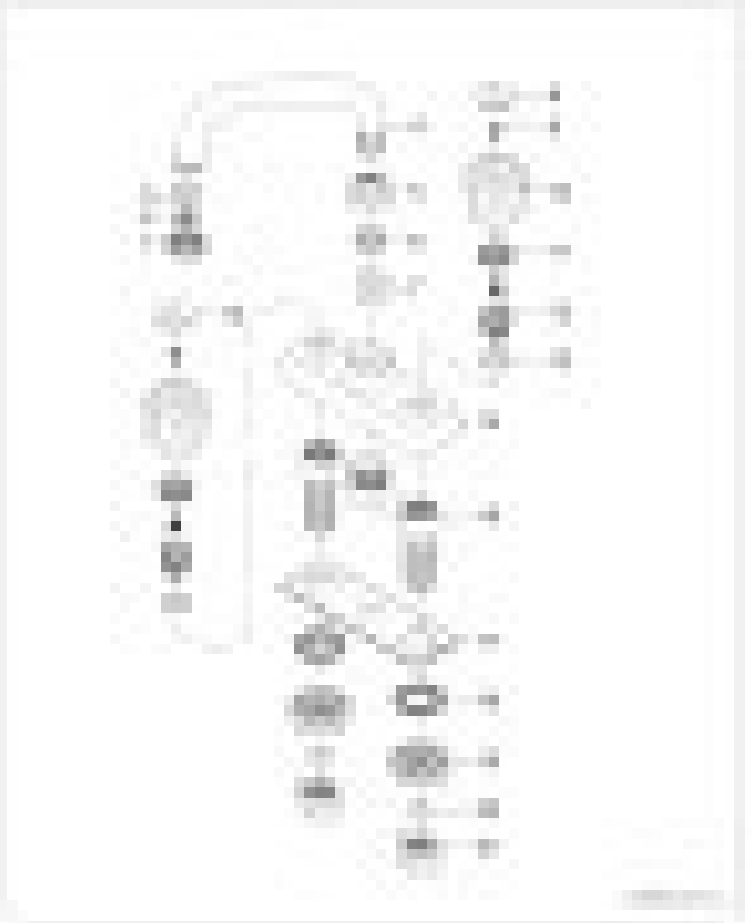PLATE