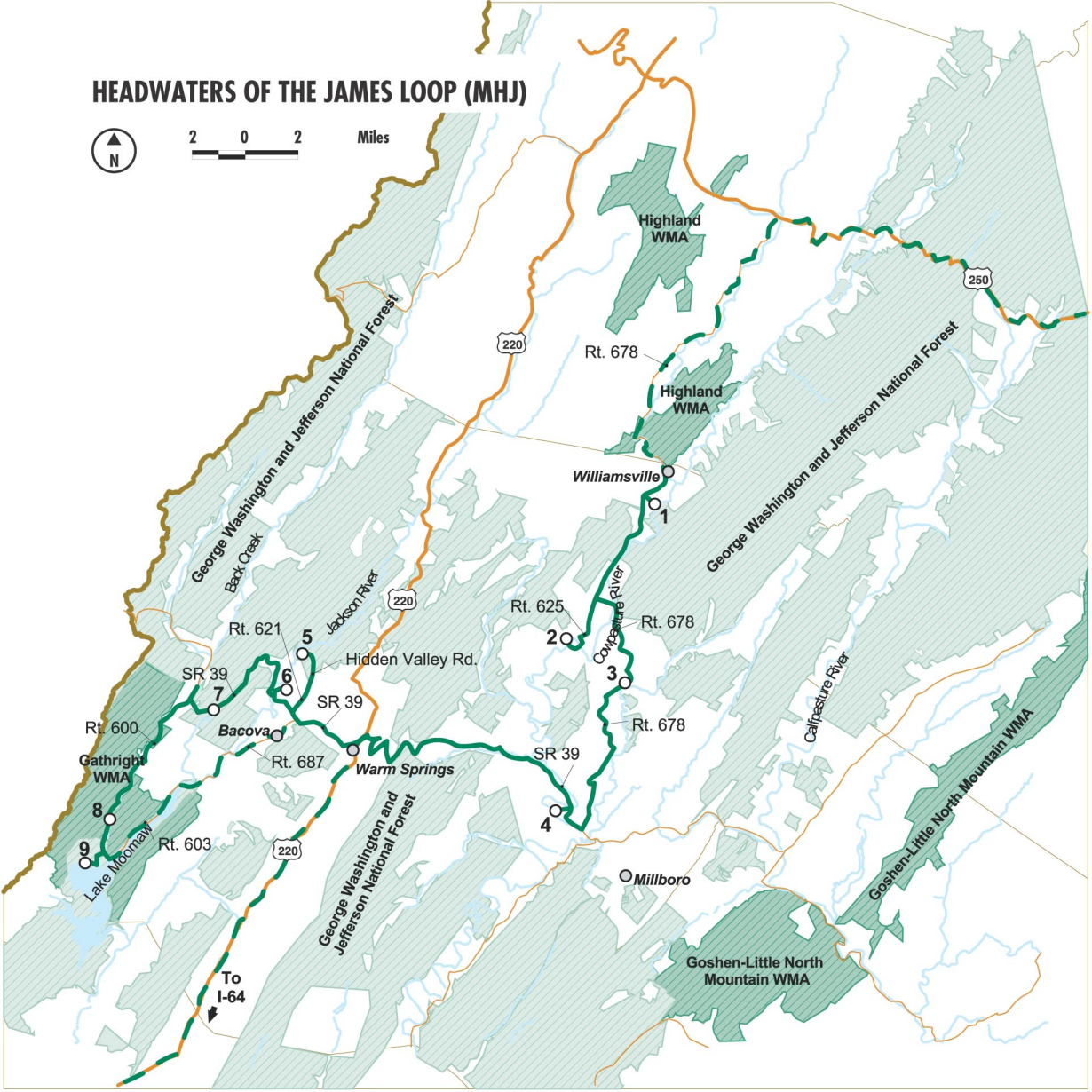HEADWATERS OF THE JAMES LOOP (MHJ)