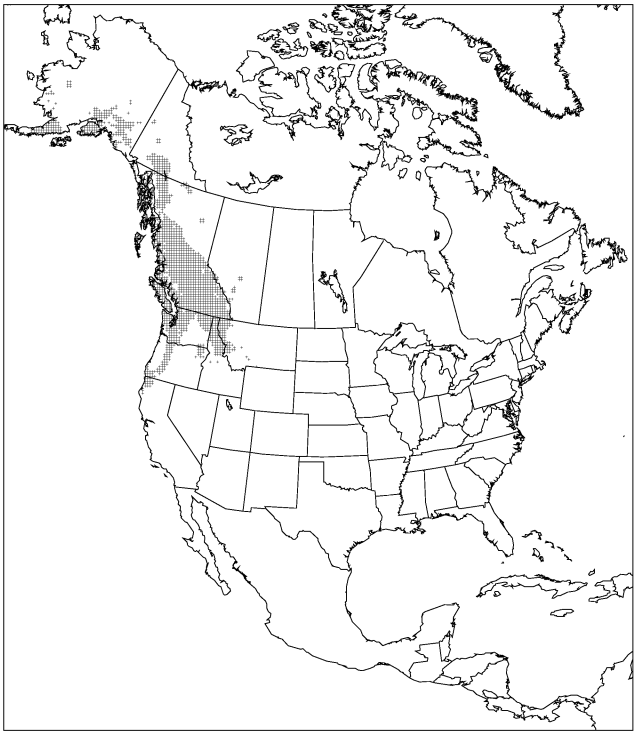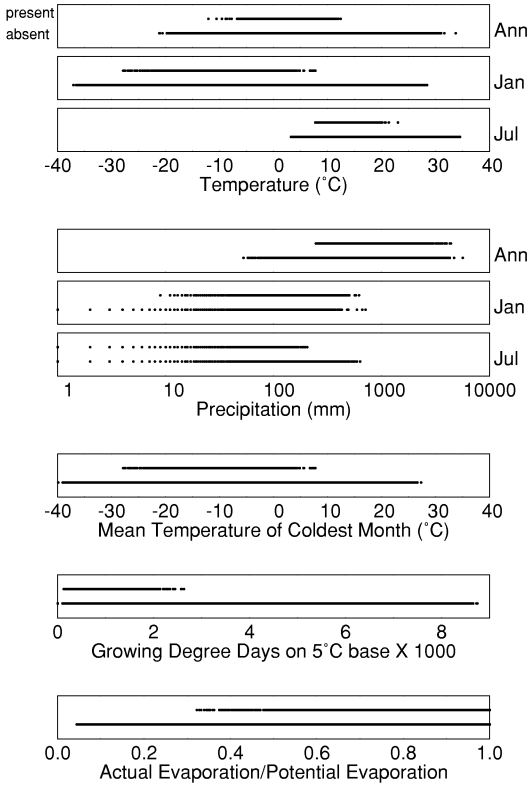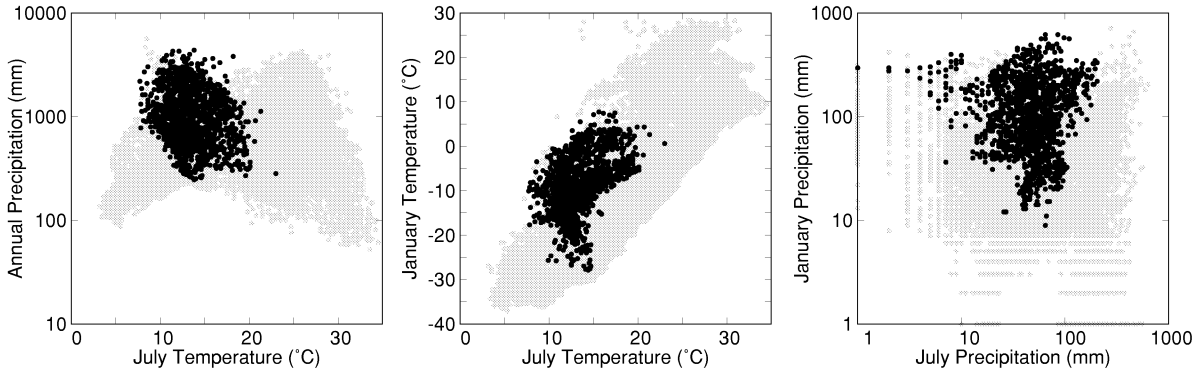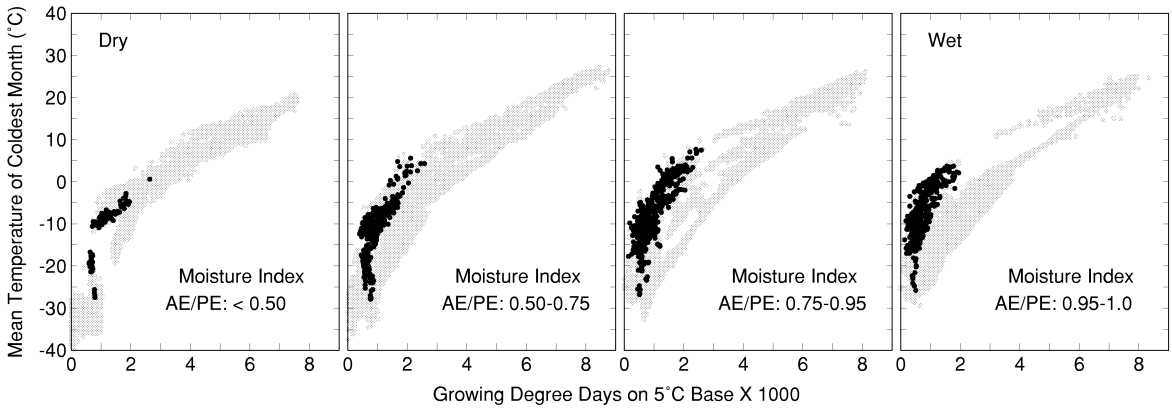Alnus sinuata