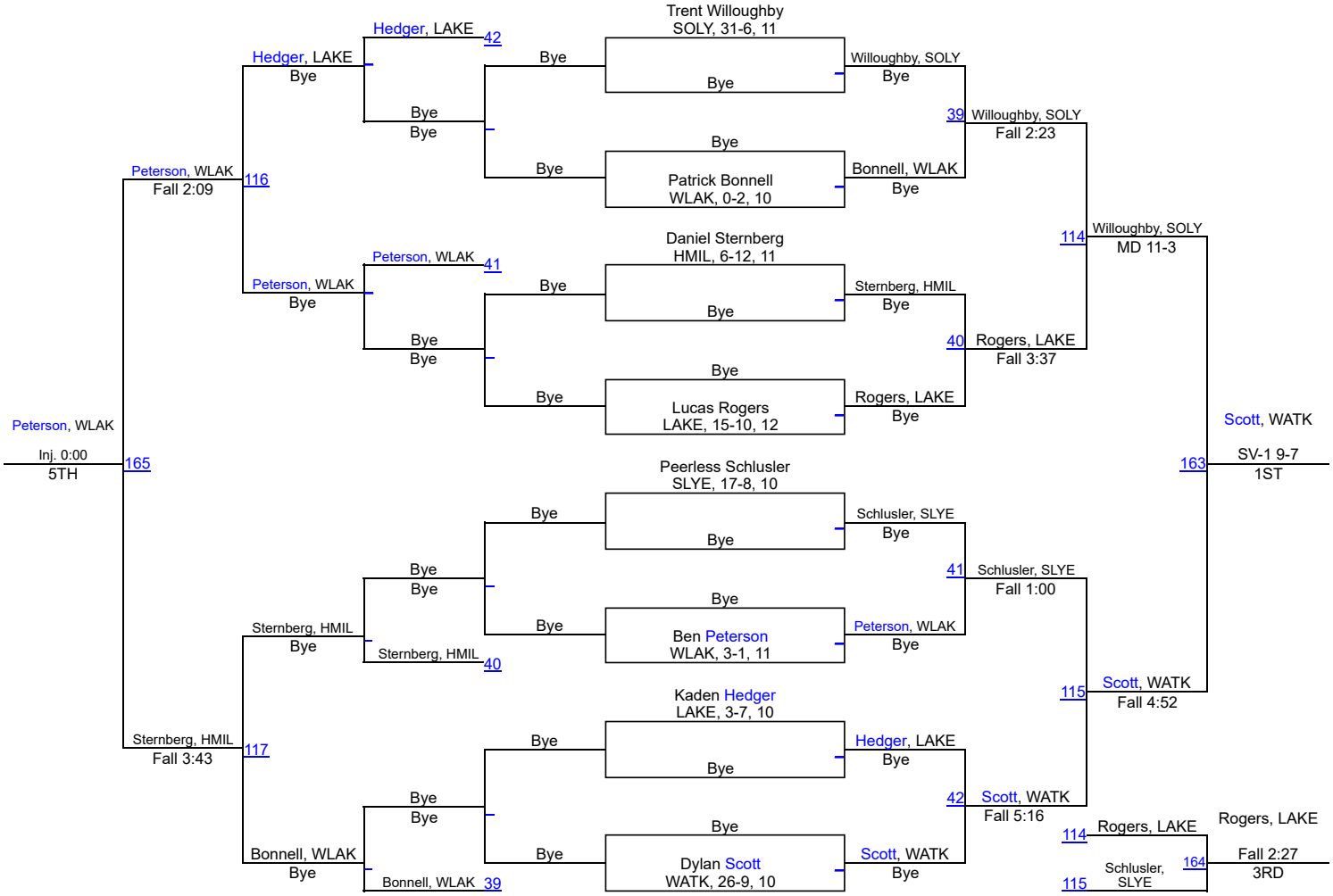160 Lakes Valley Conference