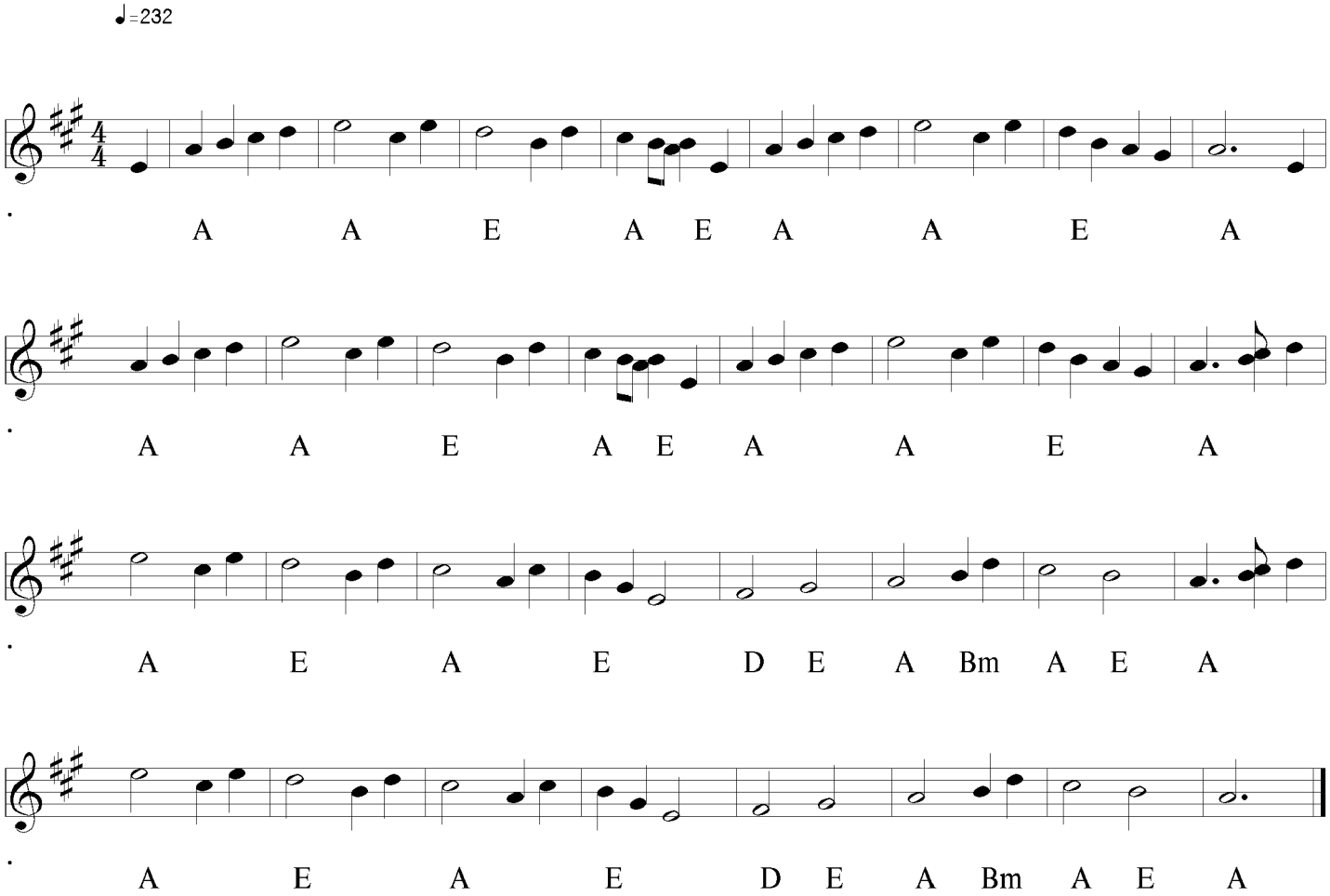Mistwold