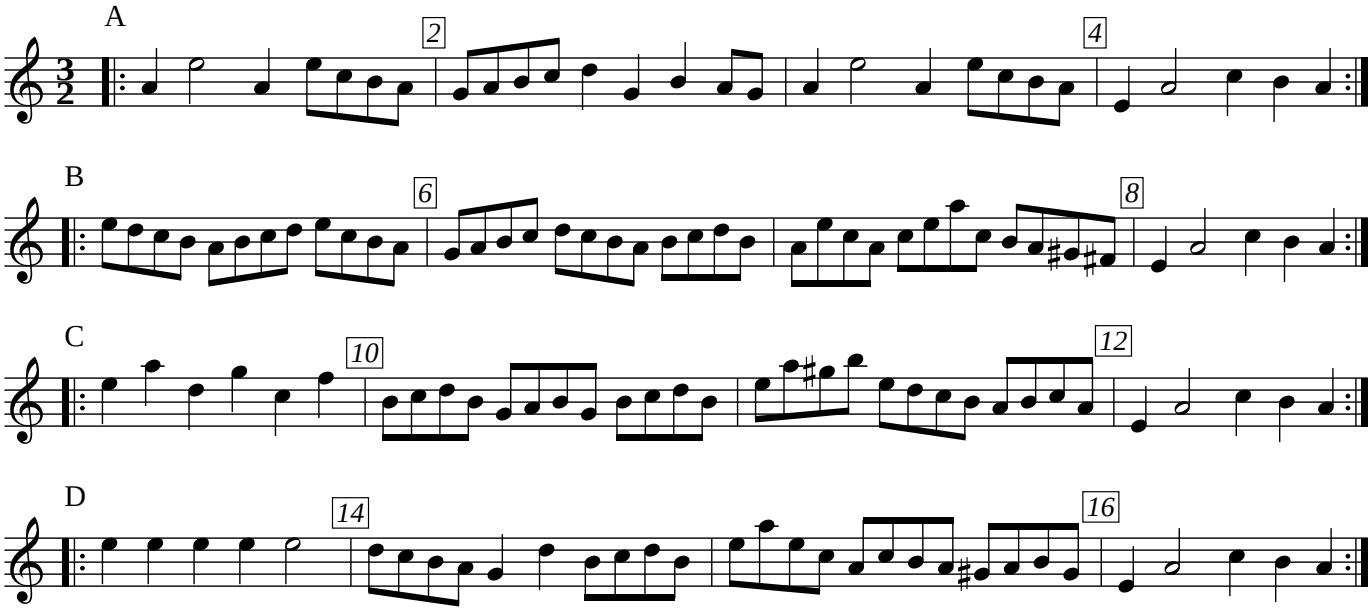
a Northern Frisk

(ABCD)