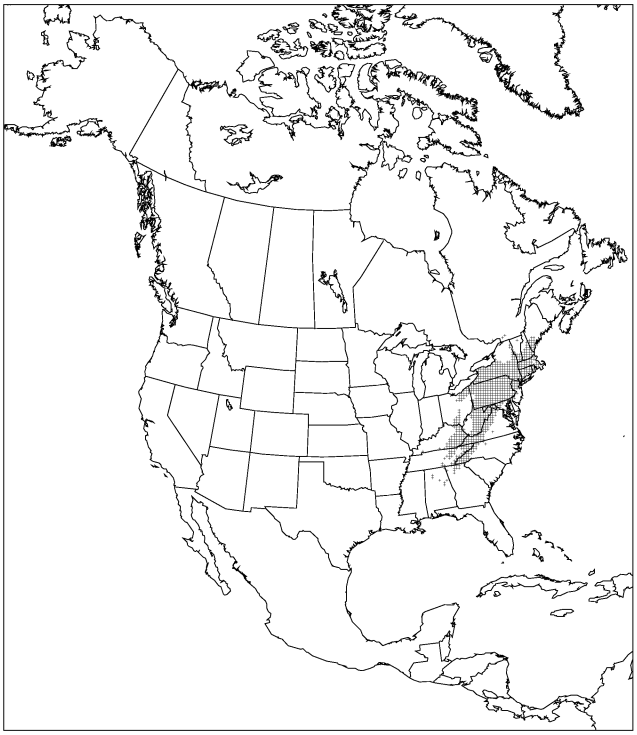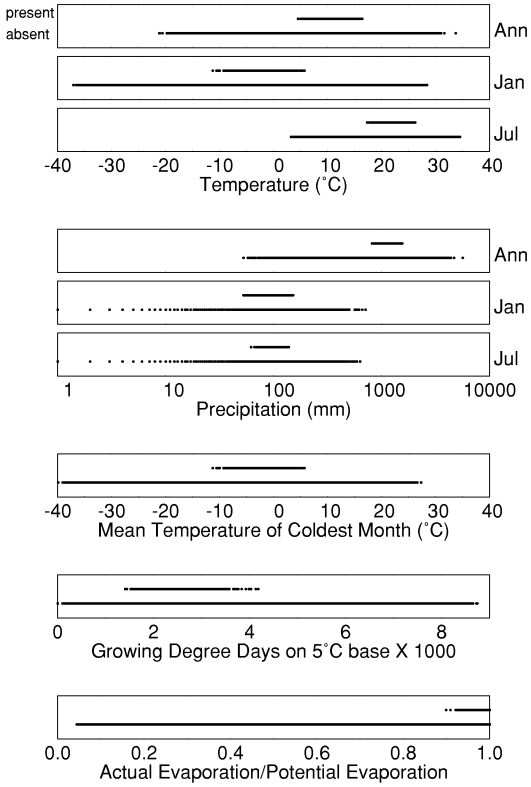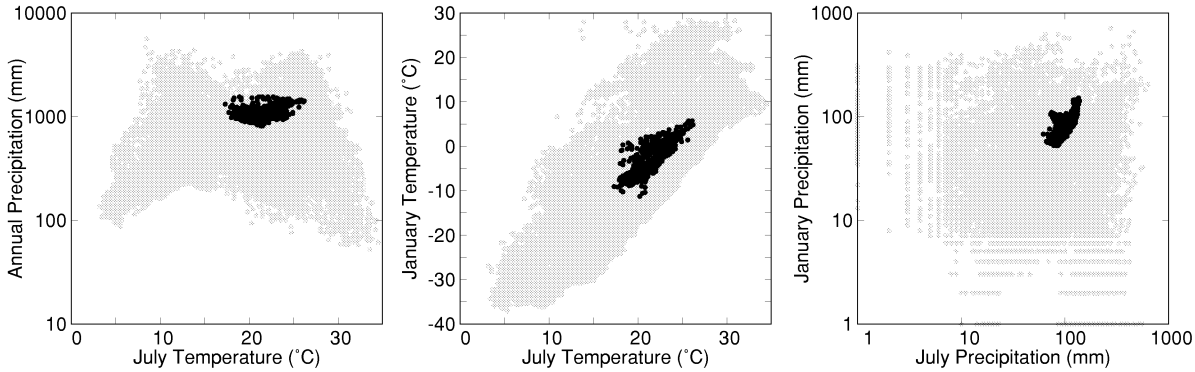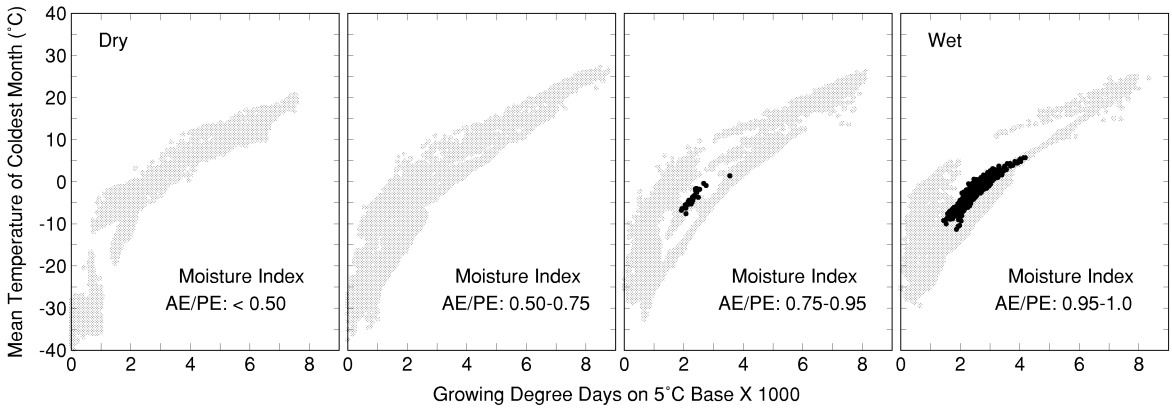Betula lenta