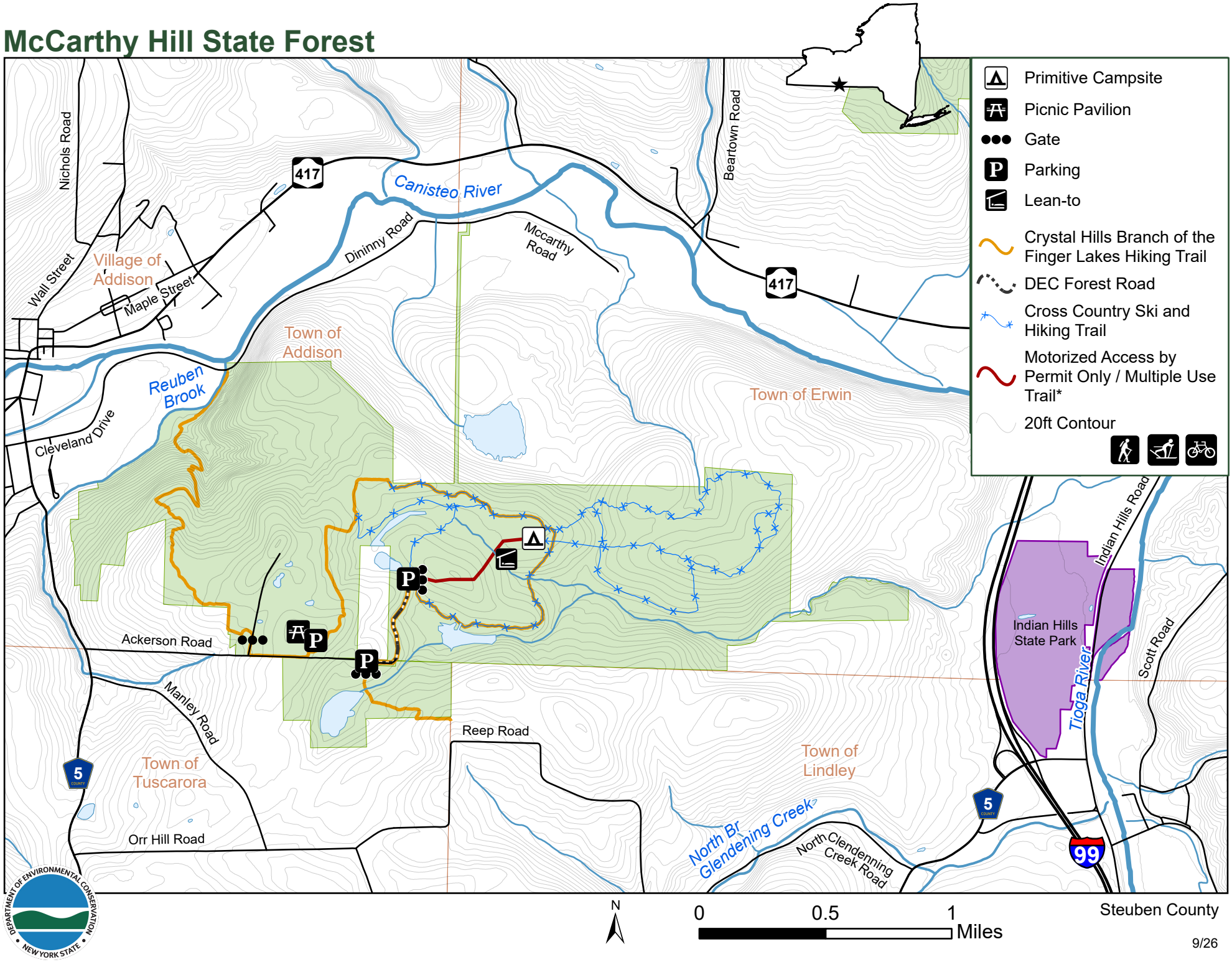McCarthy Hill State Forest