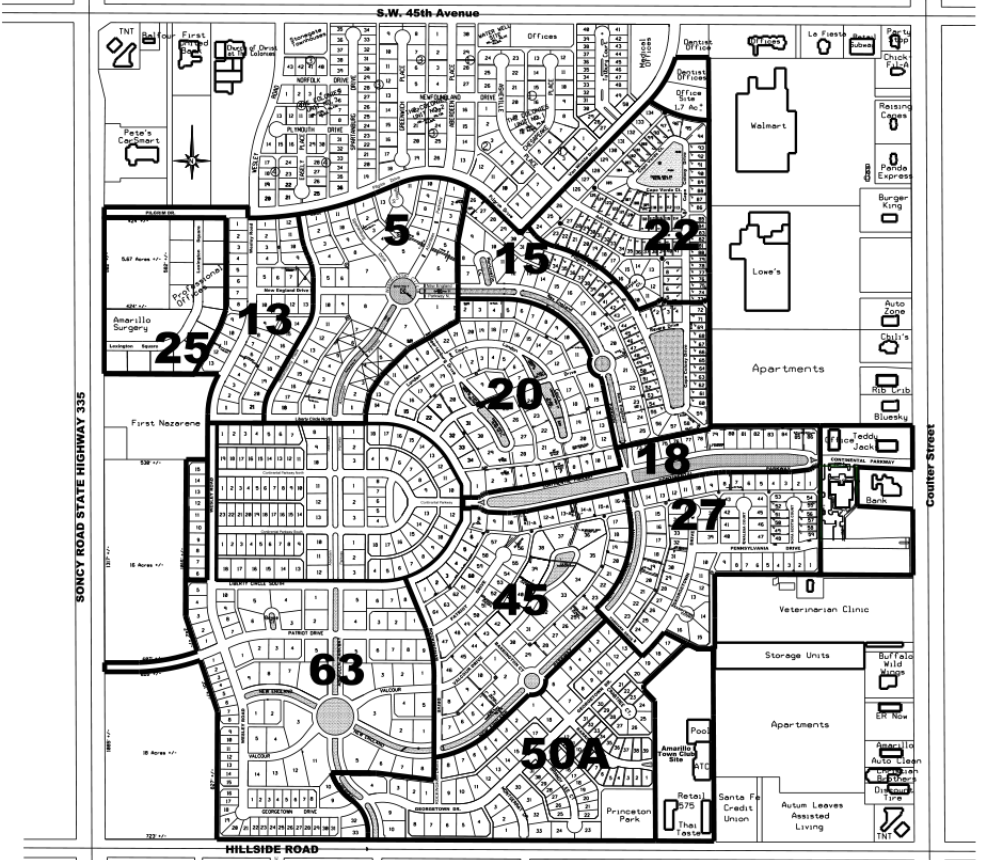The Colonies