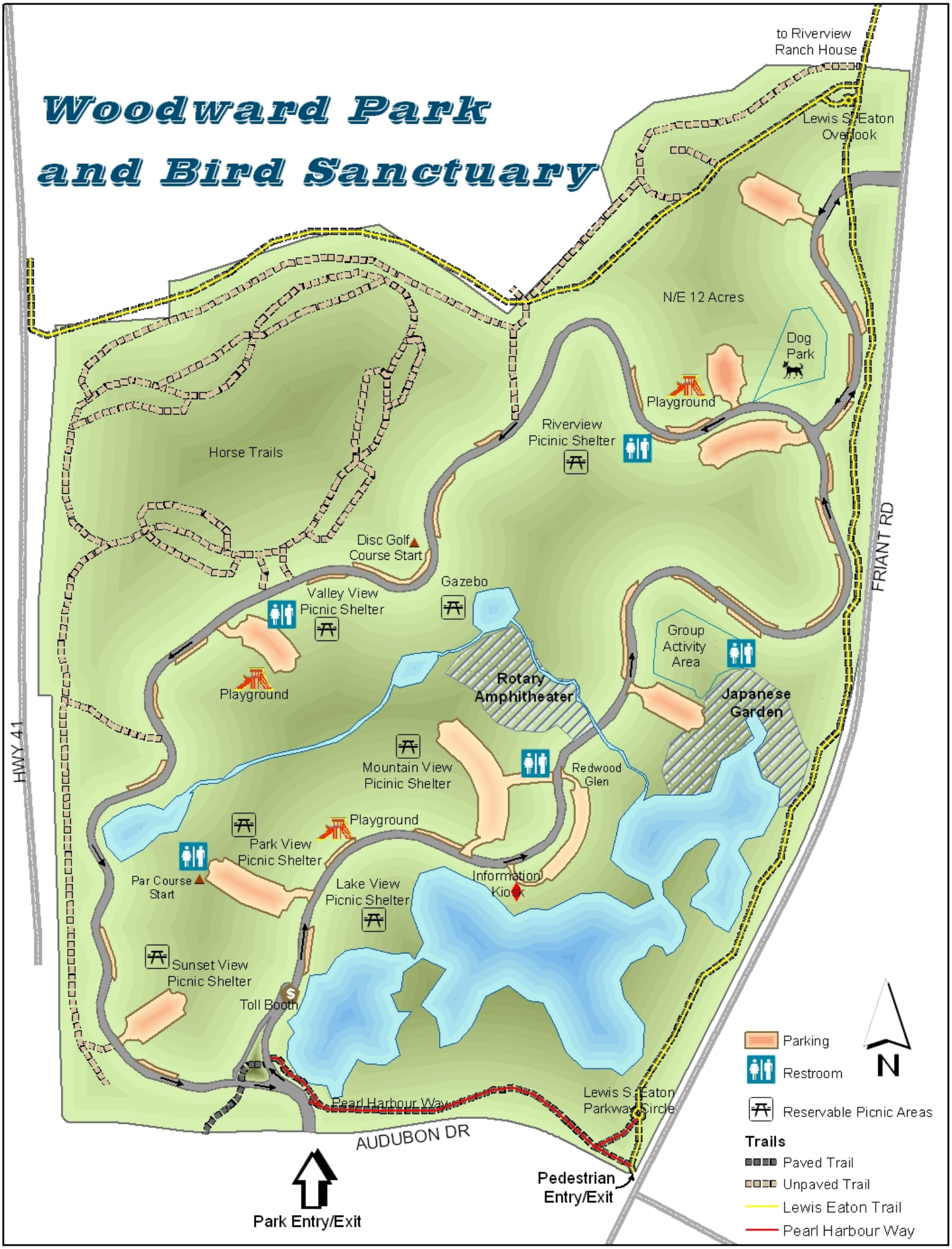Woodward Park and Bird Sanctuary