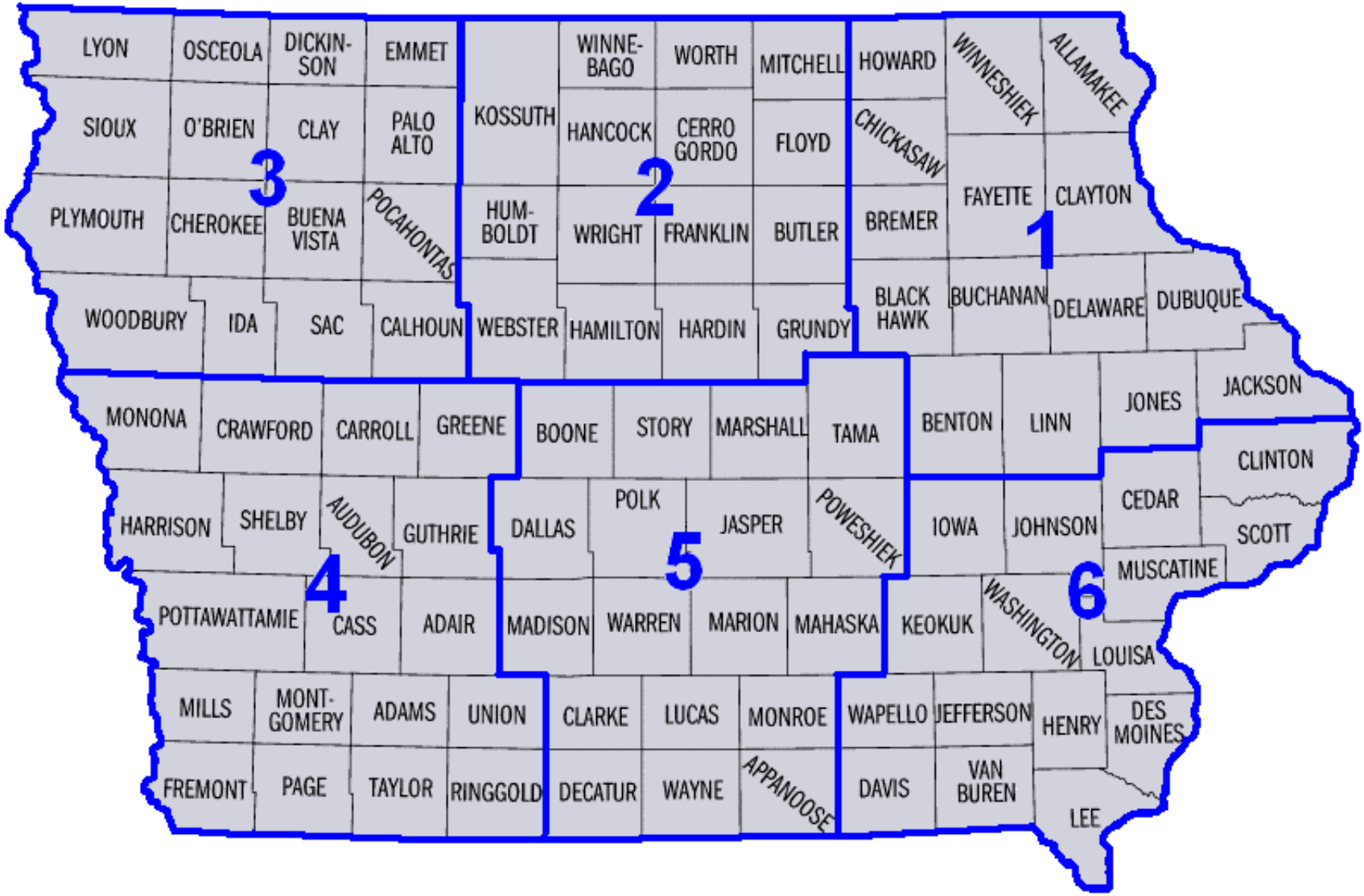Iowa Regions