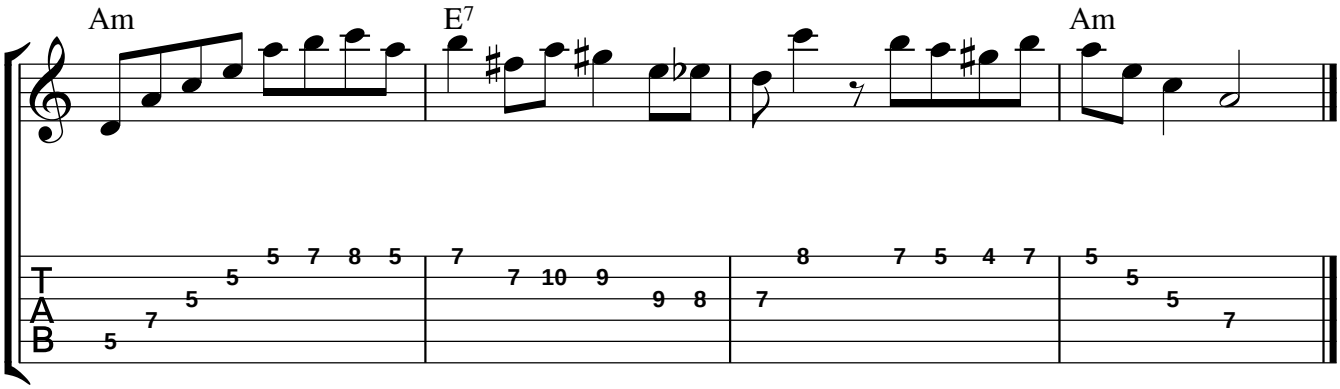Lick 10