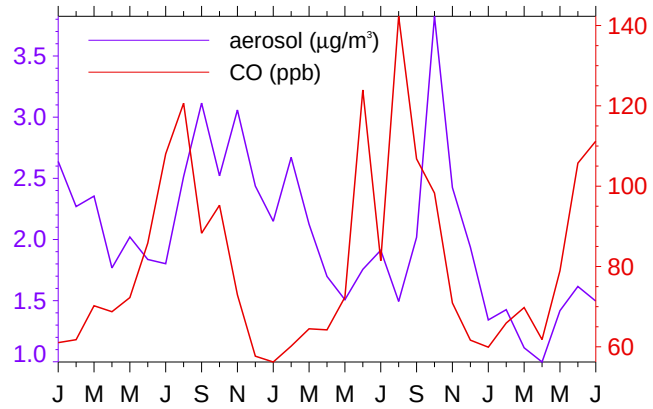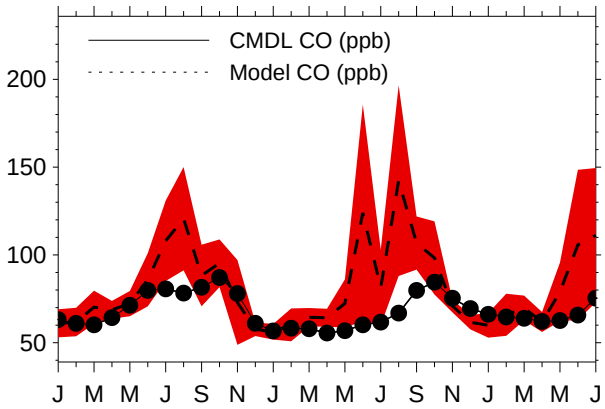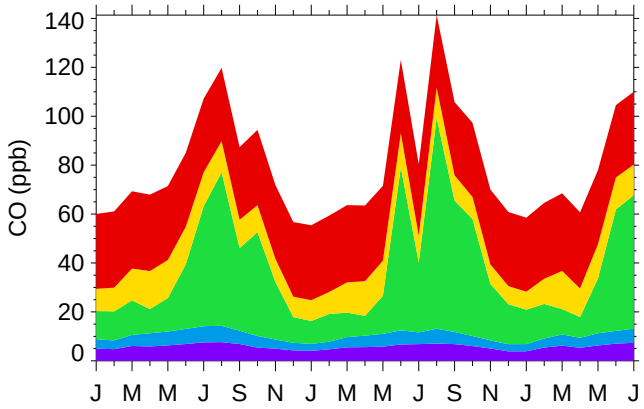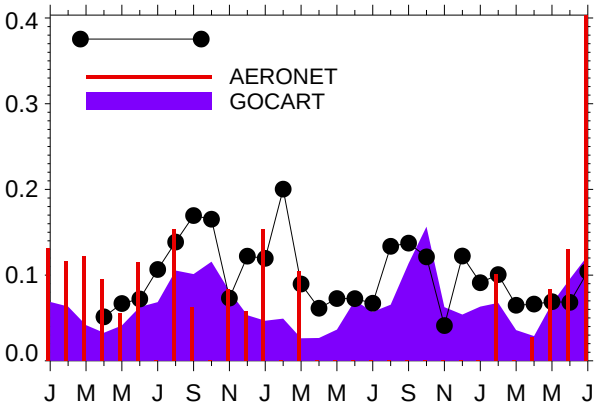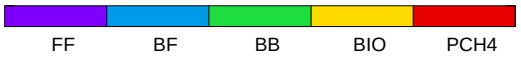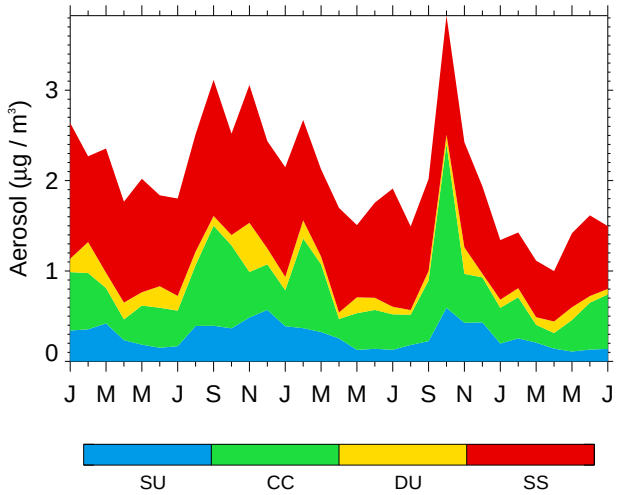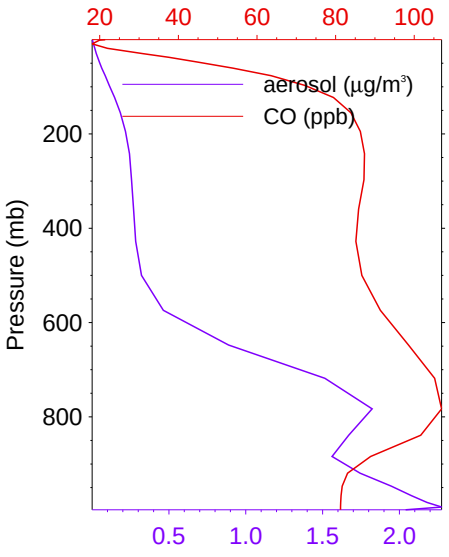Ascensia Island