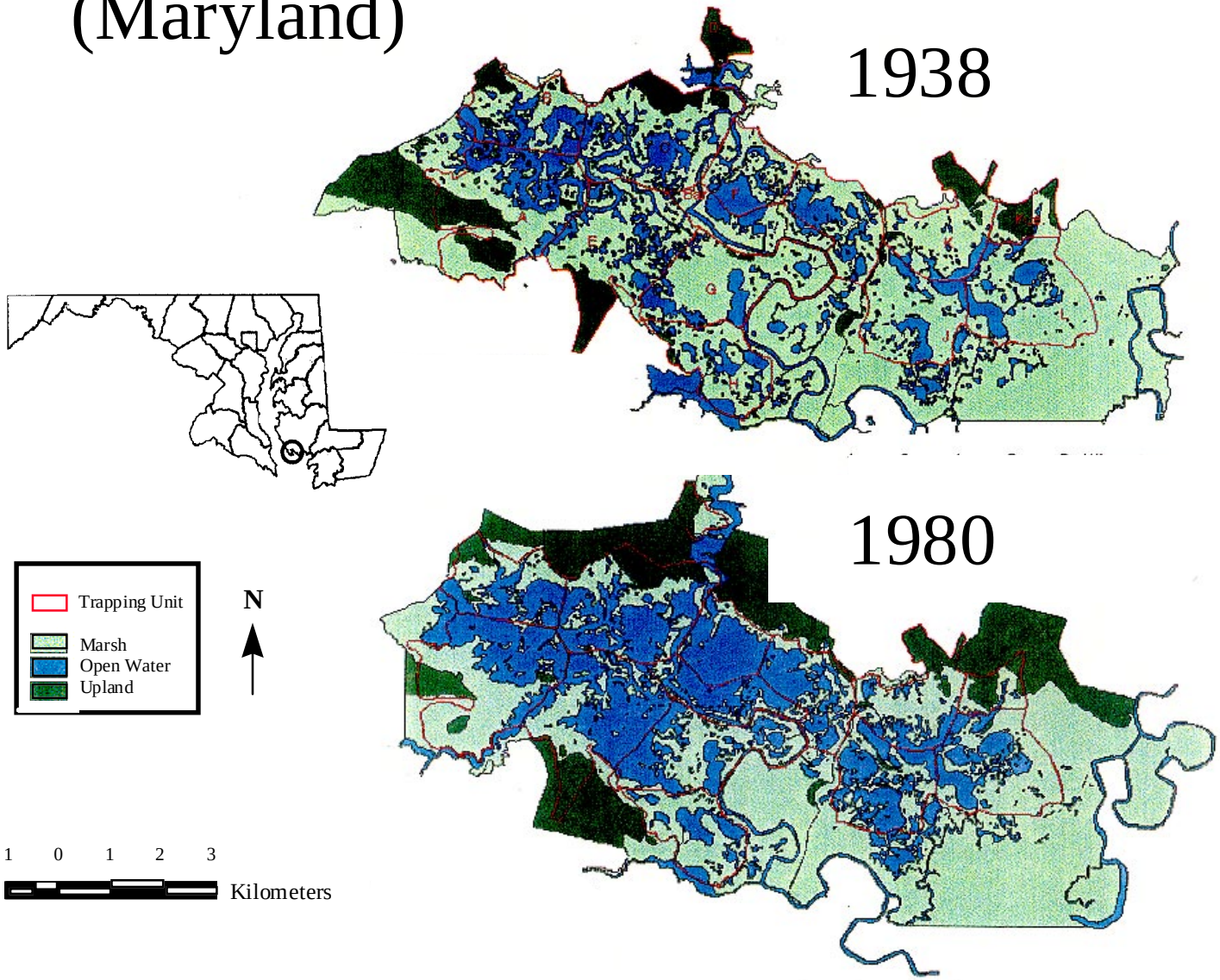Blackwater National Wildlife Refuge (Maryland)