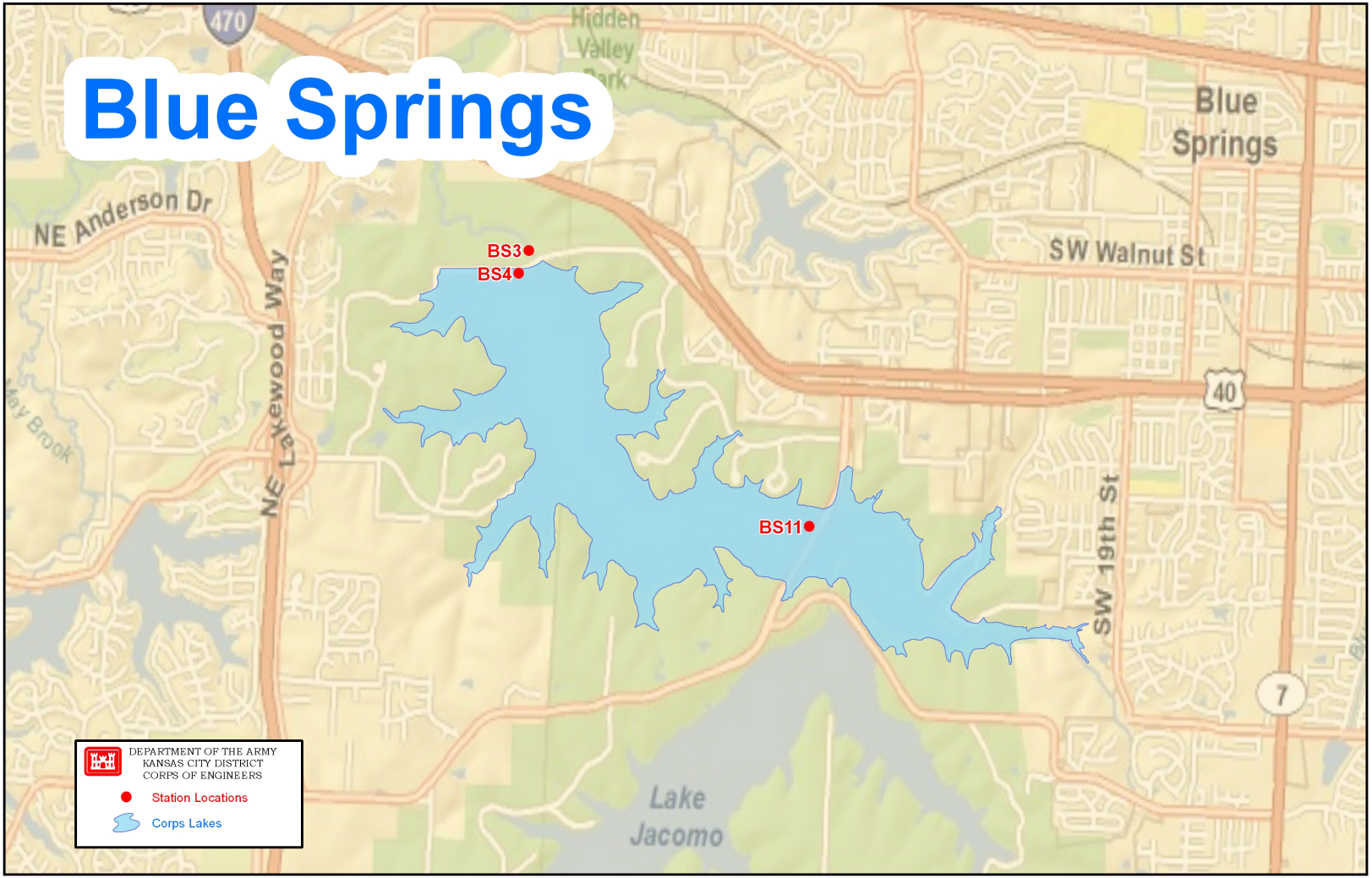Blue Springs