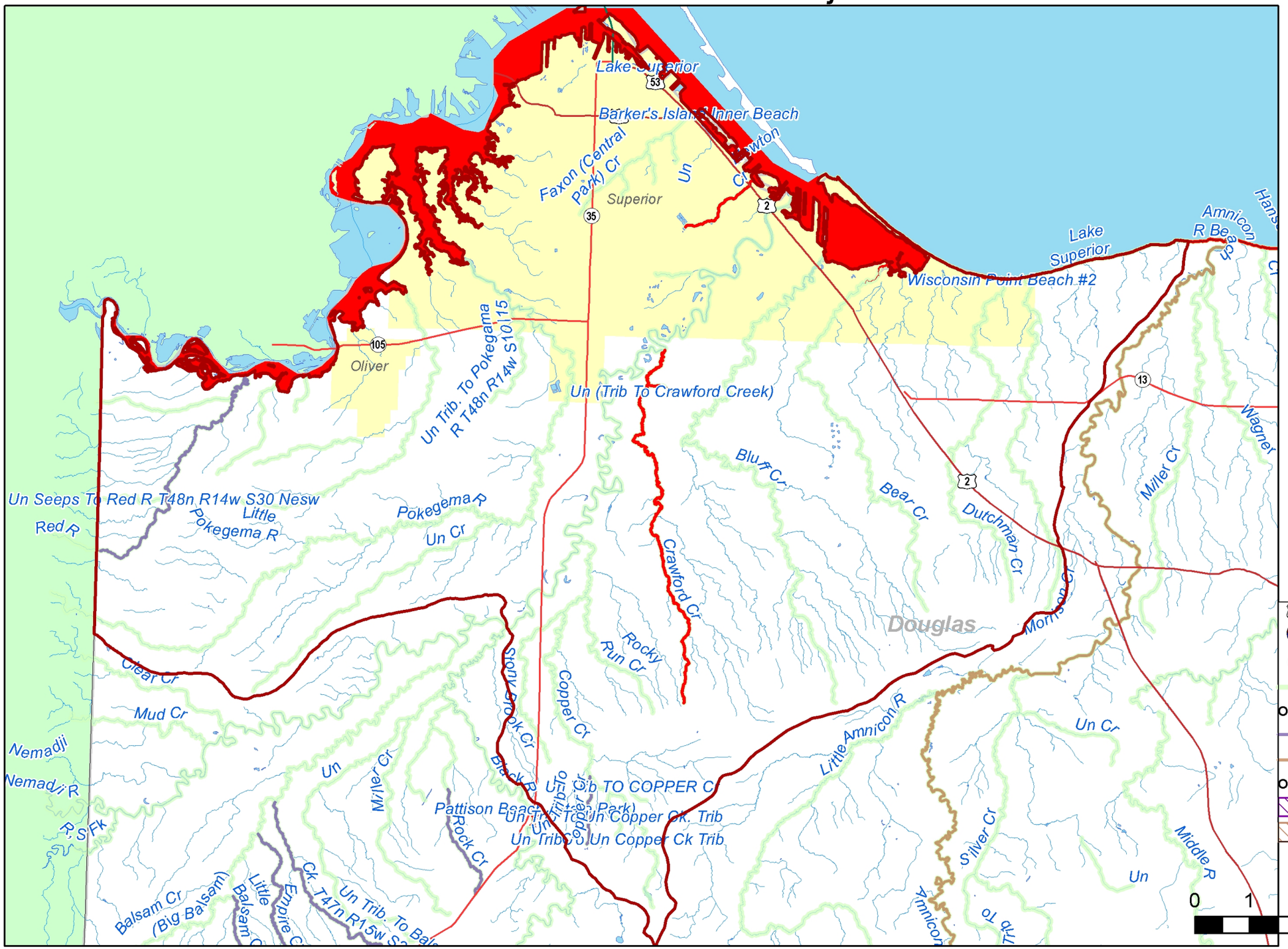St Louis and Lower Nemadji River