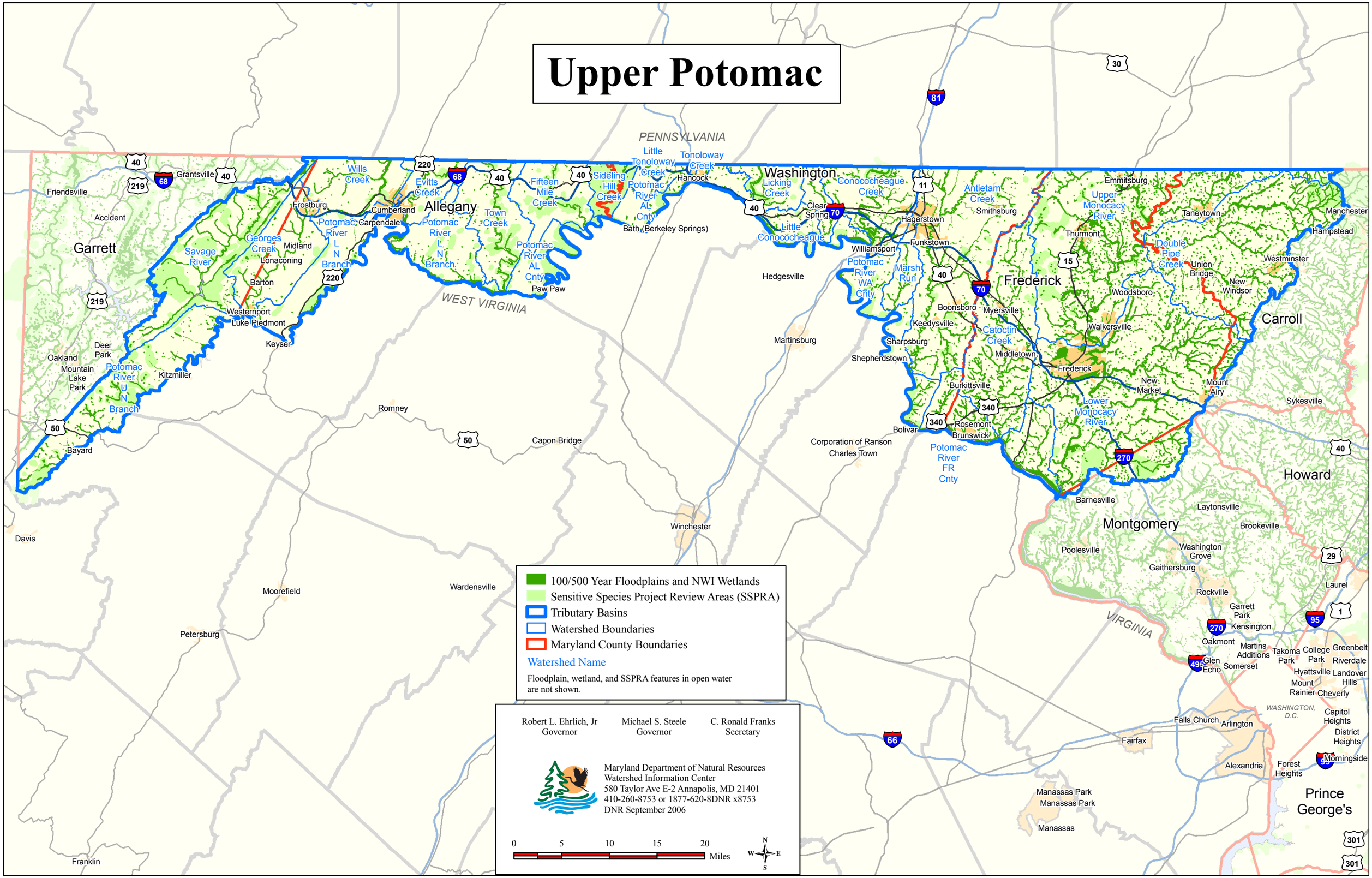Upper Potomac