Frames are an axiomatic independence notion in a single cardinal for Abstract Elementary Classes developed by Shelah, and tameness is a locality notion for types isolated by Grossberg and VanDieren. Although powerful on their own, they become even more powerful when combined. Tameness provides an easy way to extend frames to larger cardinal, and frames provide a way to extend the tameness for 1-types to tameness for longer tuples. Thus, combining them gives rise to a global notion of independence in an AEC with amalgamation. Part of this talk is joint work with Vasey. (Received September 14, 2014)