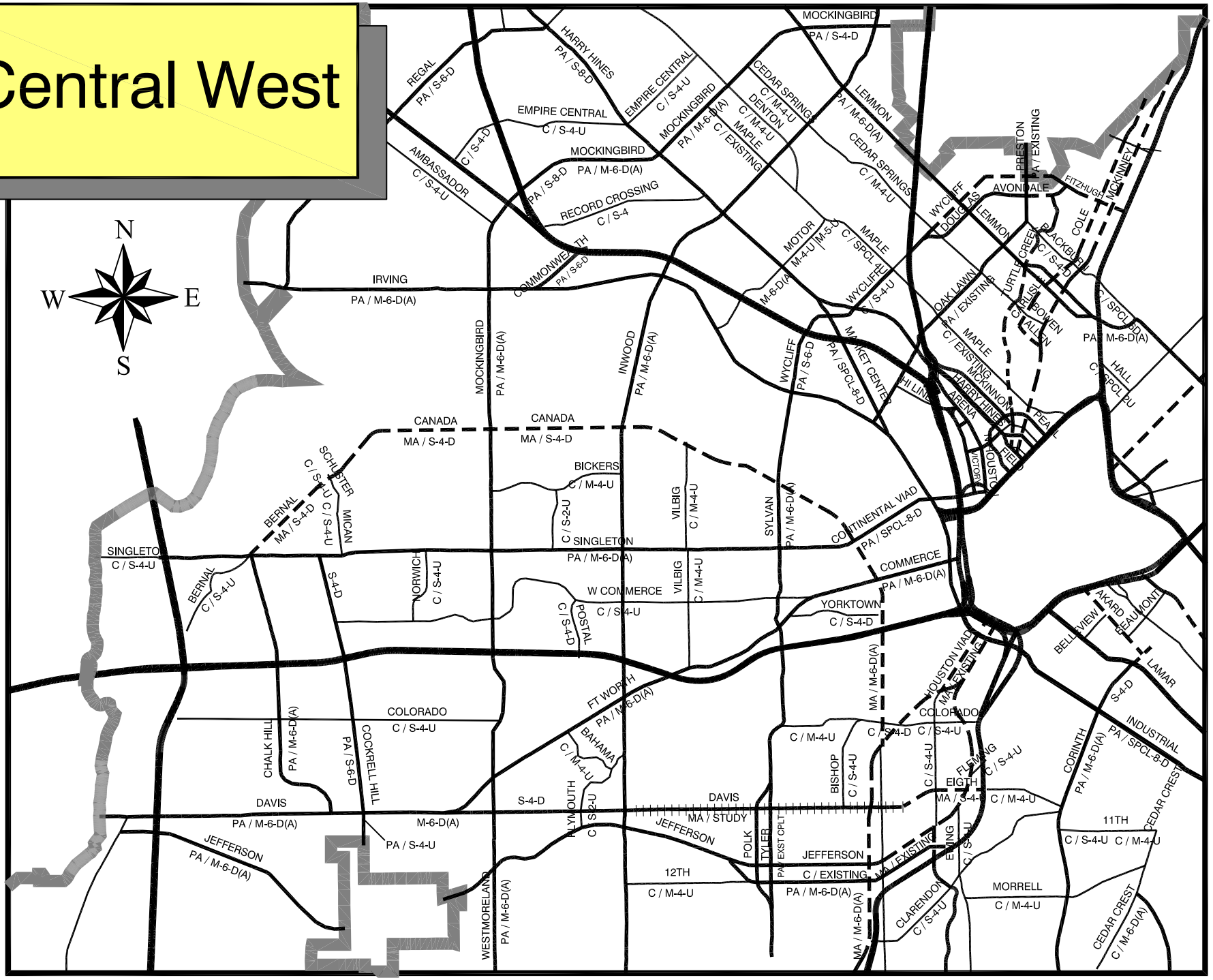Central West