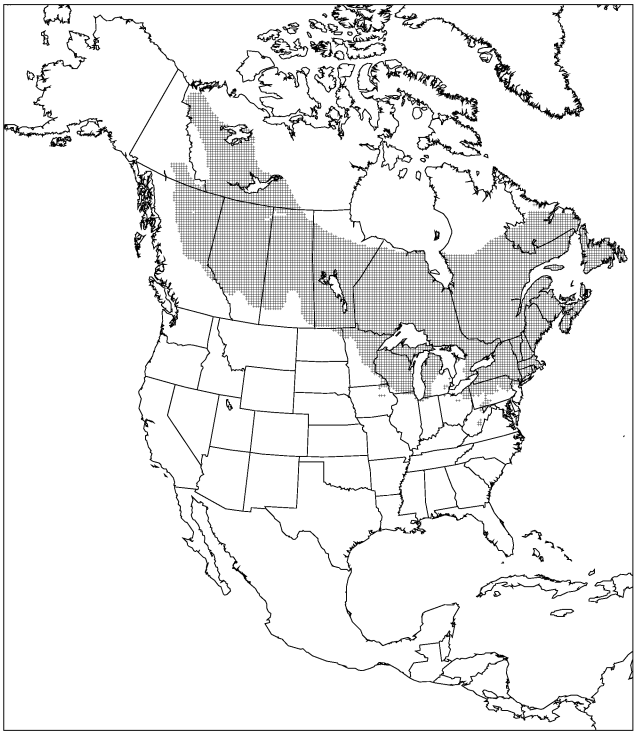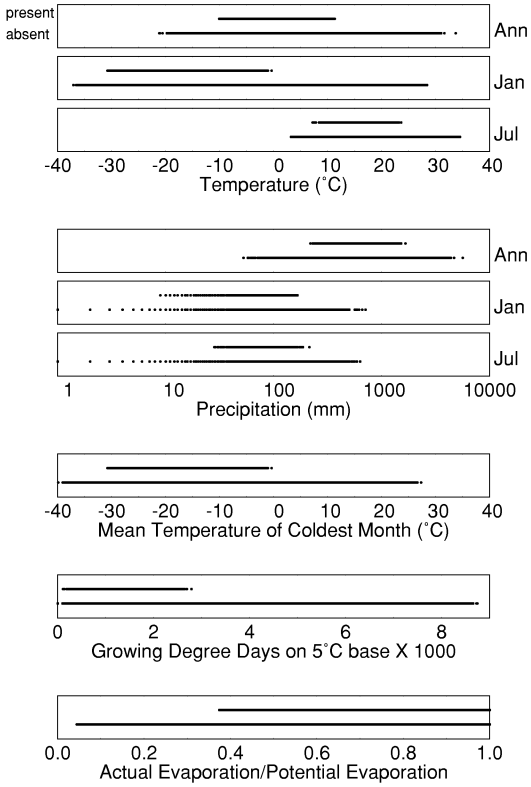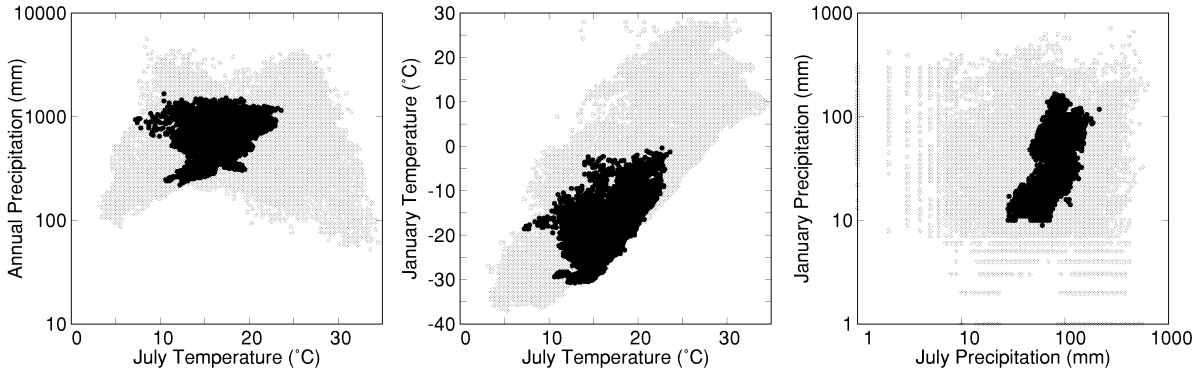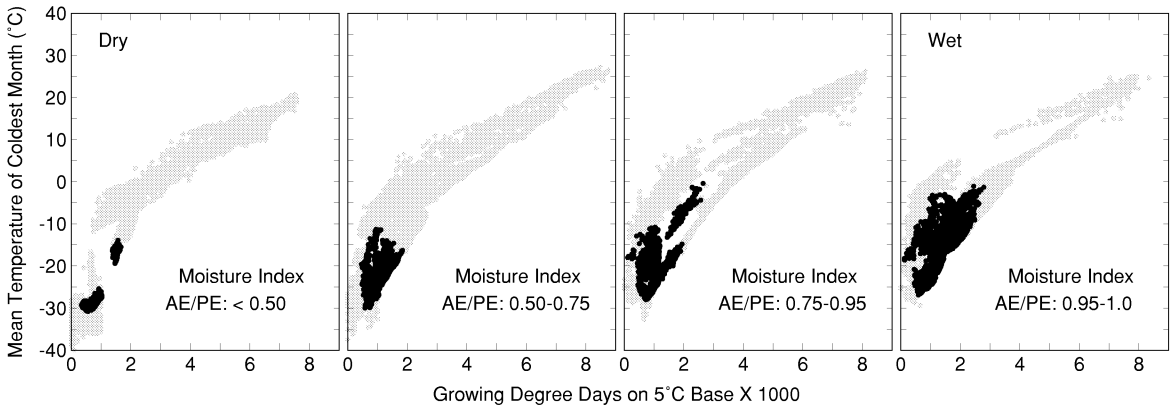Alnus rugosa