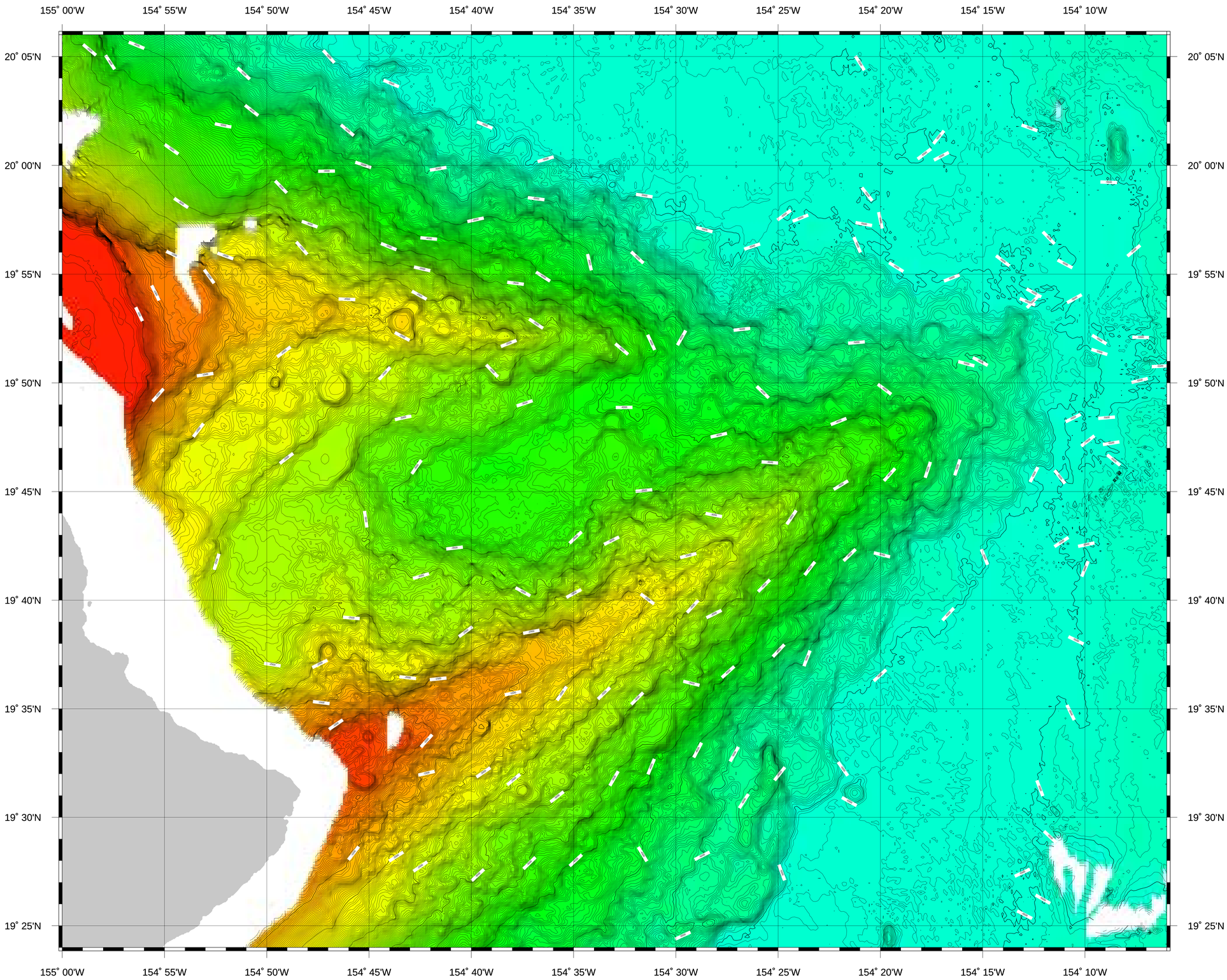Hilo Ridge and Puna Ridge