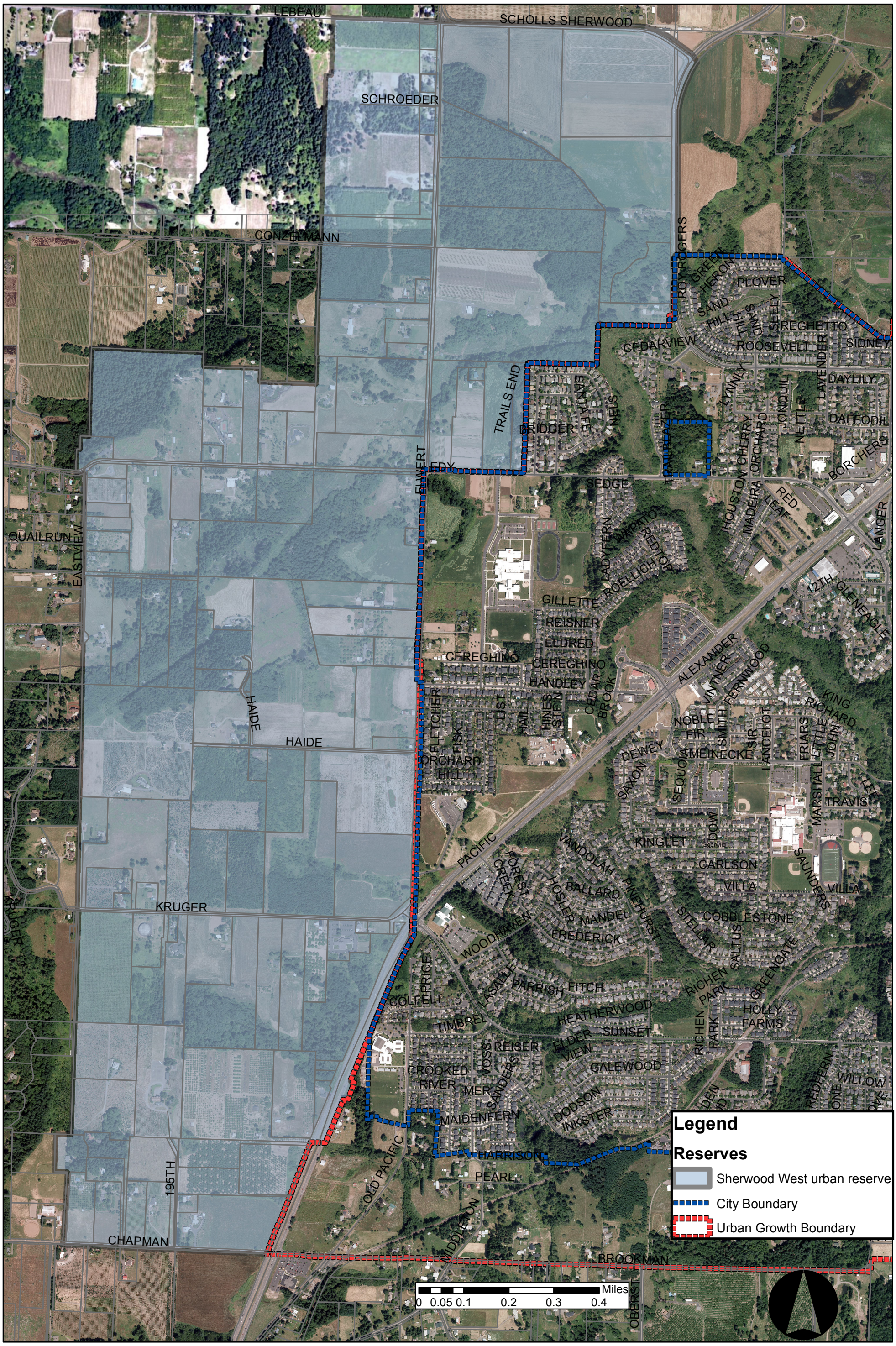Sherwood West Urban Reserve Area