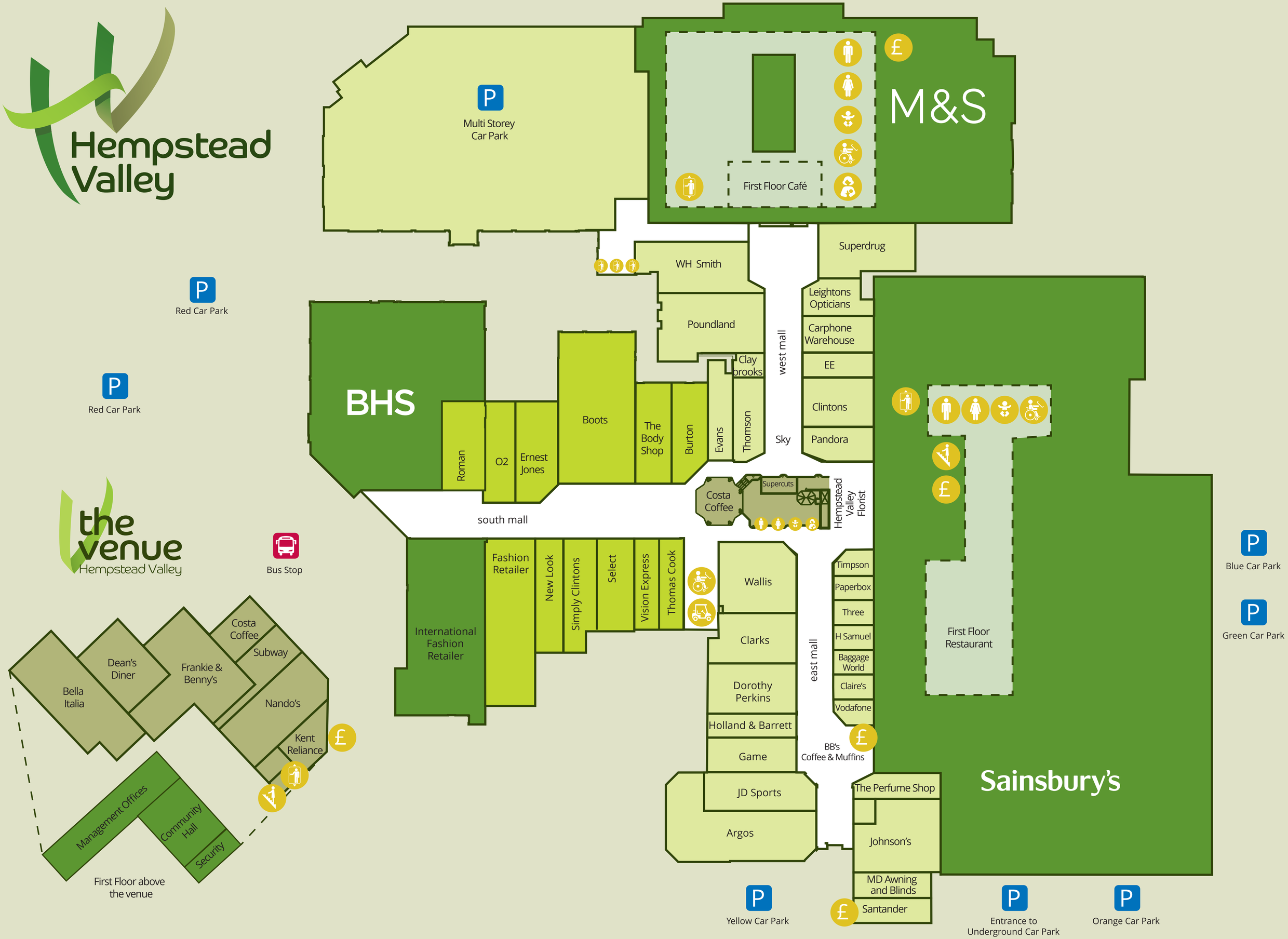Hempstead Valley