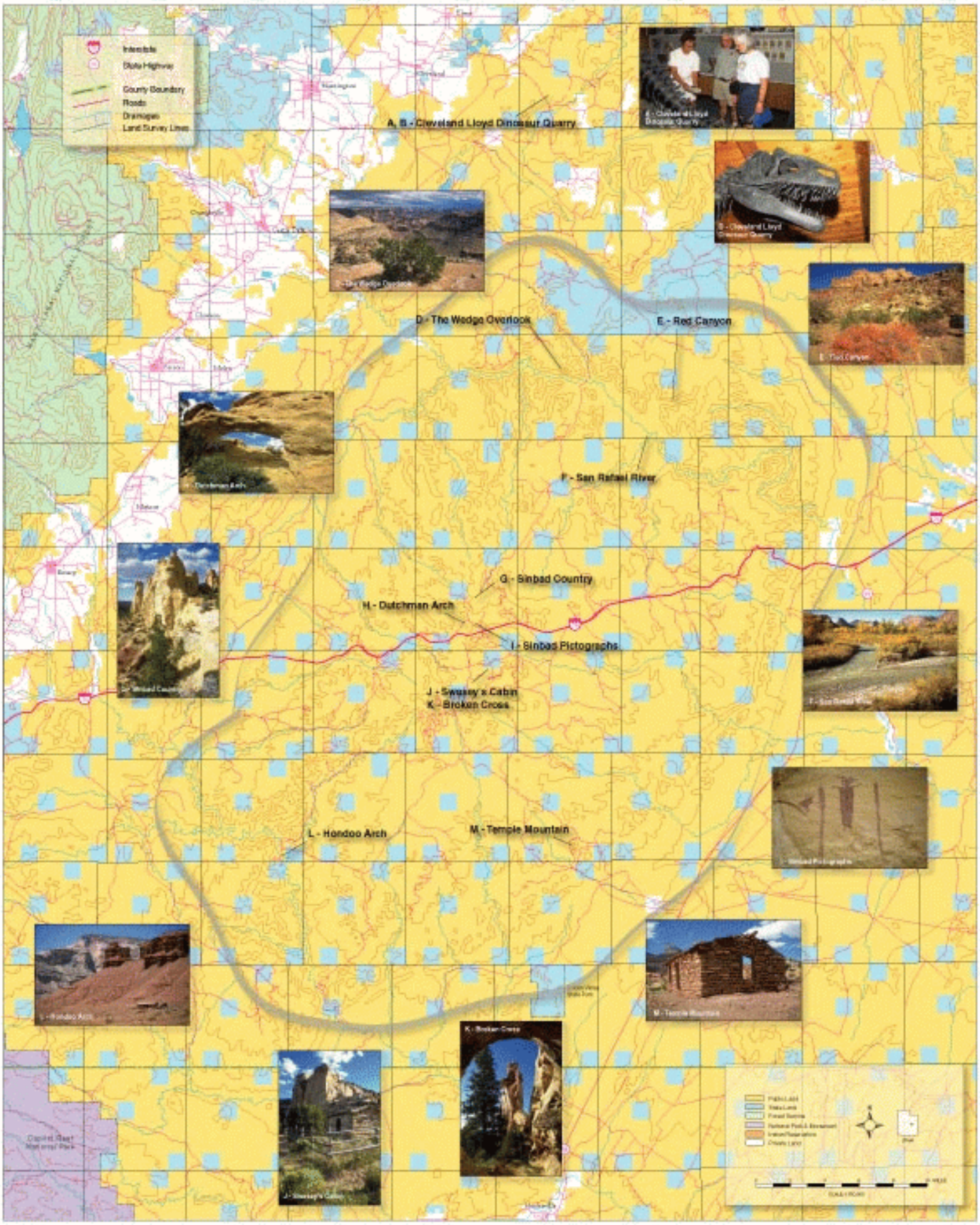San Rafael Swell