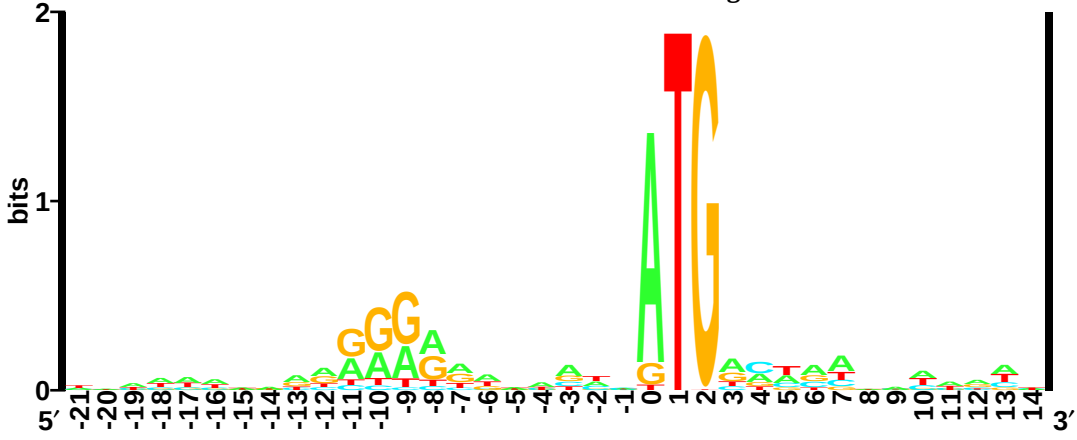569 verified *E. coli* ribosome binding sites