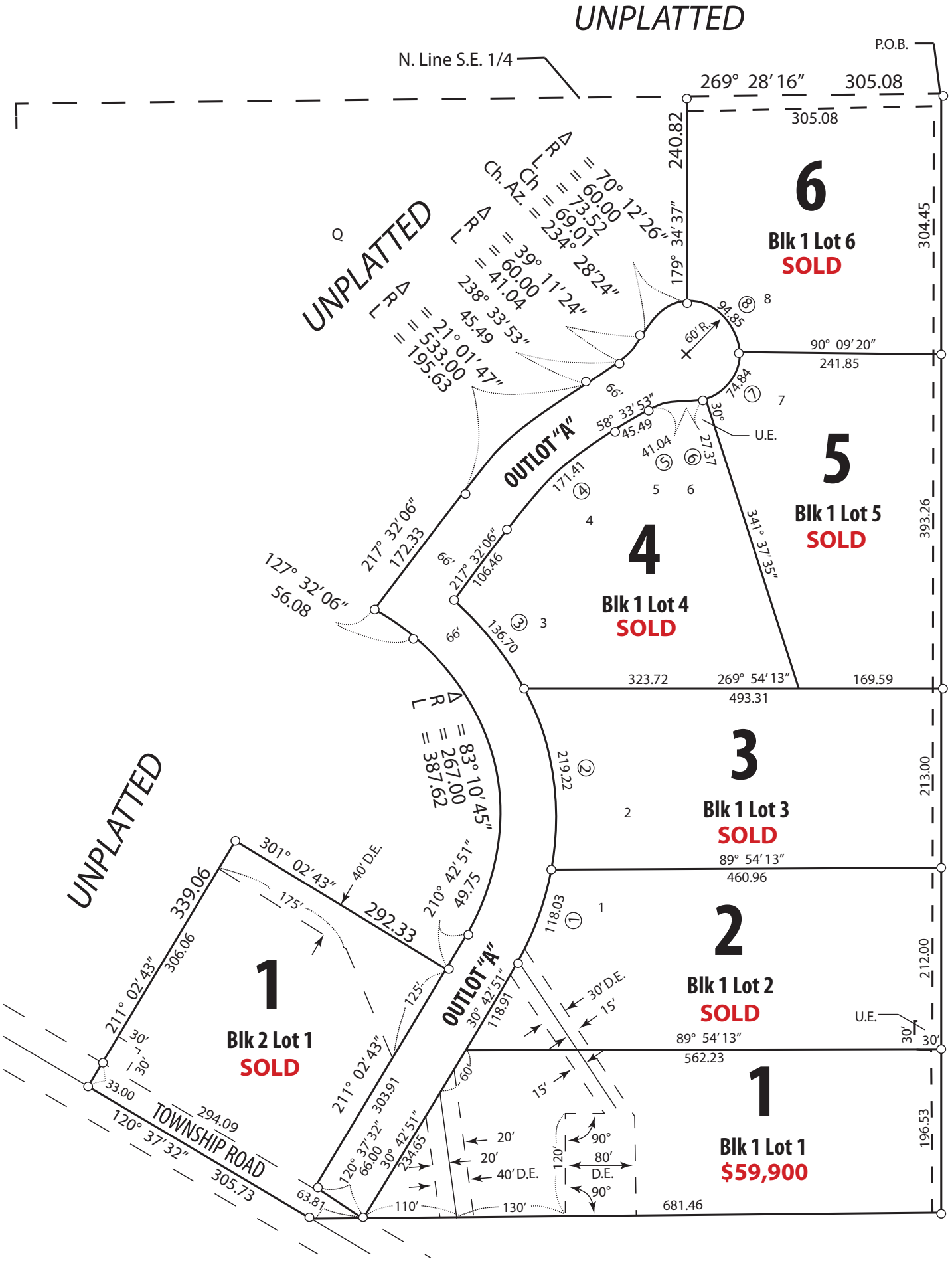SEVEN SPRINGS FIRST