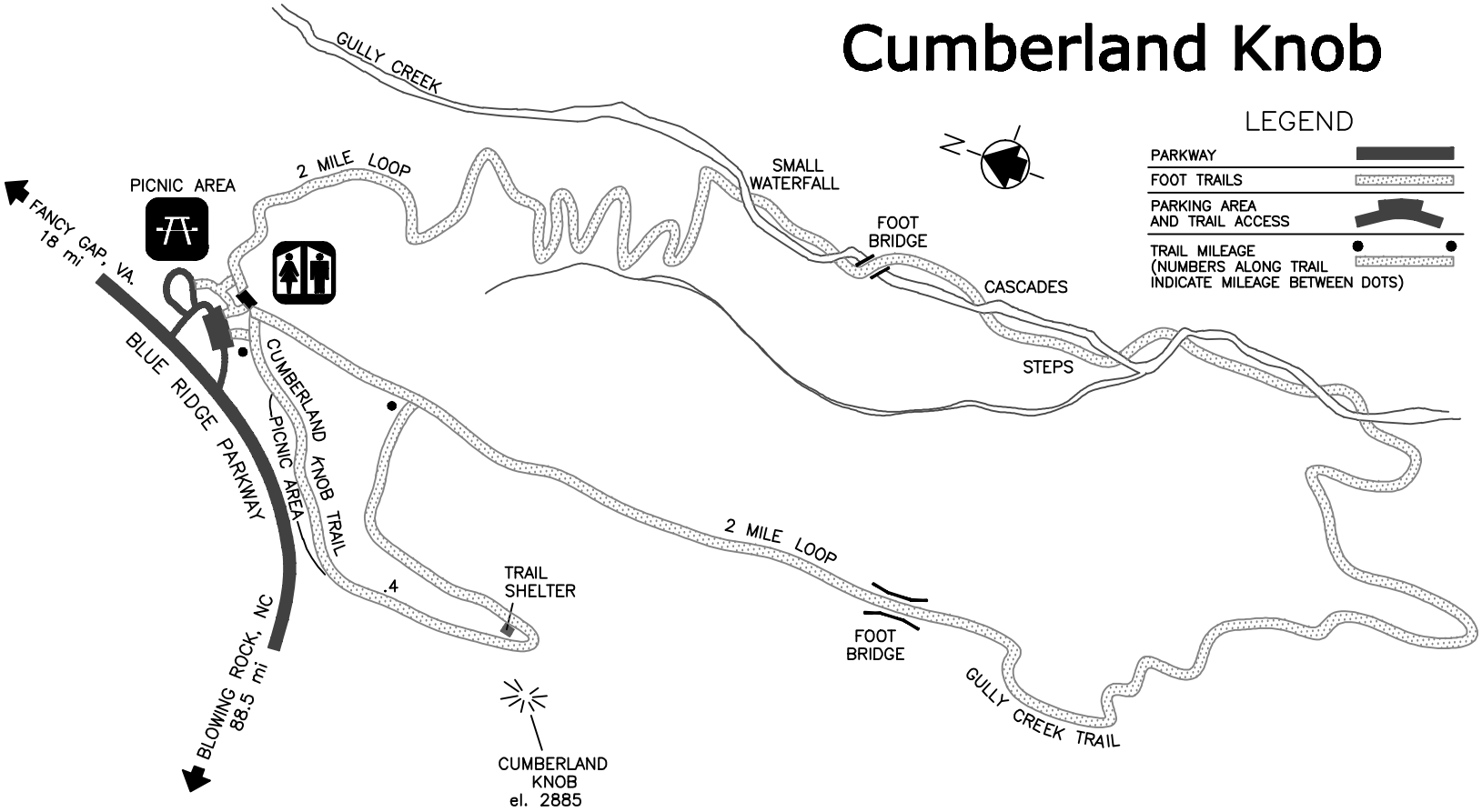Cumberland Knob