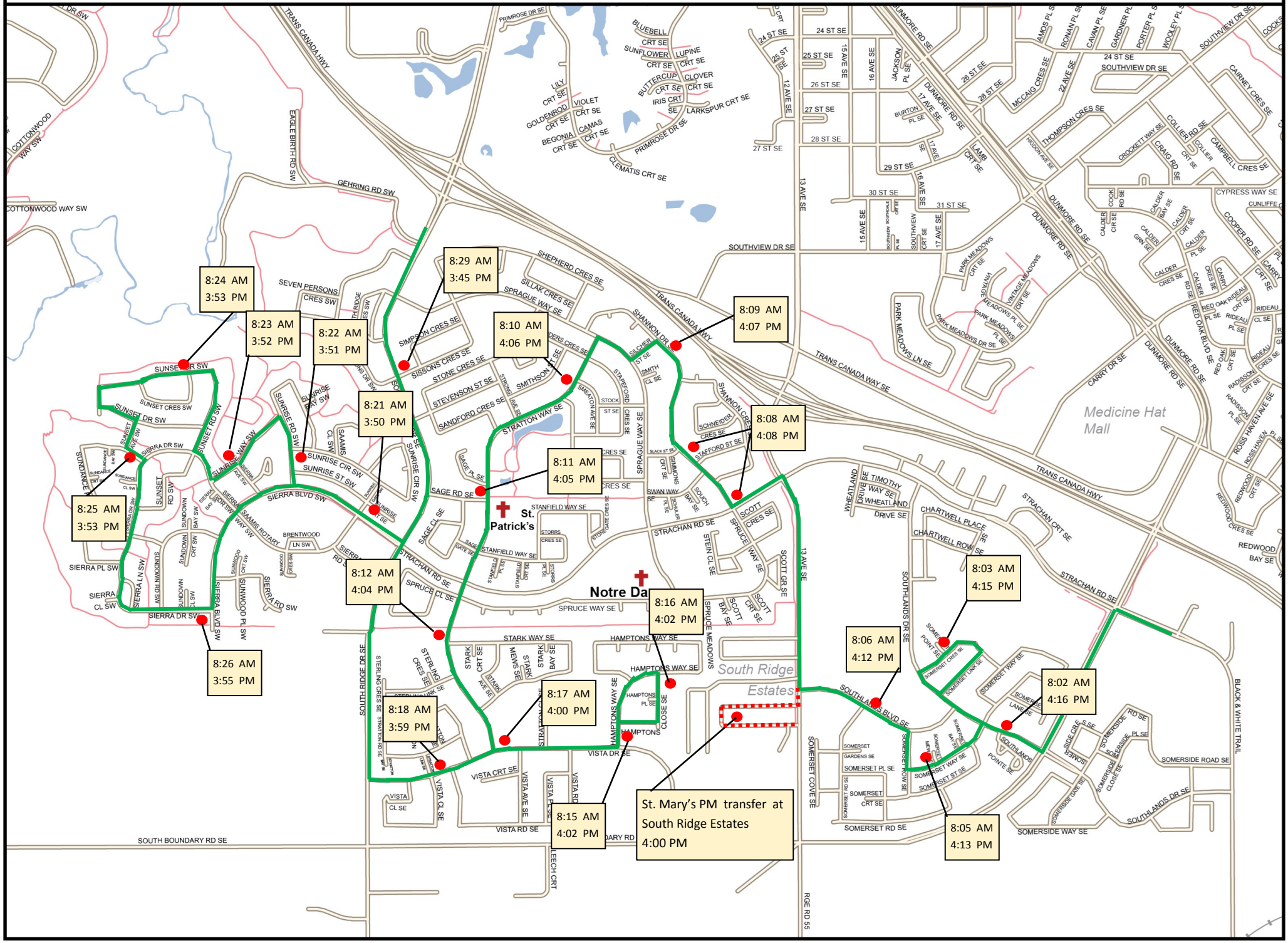St. Mary's 3 AM & PM