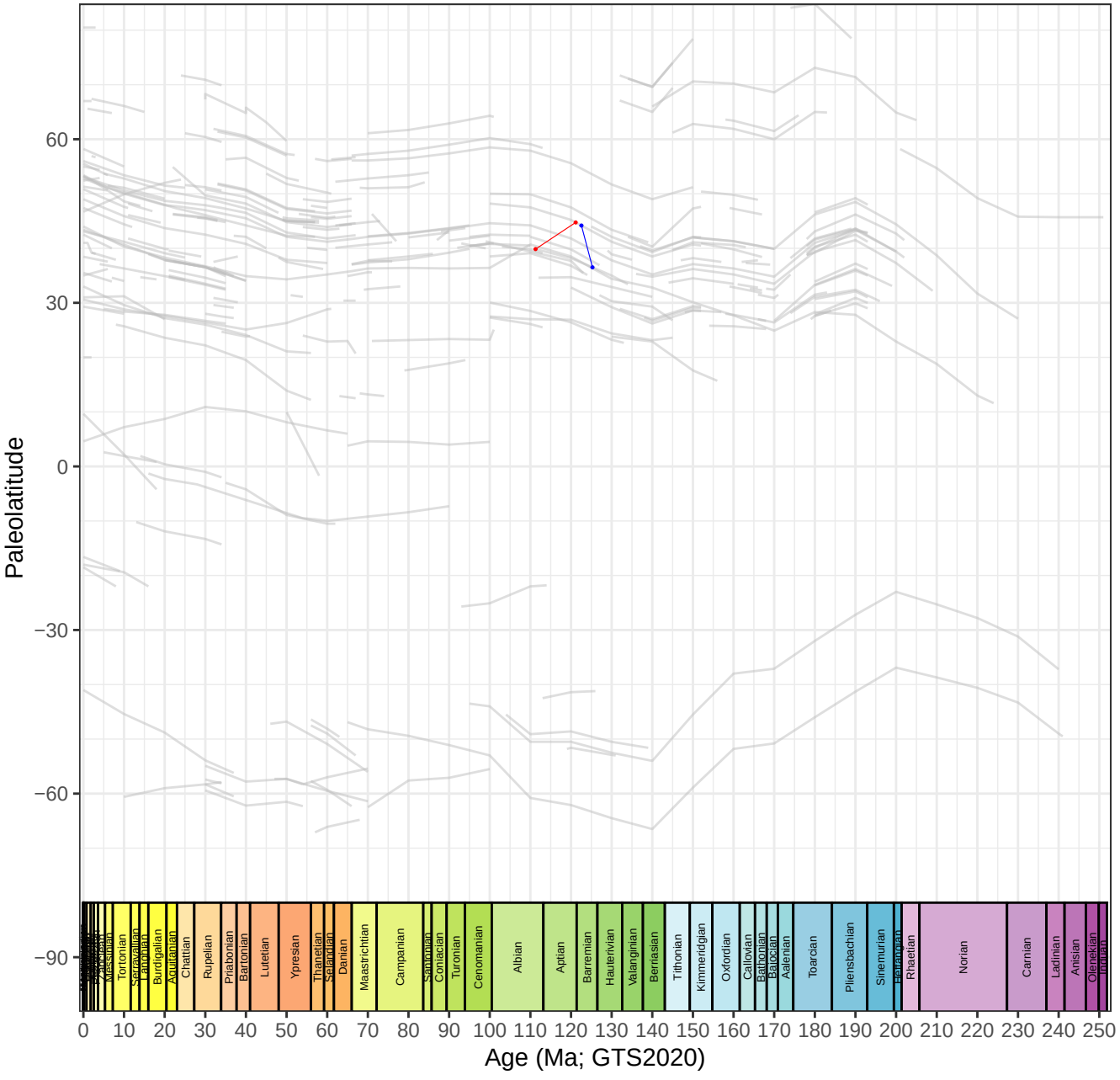Fromea quadrugata