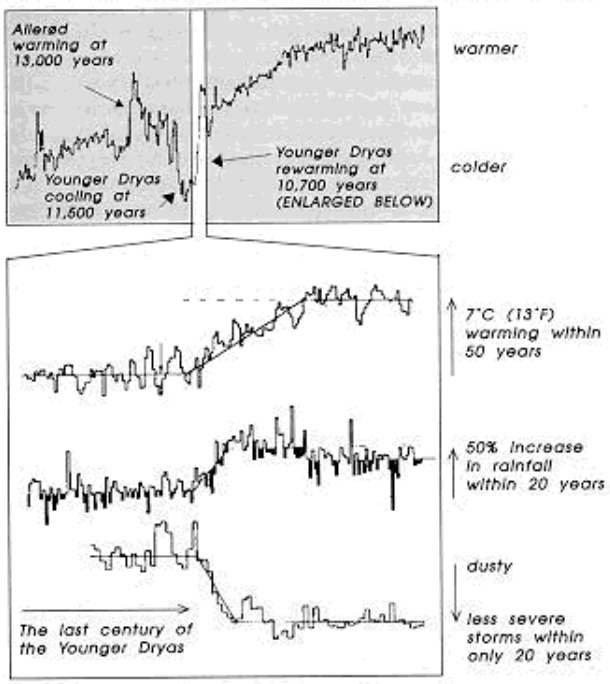The abrupt termination of the Younger Dryas