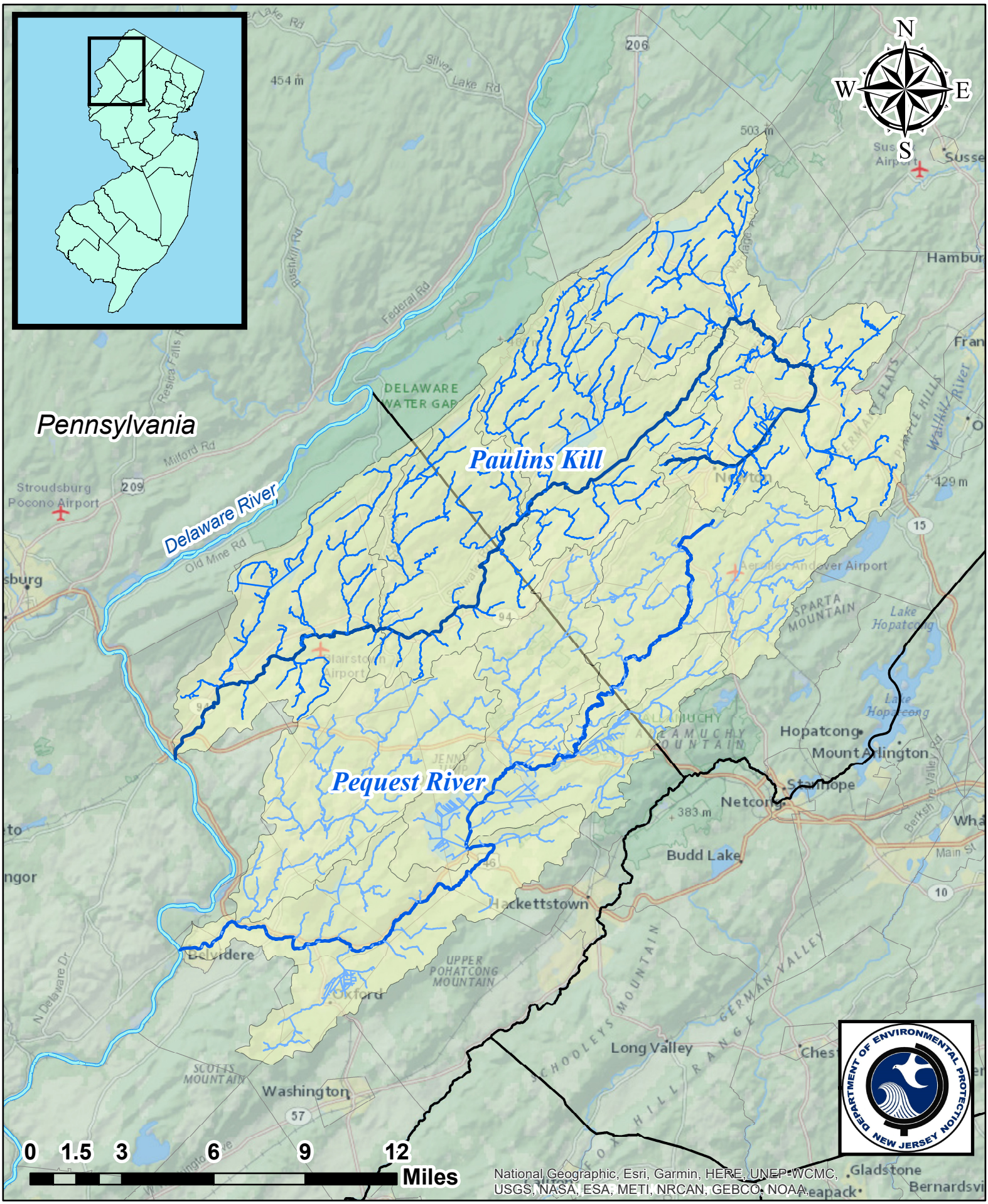Paulins Kill and Pequest Rivers