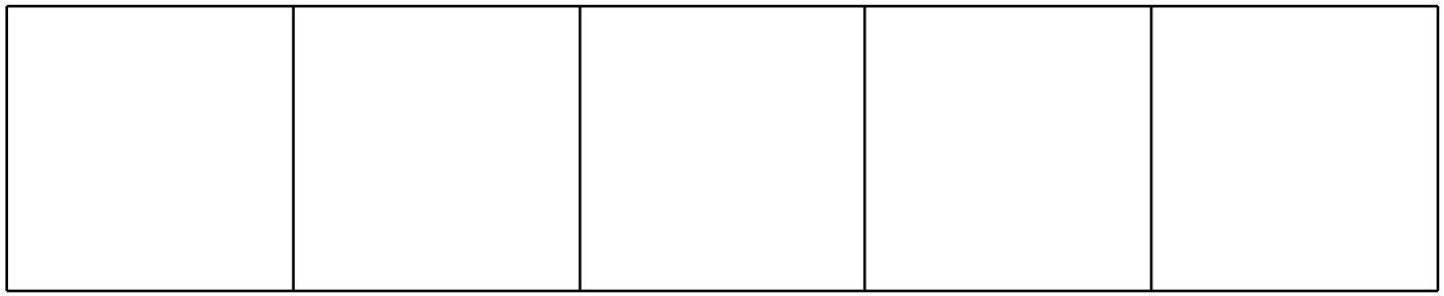5-frame