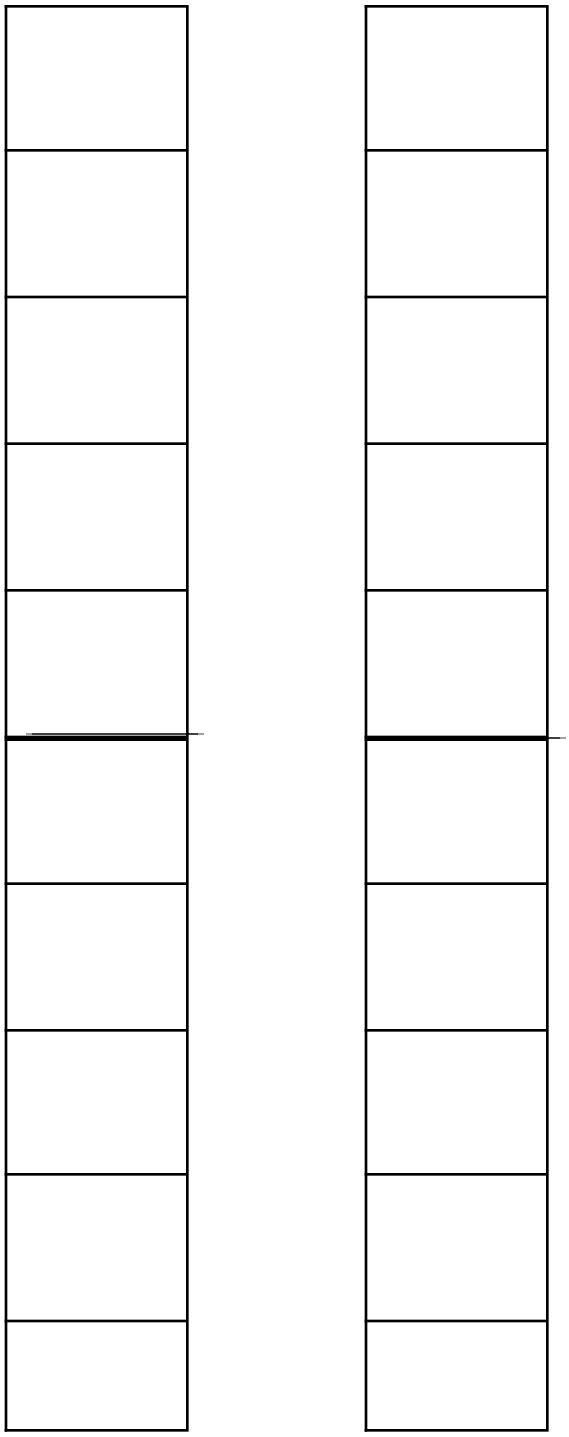Ten Frame