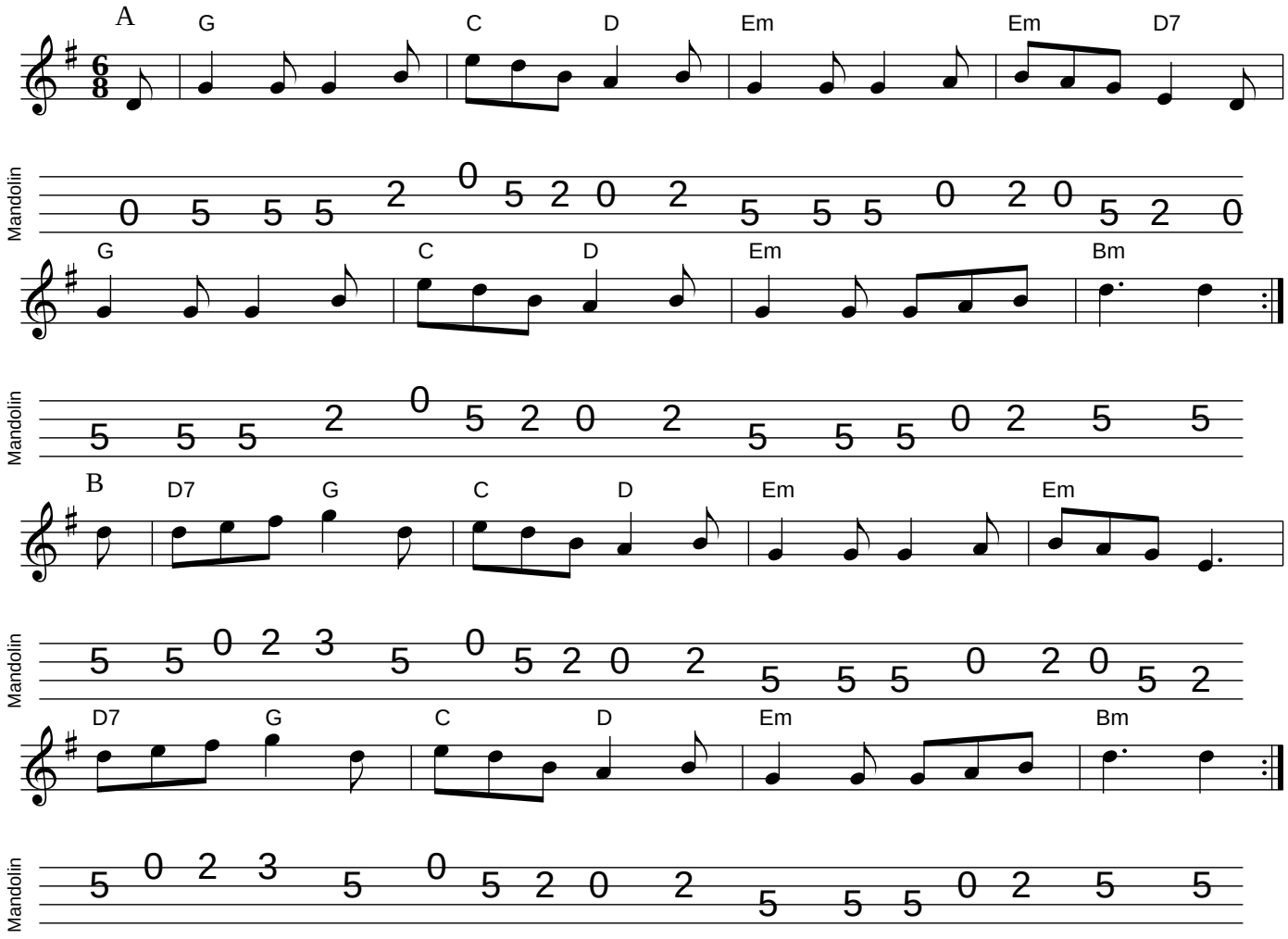Sheards of Foula