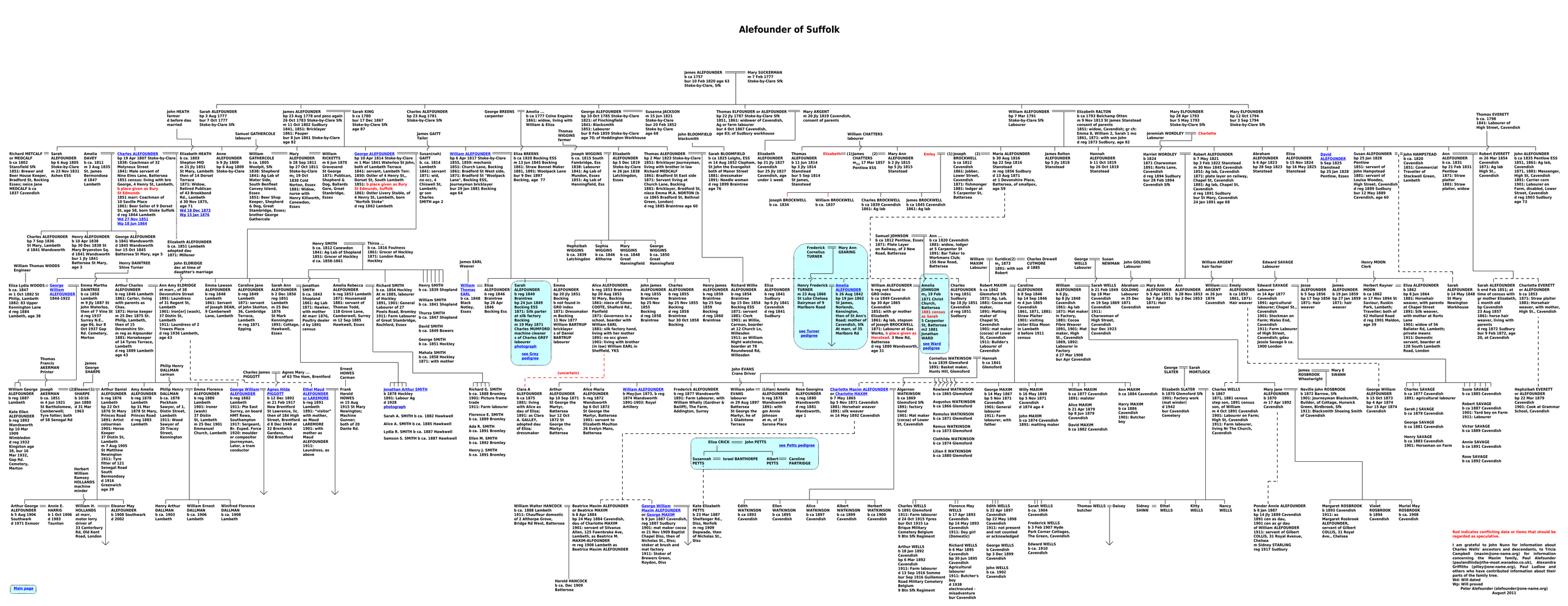Alefounder of Suffolk