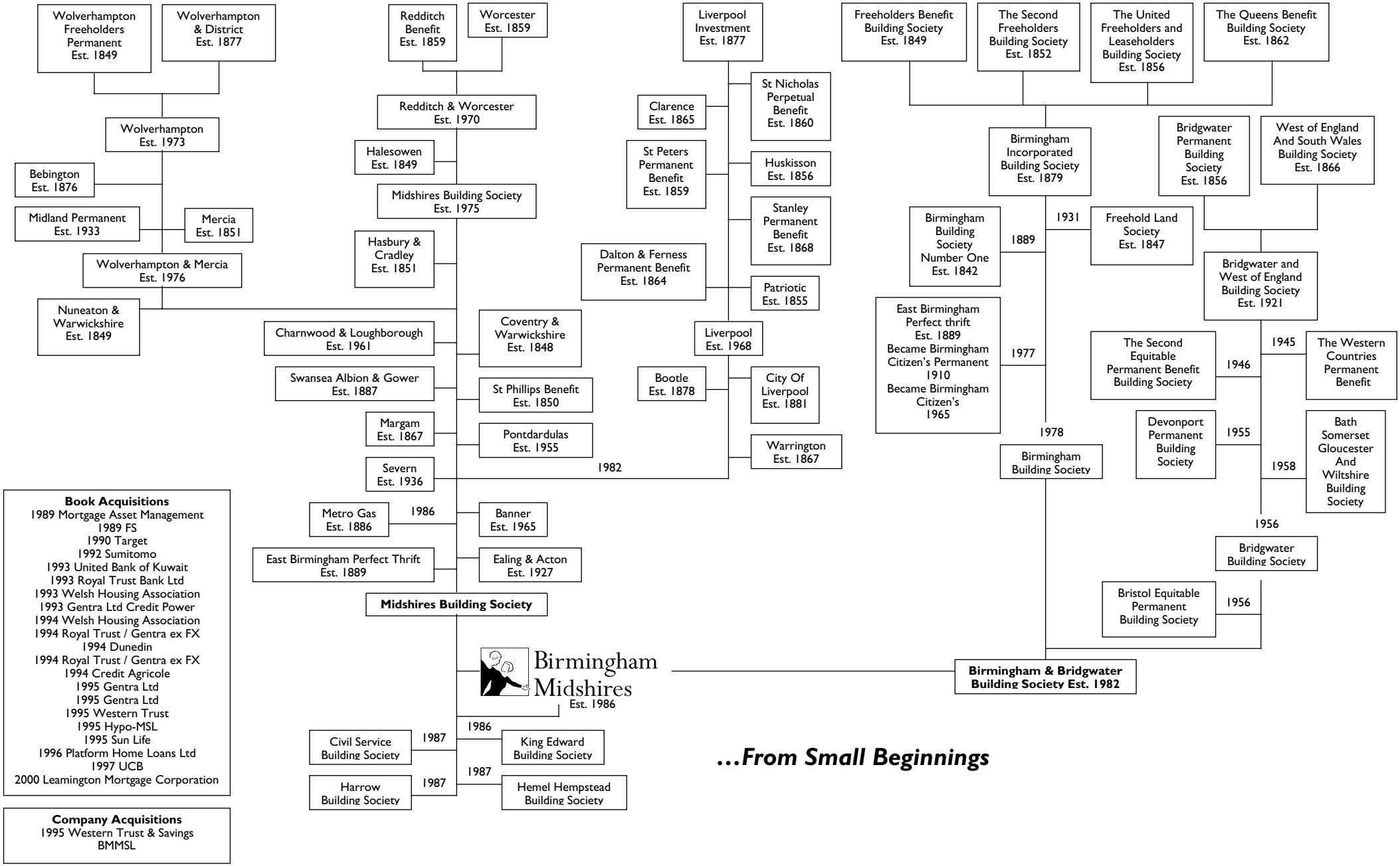Introduction to Birmingham Midshires