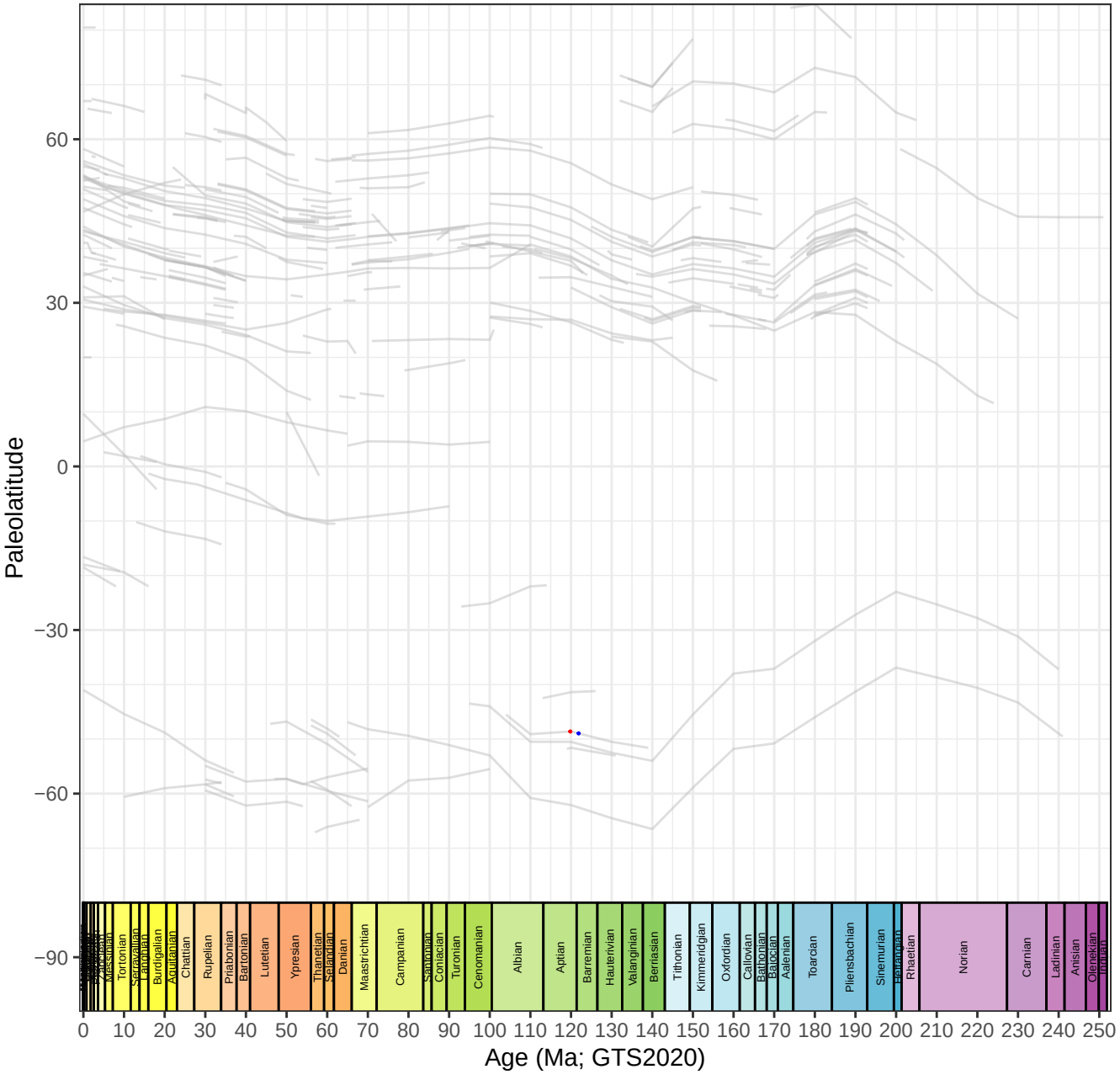Cernicysta helbyi