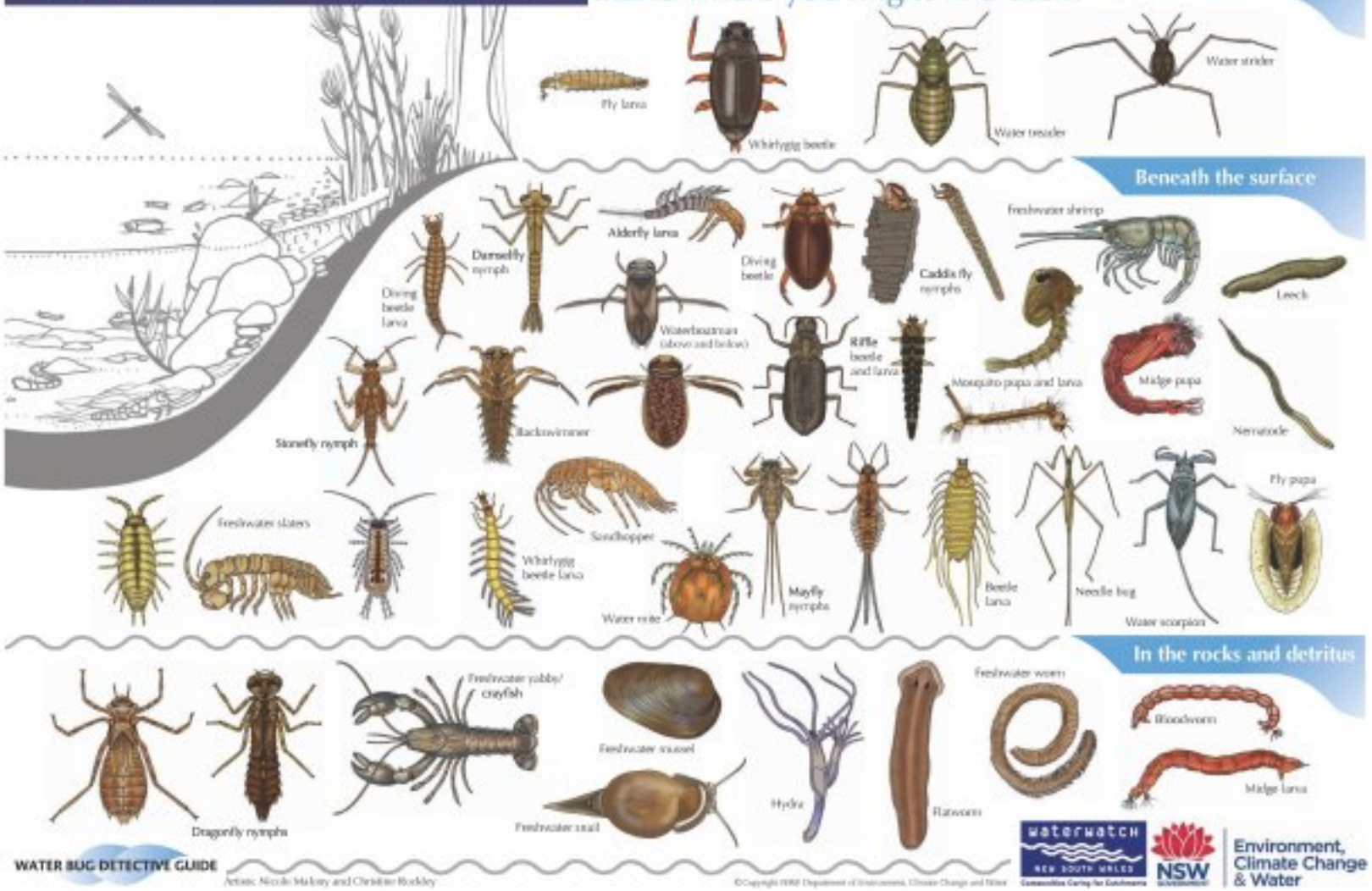Freshwater Macroinvertebrates ...and where you might find them