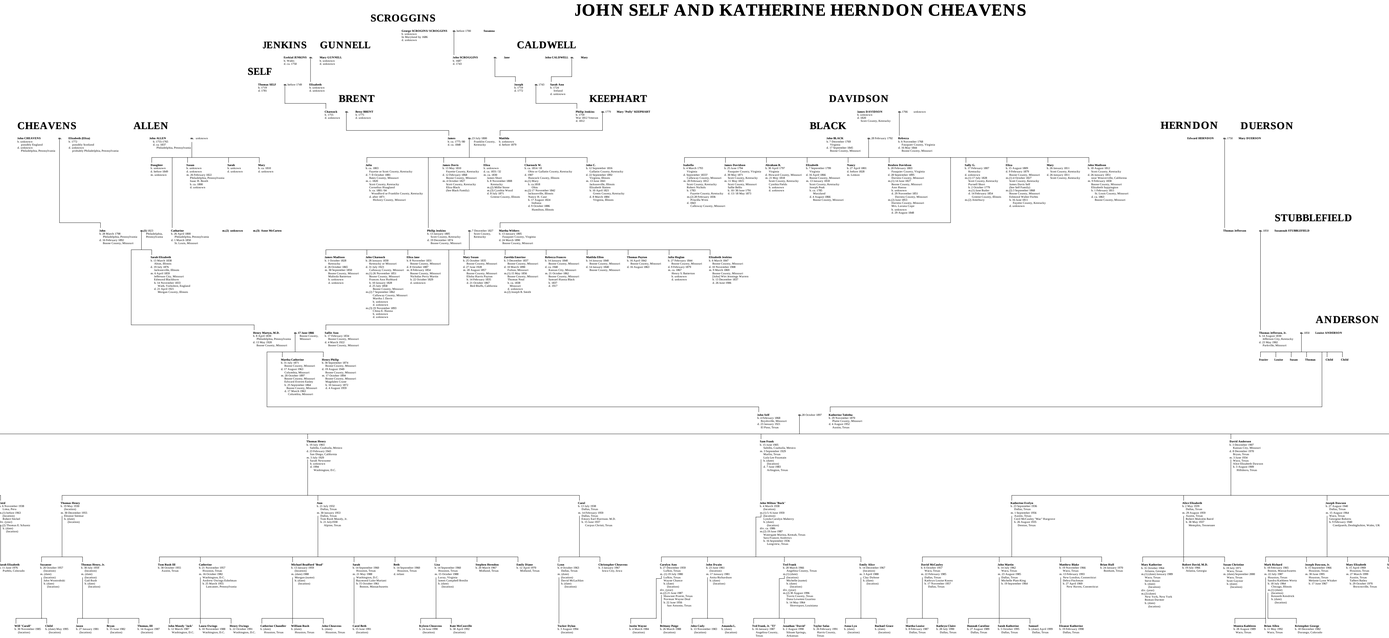THE ANCESTORS AND DESCENDENTS OF JOHN SELF AND KATHERINE HERNDON CHEAVENS