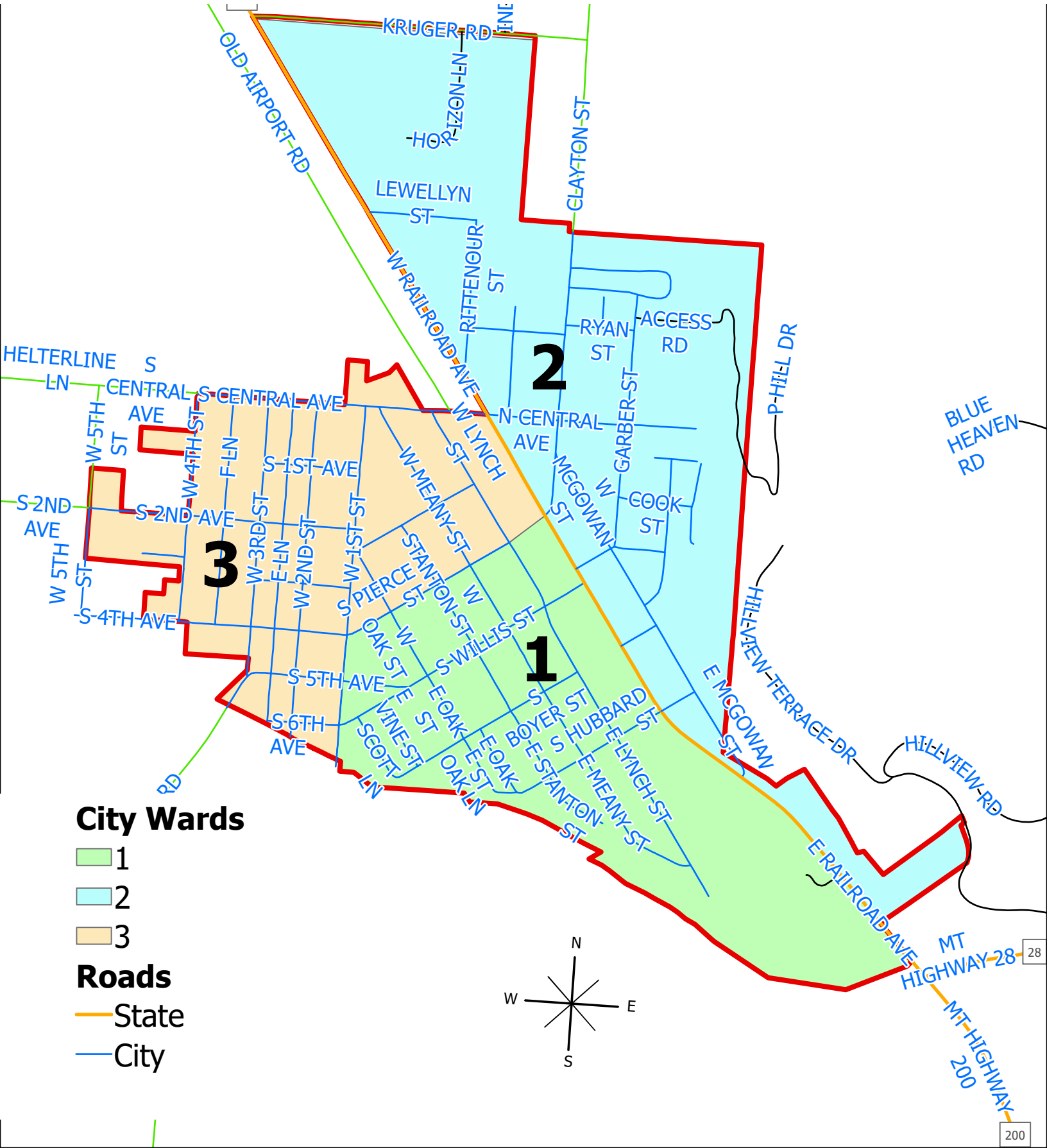Plains Wards