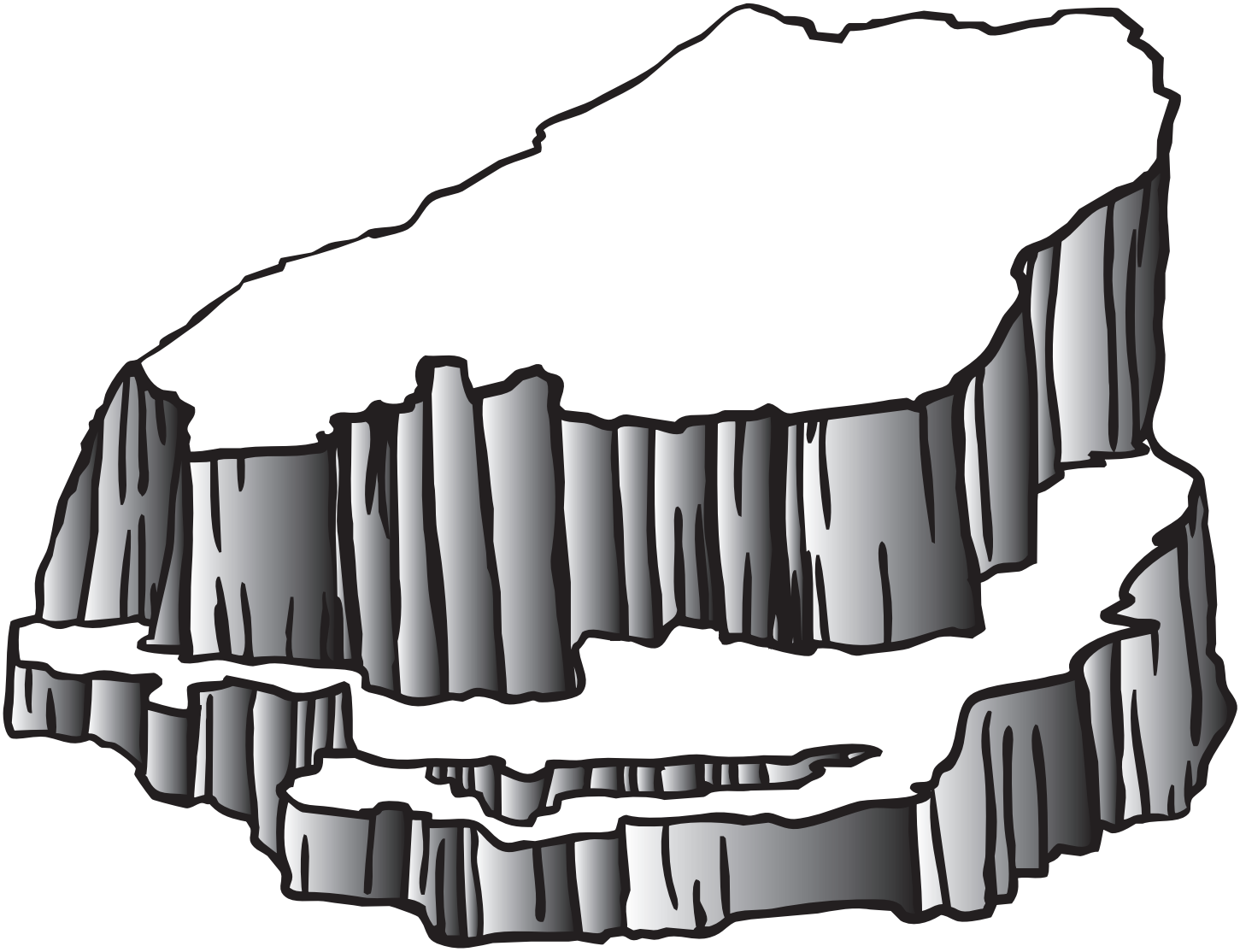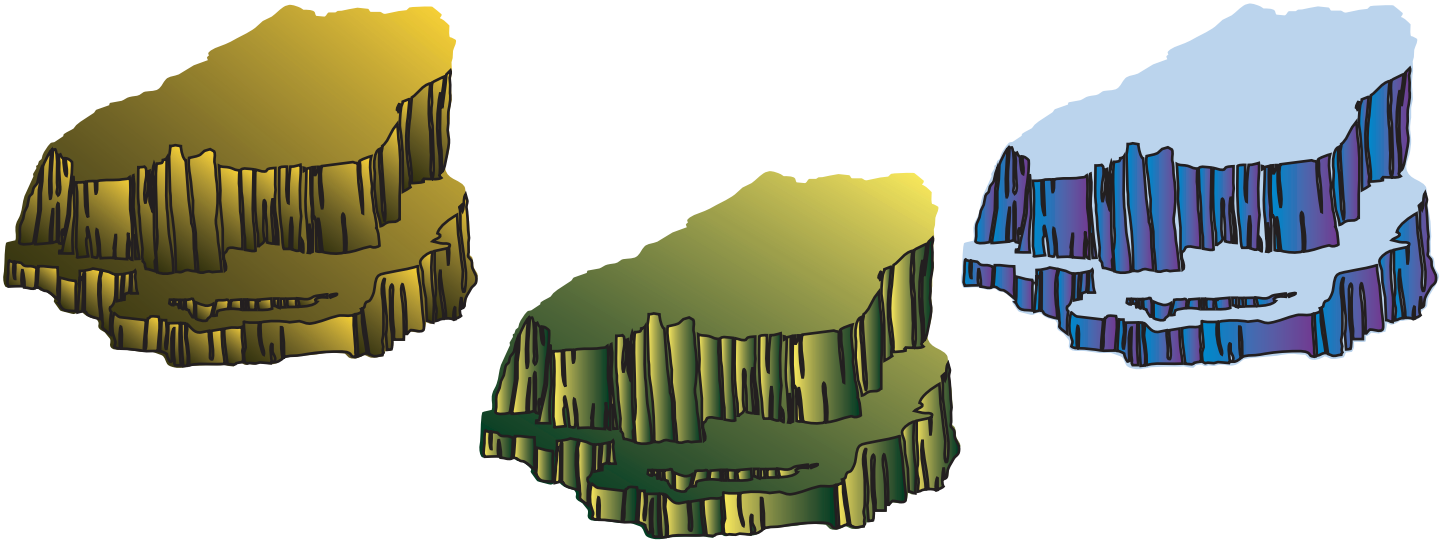Rock mesa