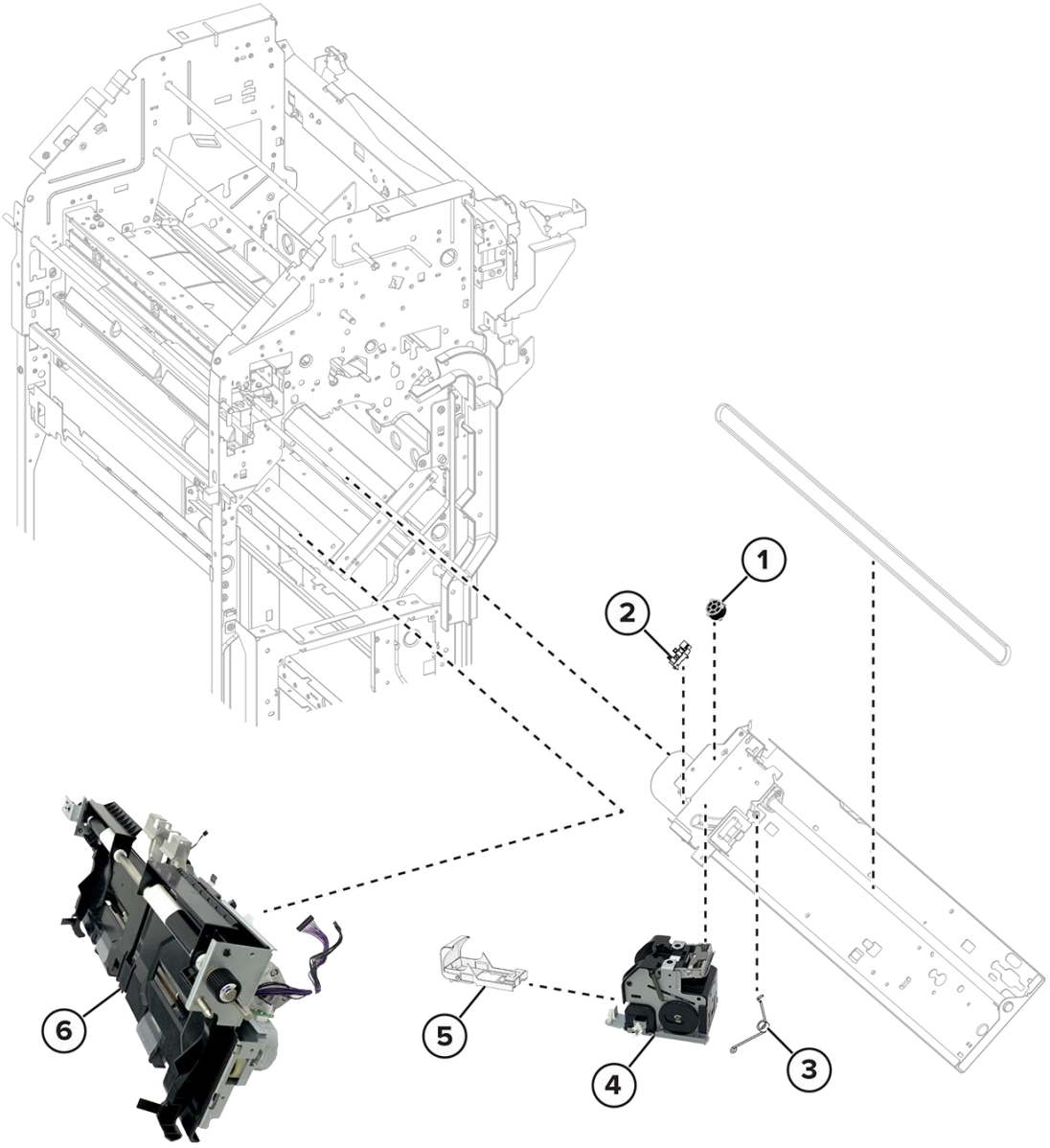Staple