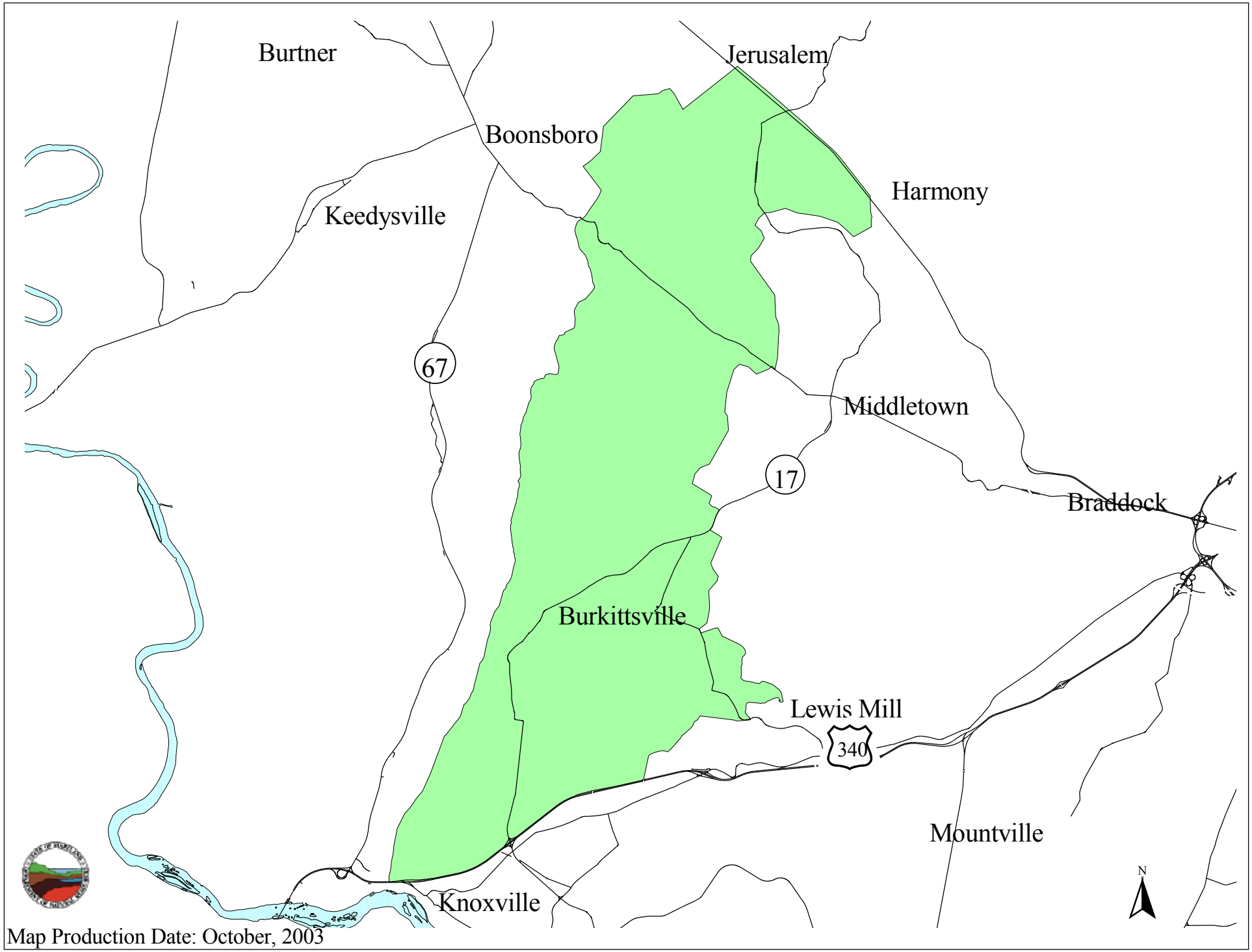Mid-Maryland - Frederick County Rural Legacy Area