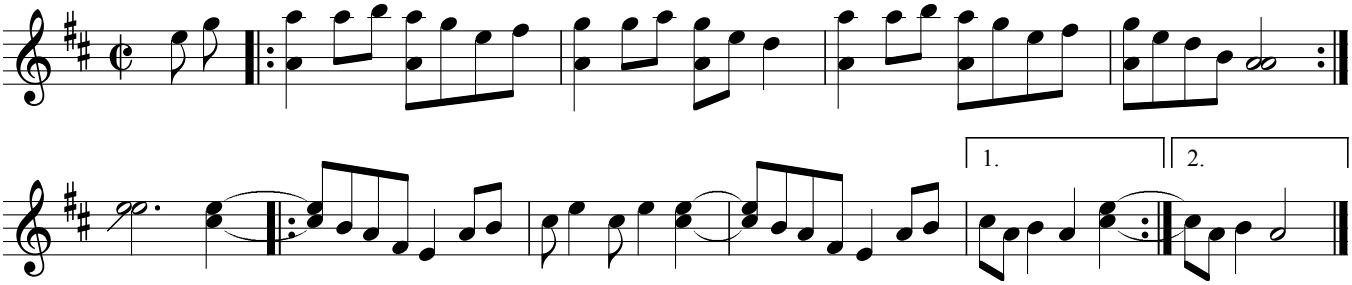Shelvin Rock