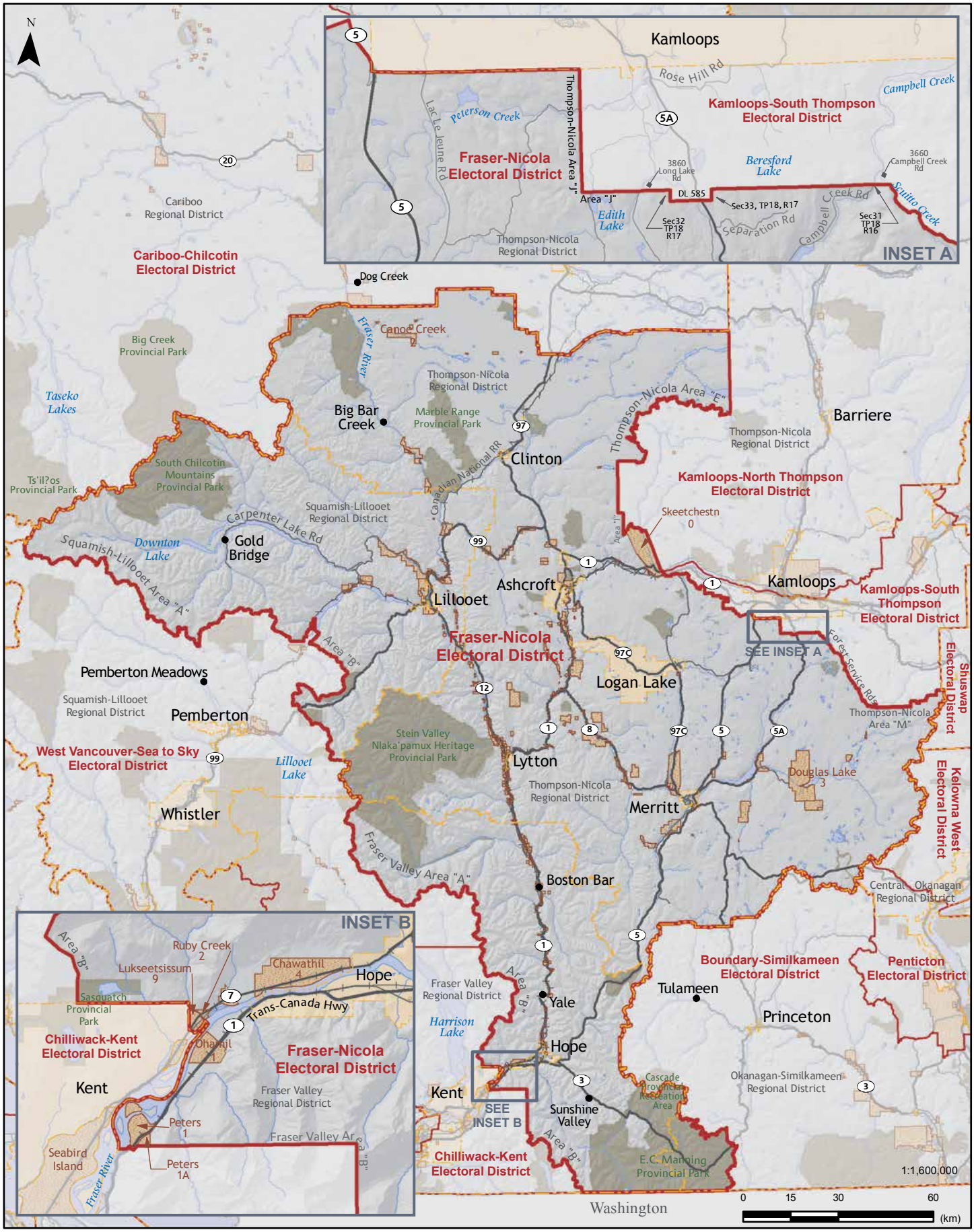Fraser-Nicola