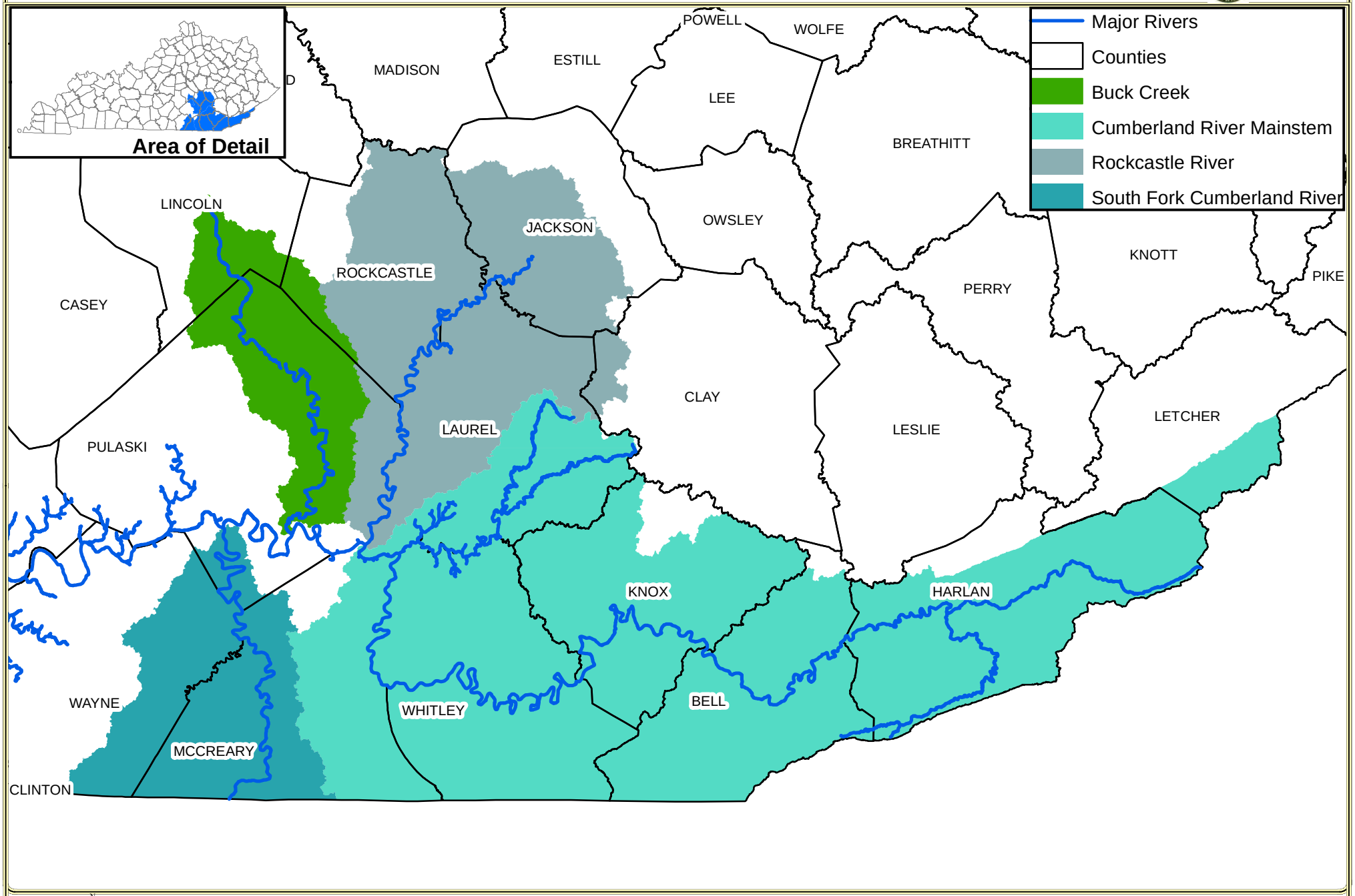Upper Cumberland River Watershed