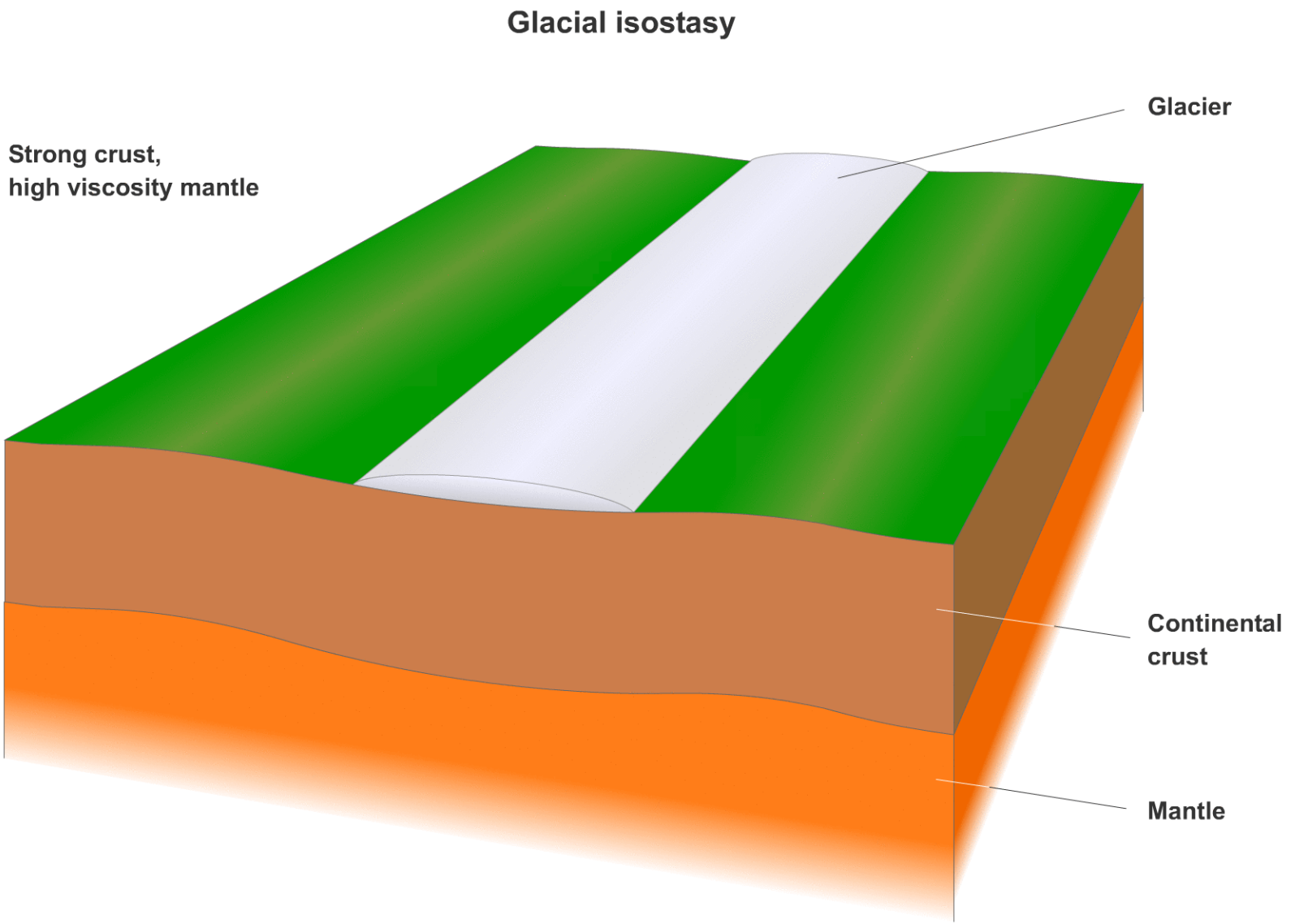Glacial Isostatic Adjustment