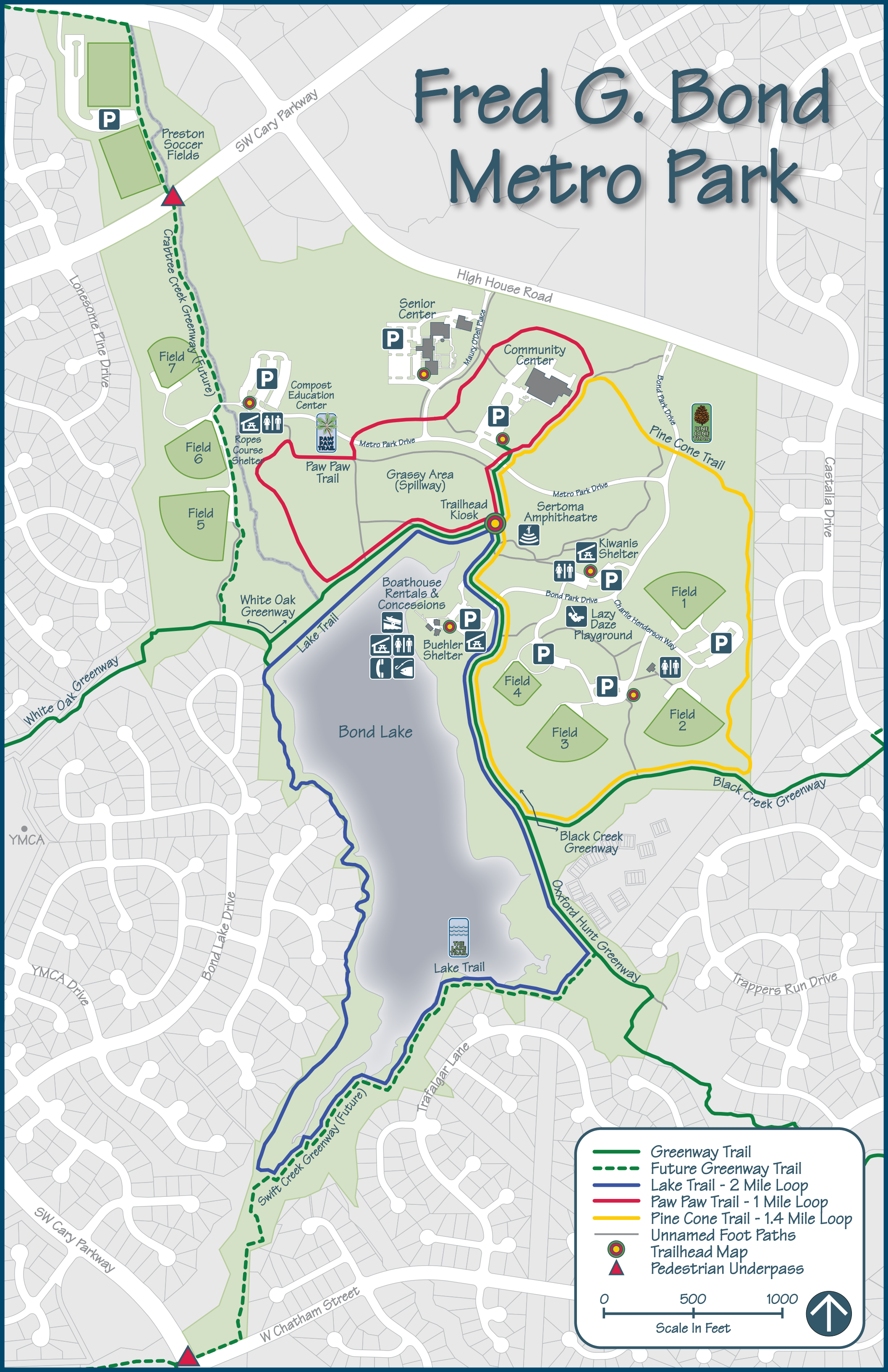Fred G. Bond Metro Park