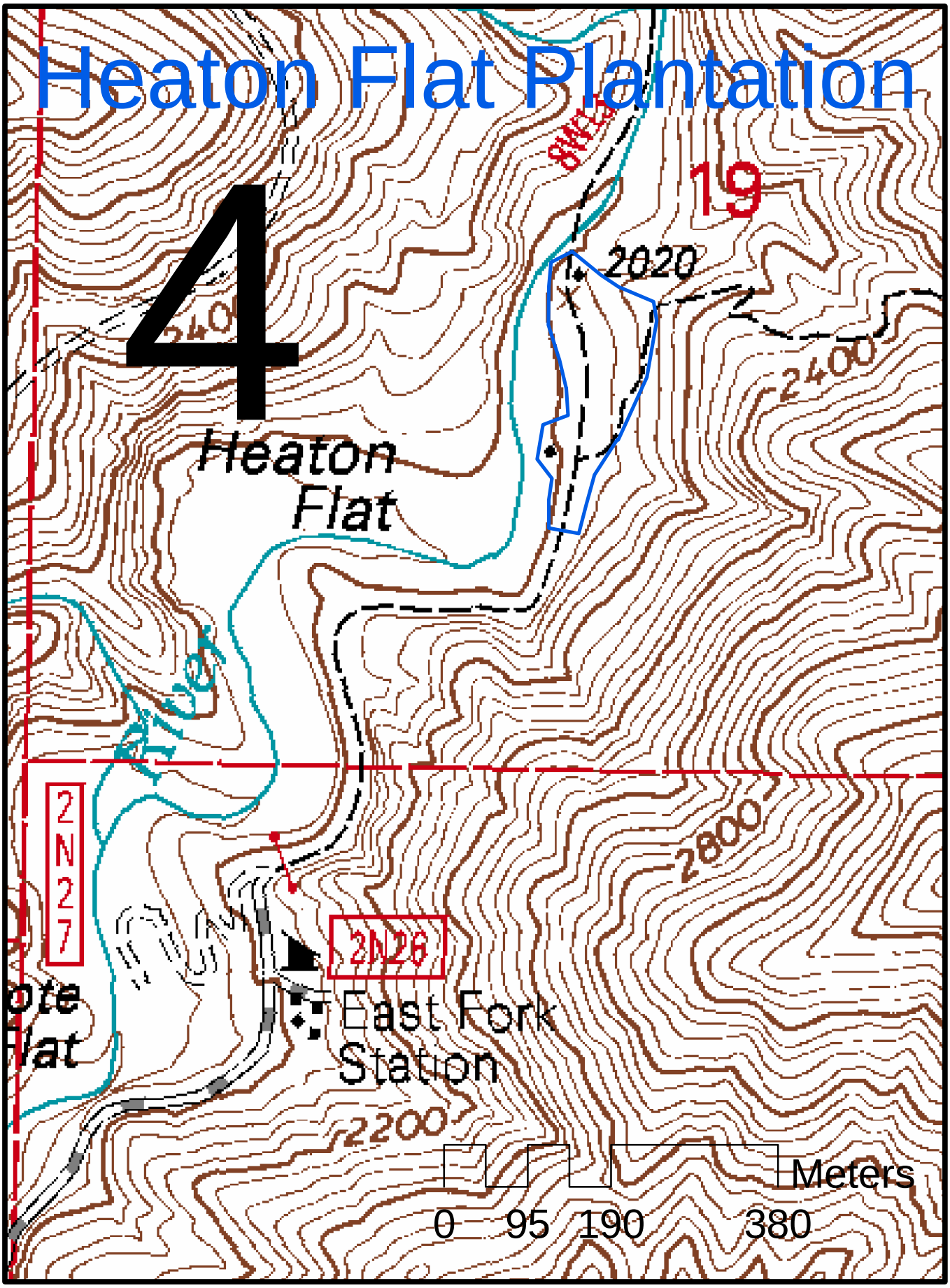Heaton Flat Plantation