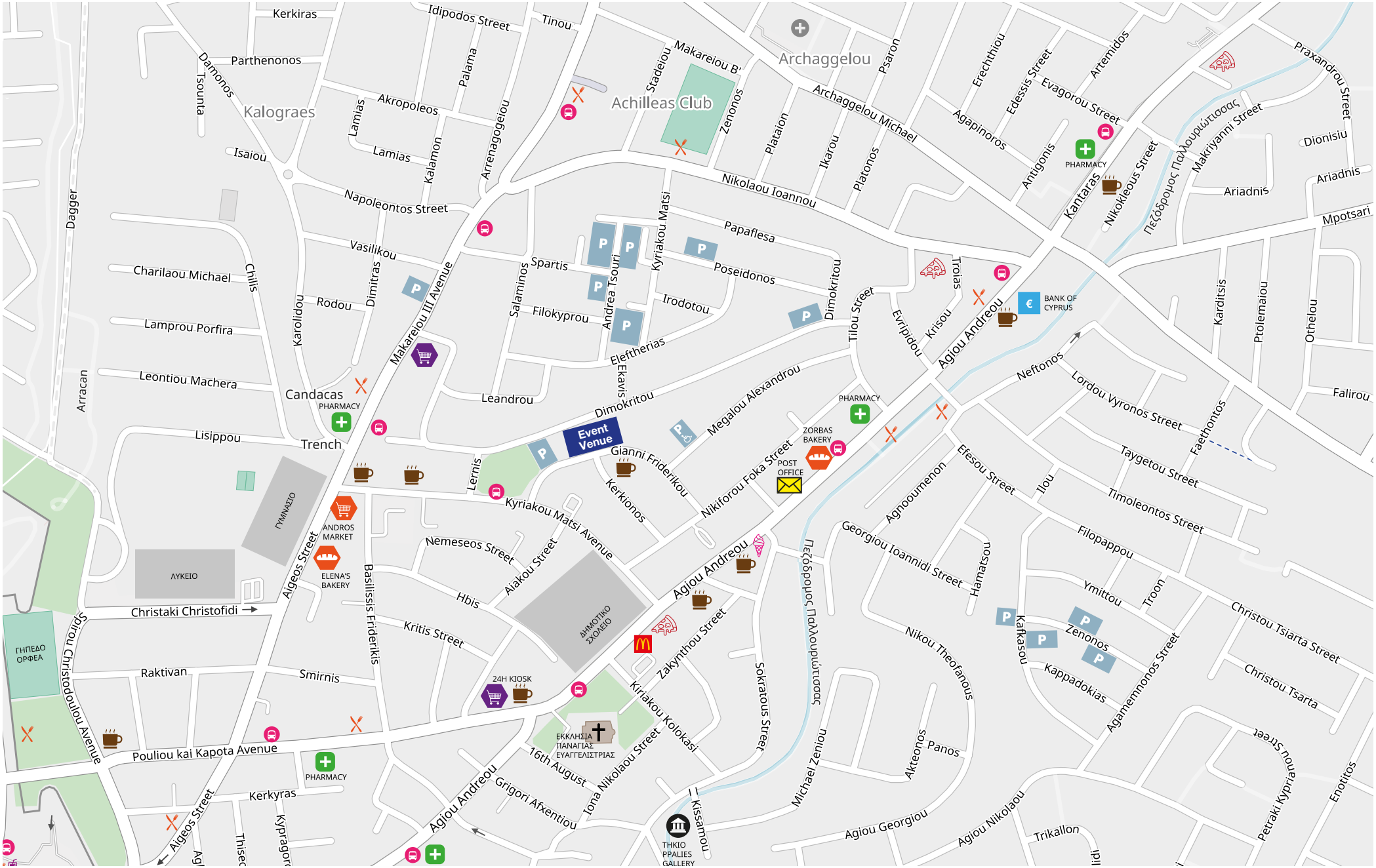Frederick University