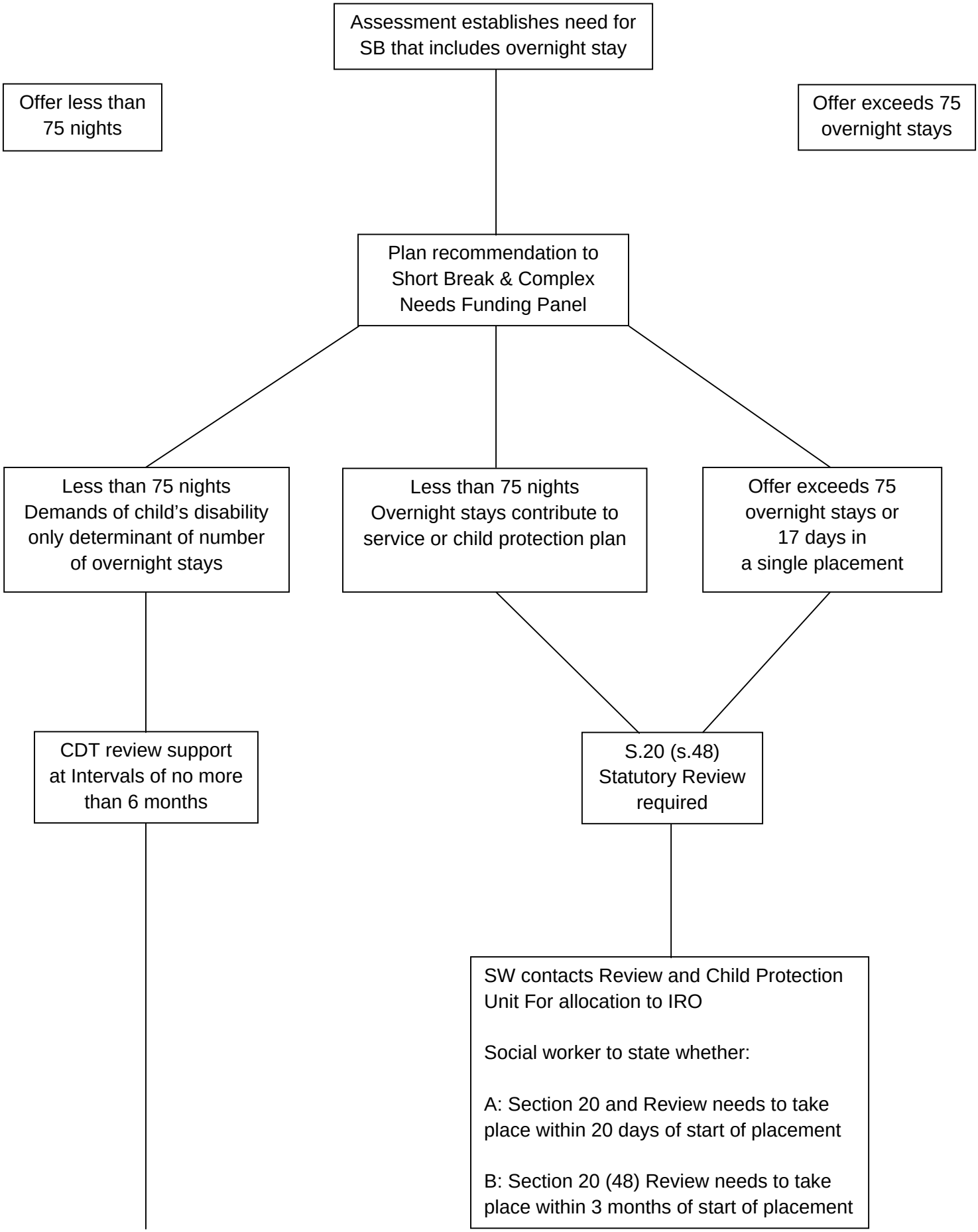Short Term Breaks