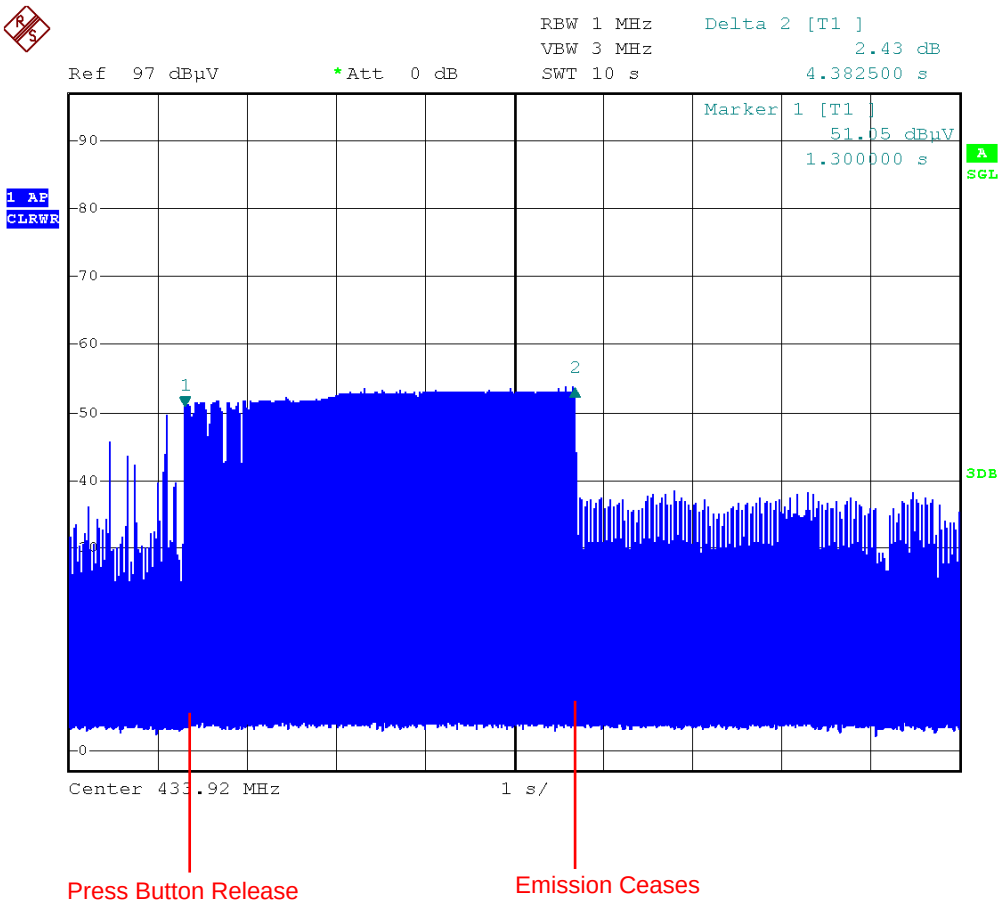5 Second Ceasing Transmission Plots