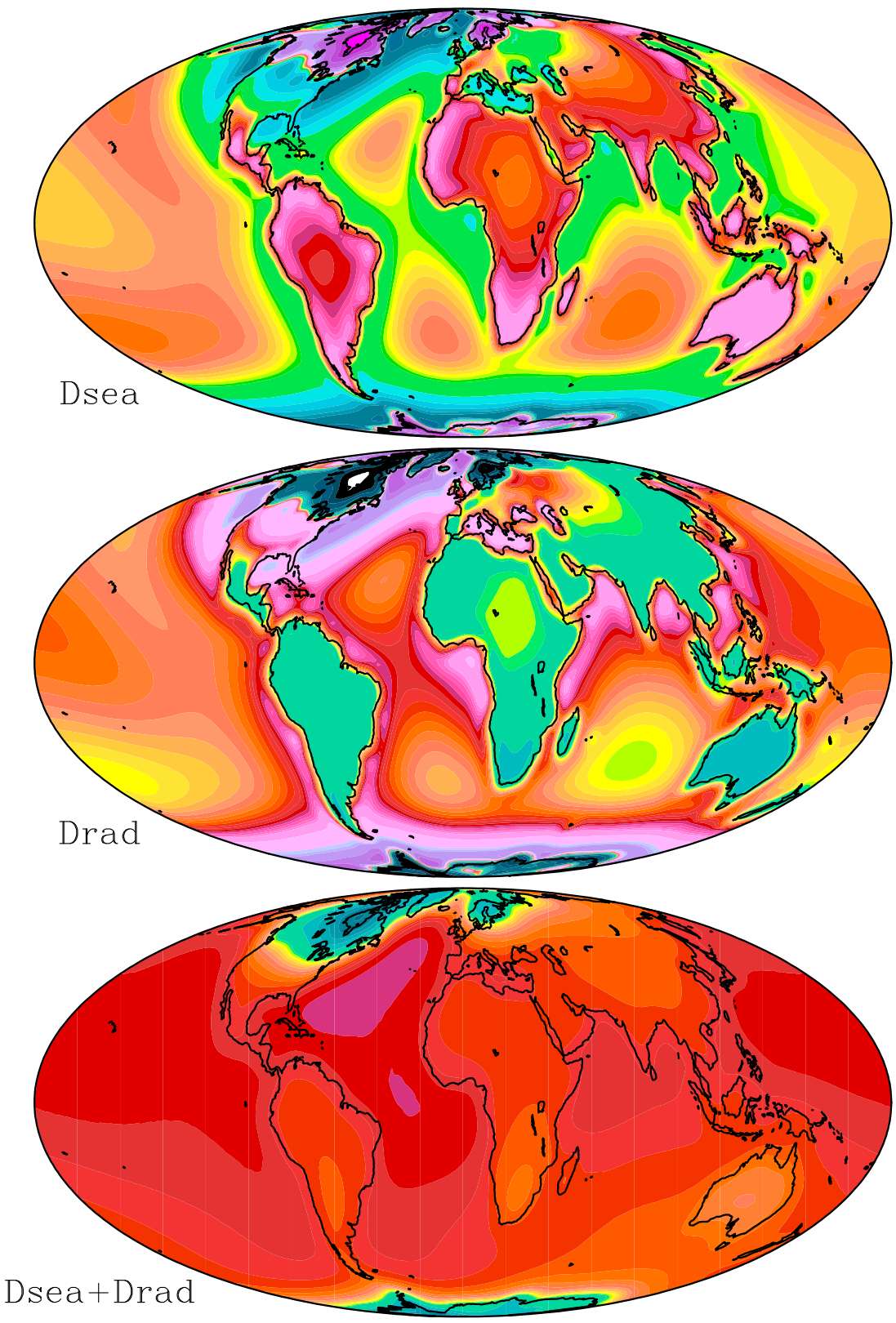Rate of Change (no Rotation)