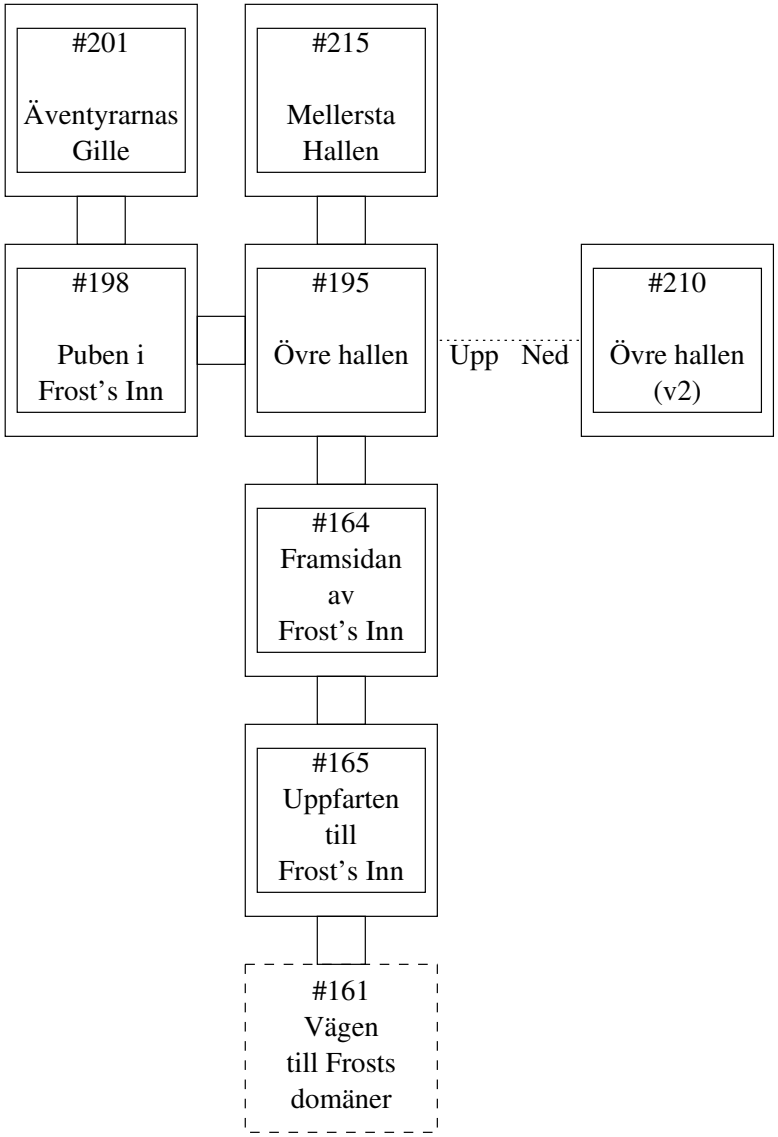Frosts Domäner