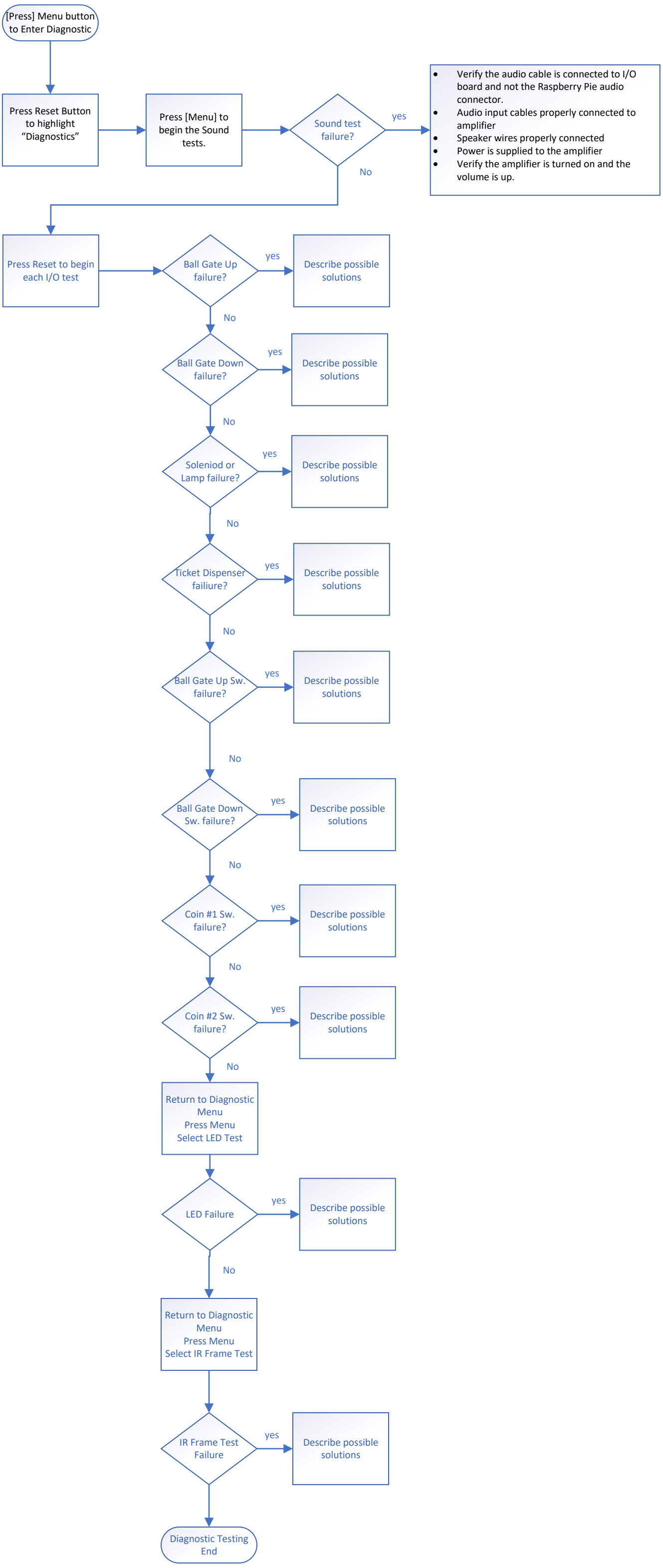BREAK the PLATE