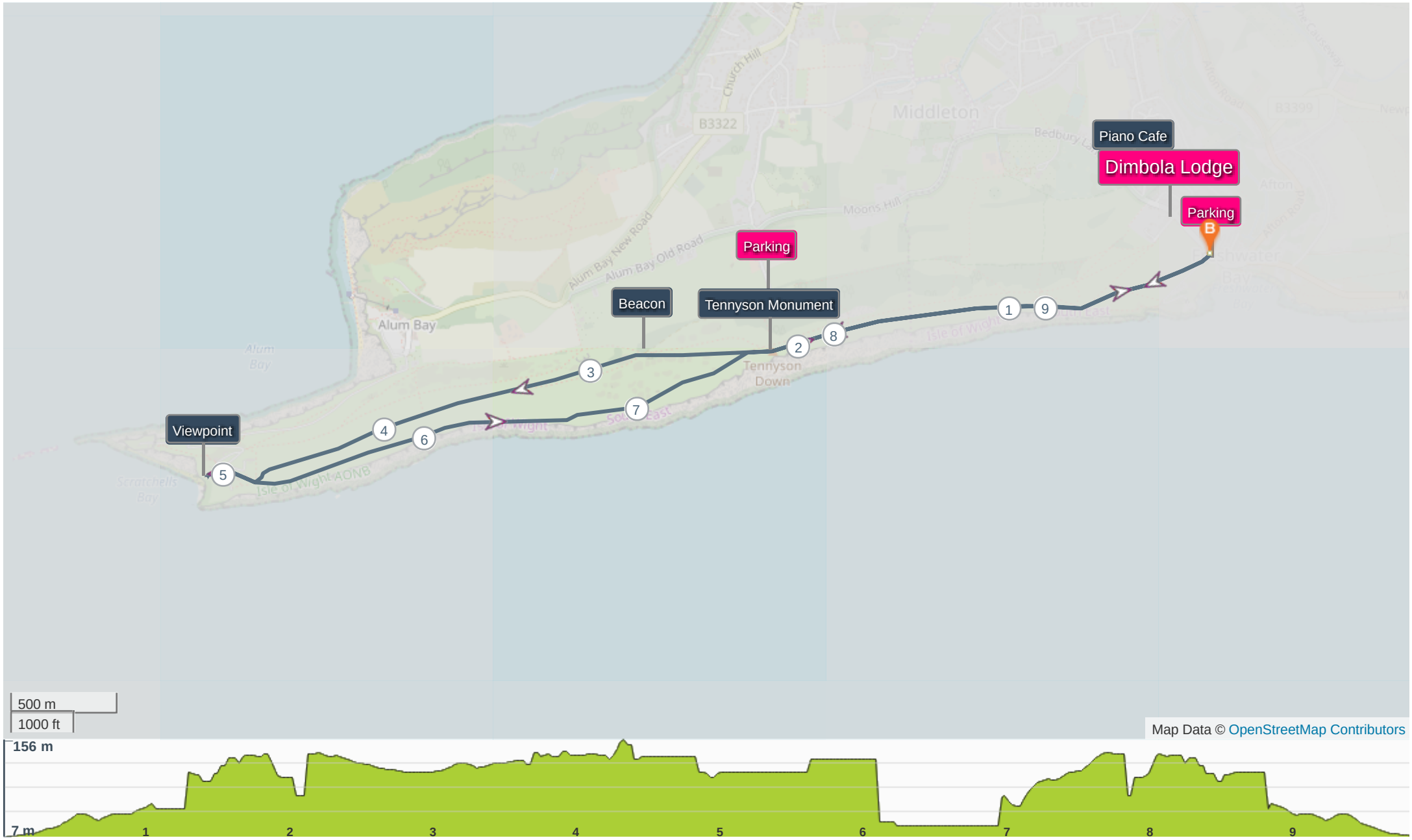Freshwater Bay To The Needles