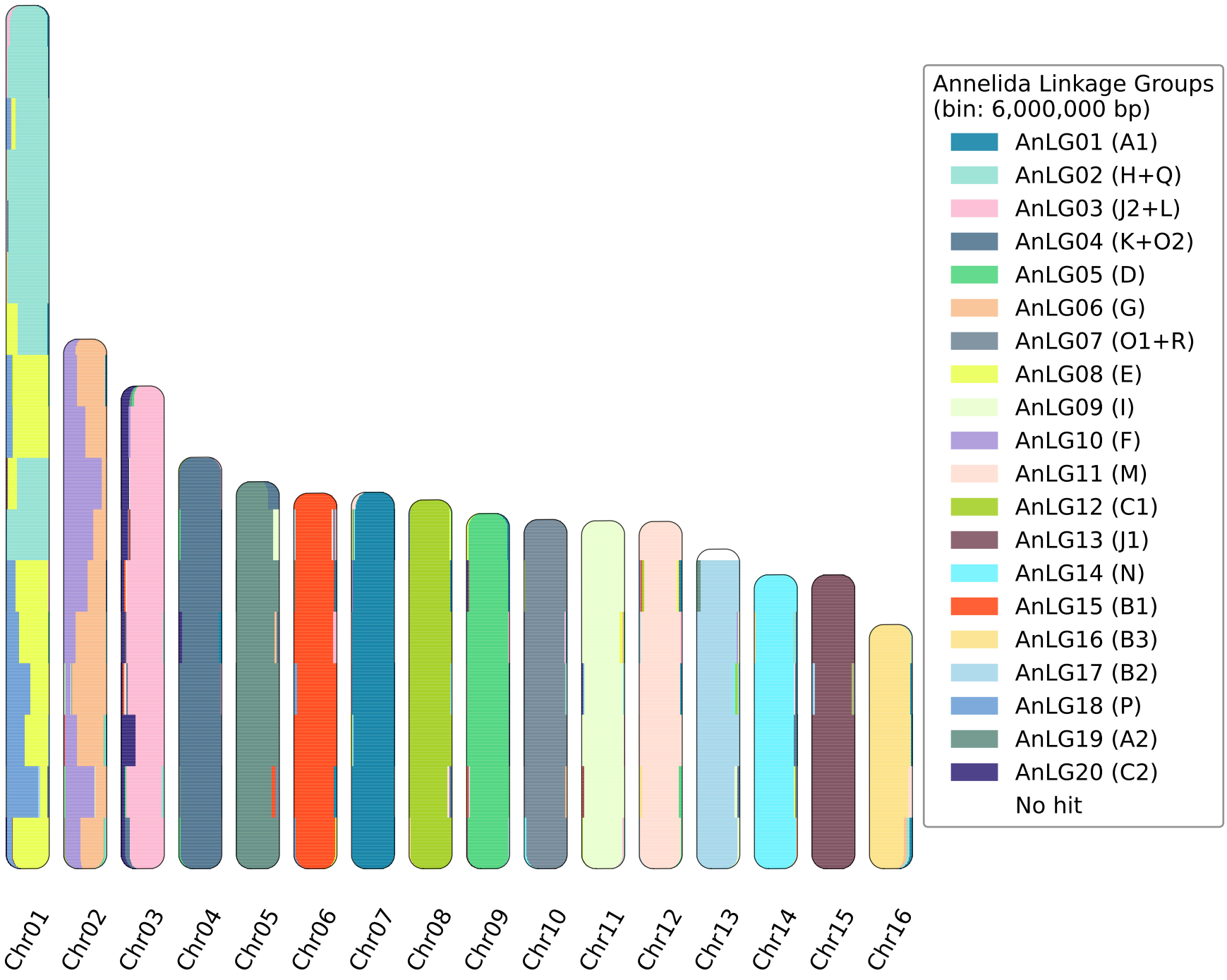Terebella lapidaria