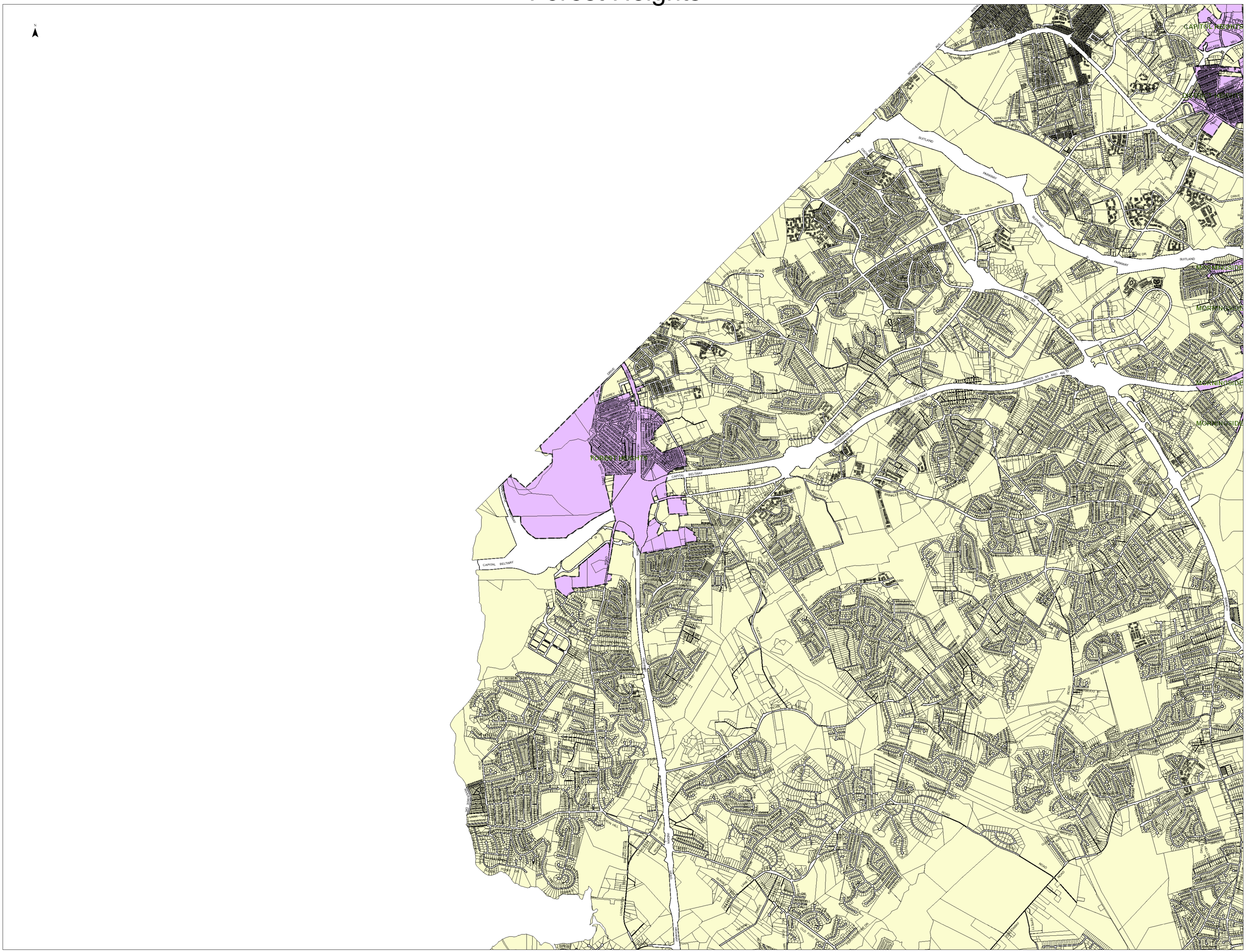Forest Heights