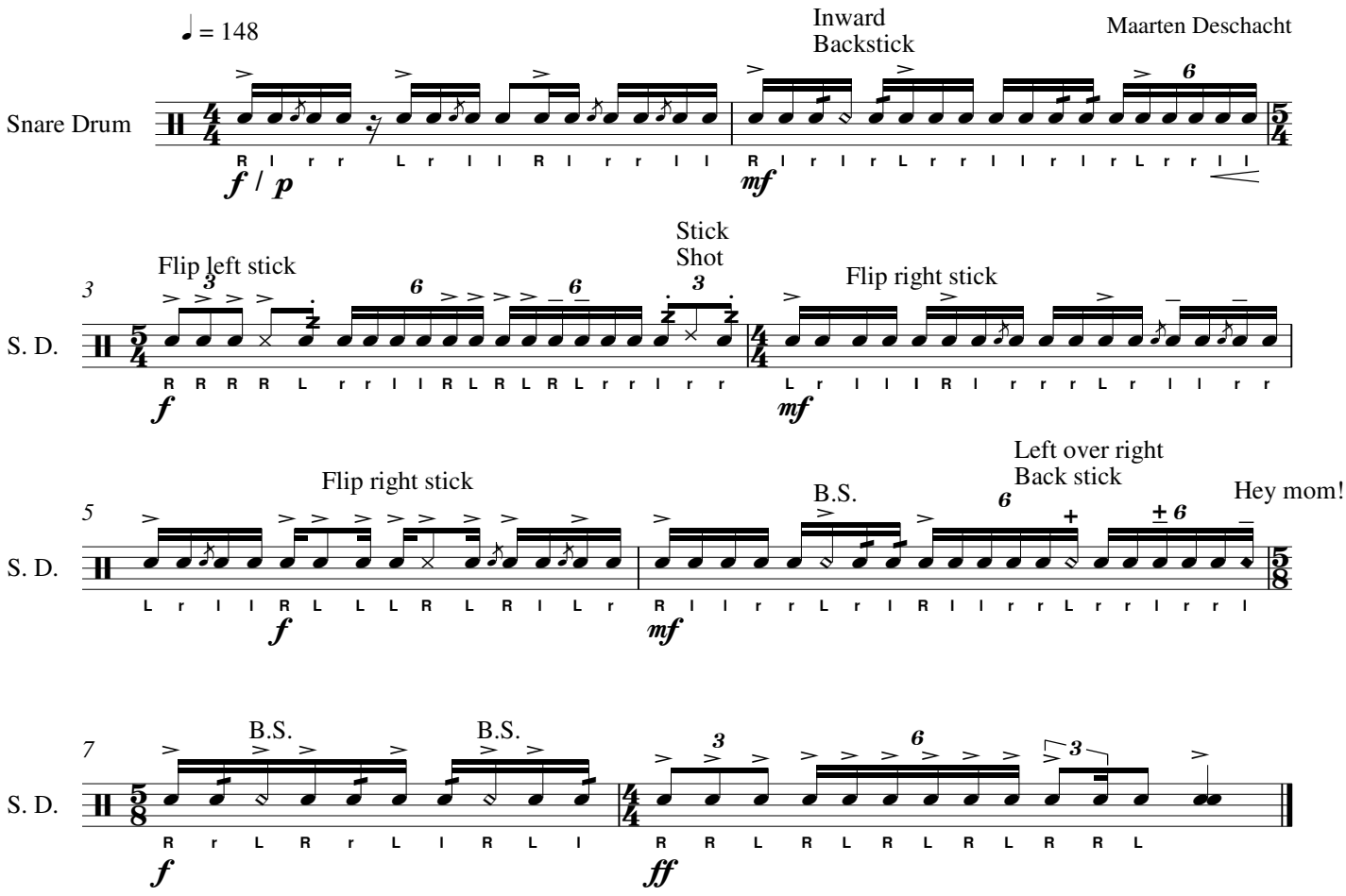# NCA Lick Of The Week #5