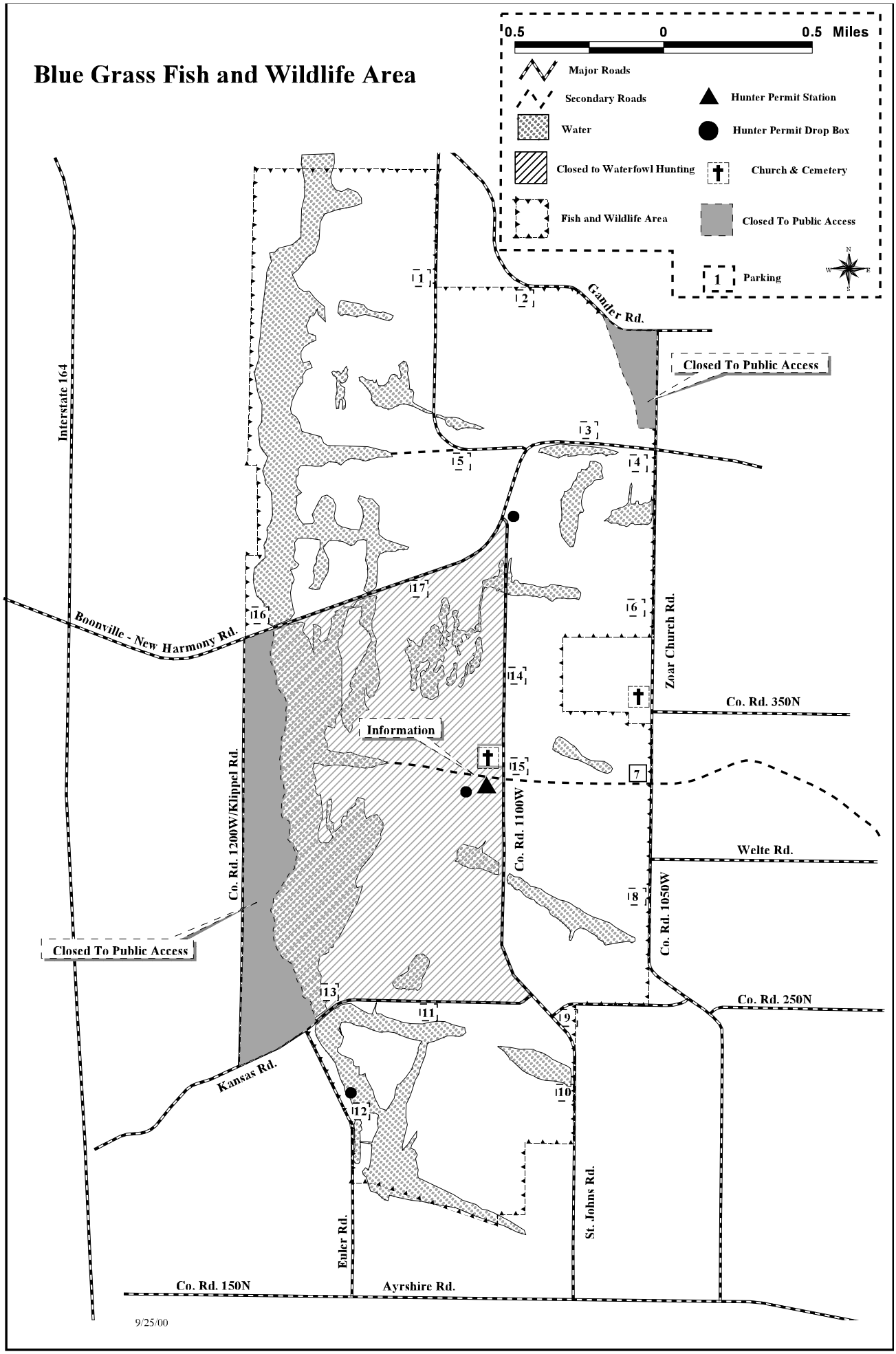Blue Grass Fish and Wildlife Area