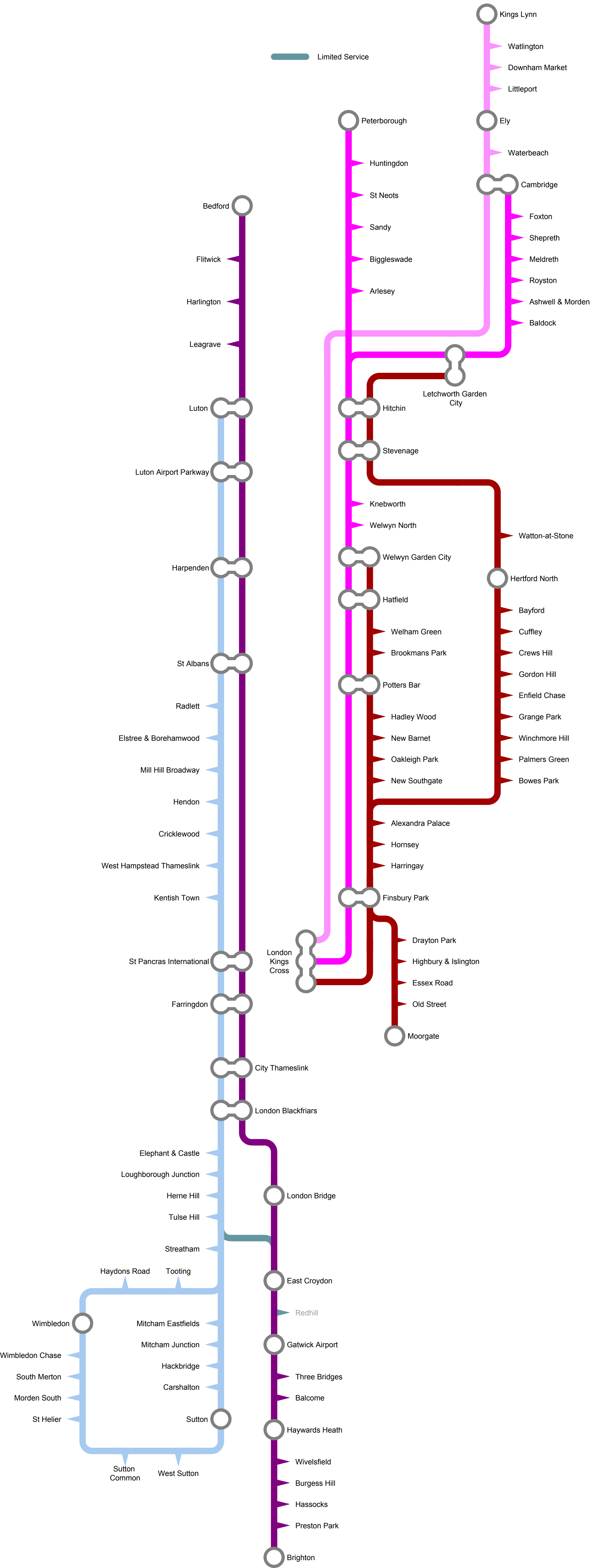First Capital Connect