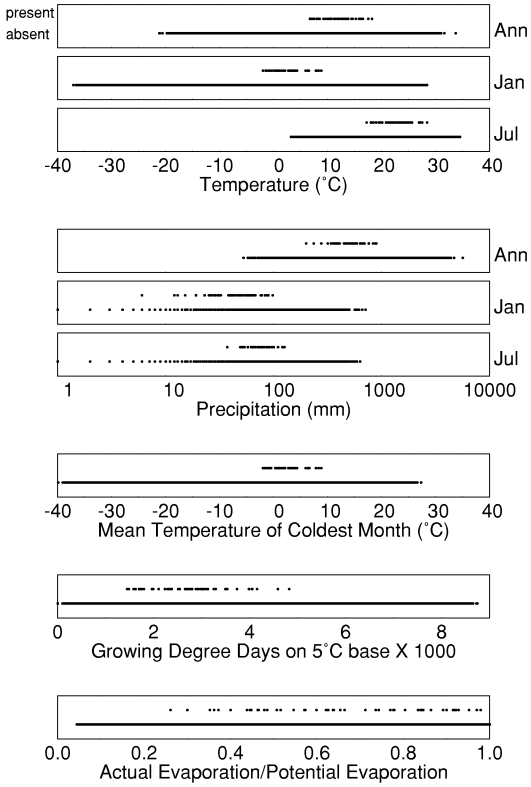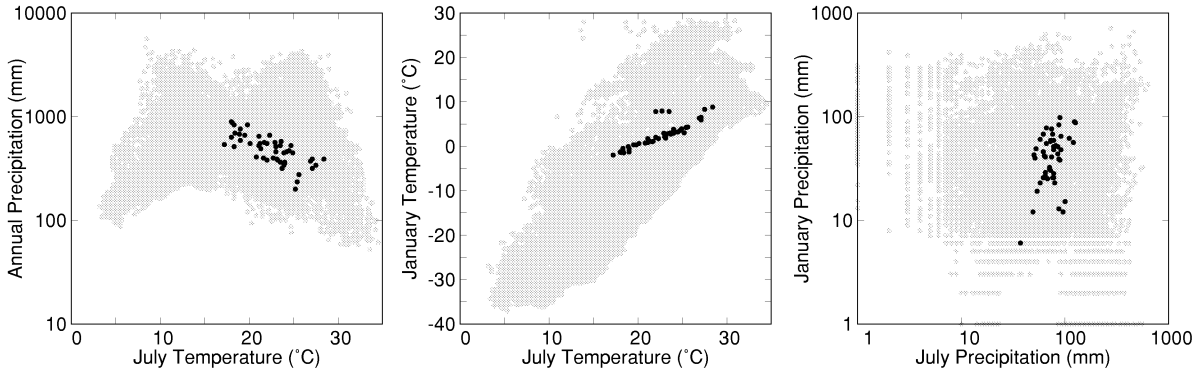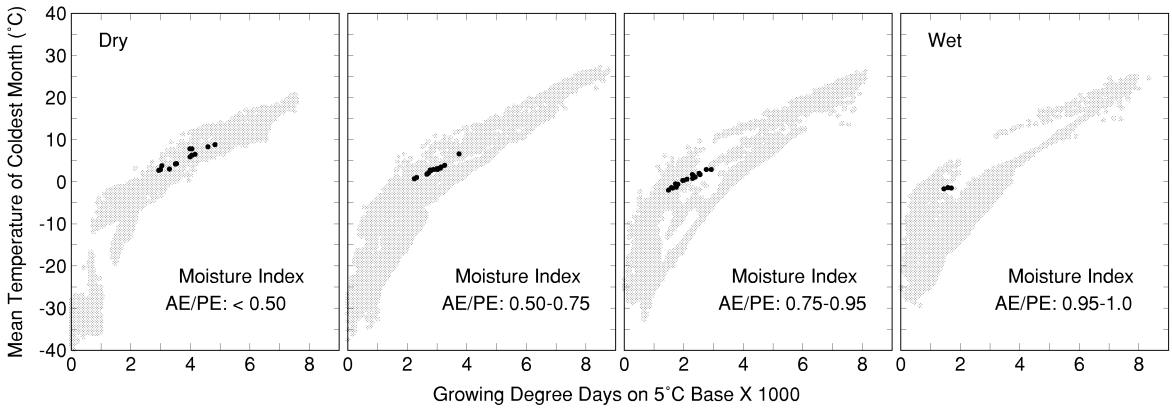Alnus oblongifolia