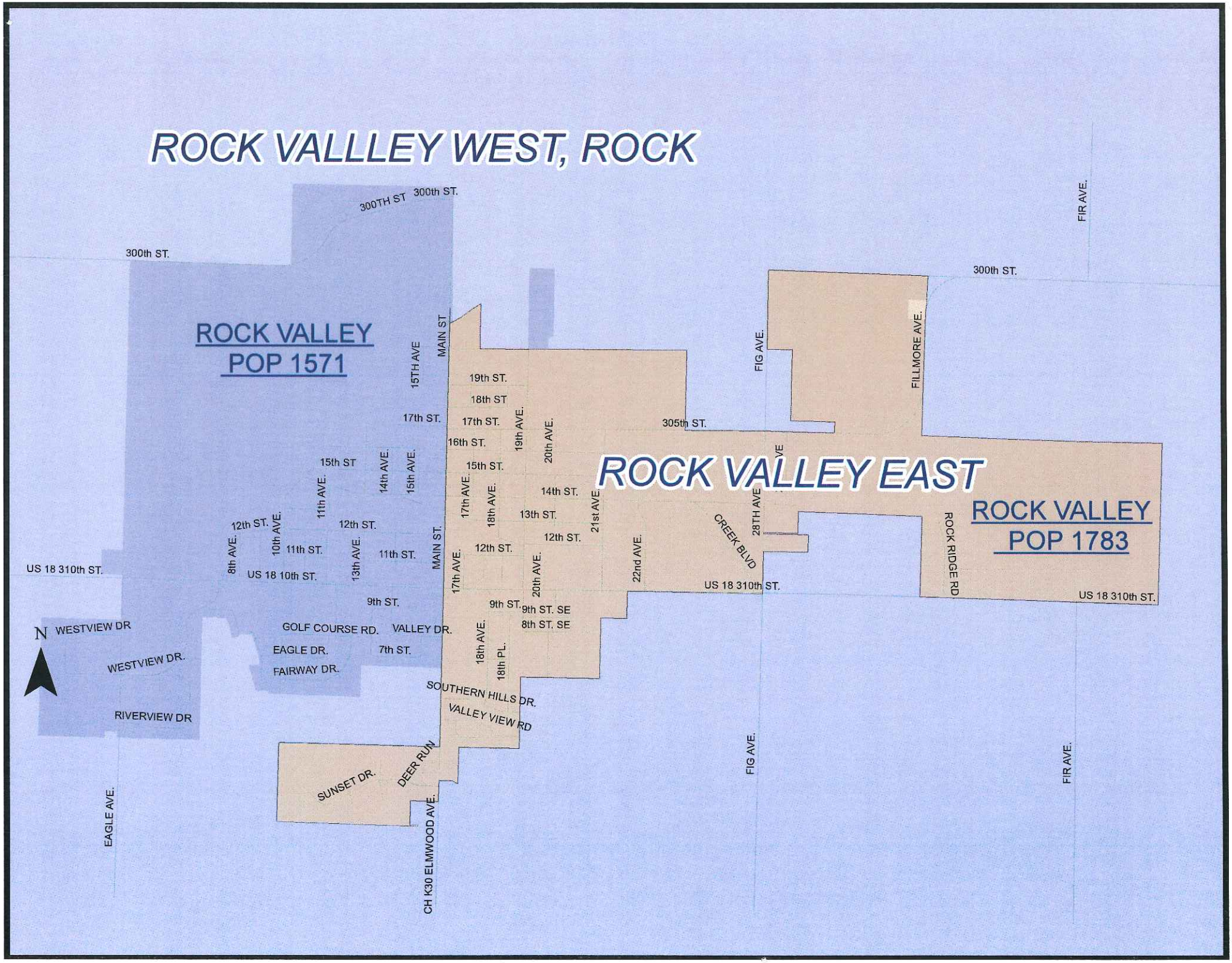ROCK VALLLEY WEST, ROCK