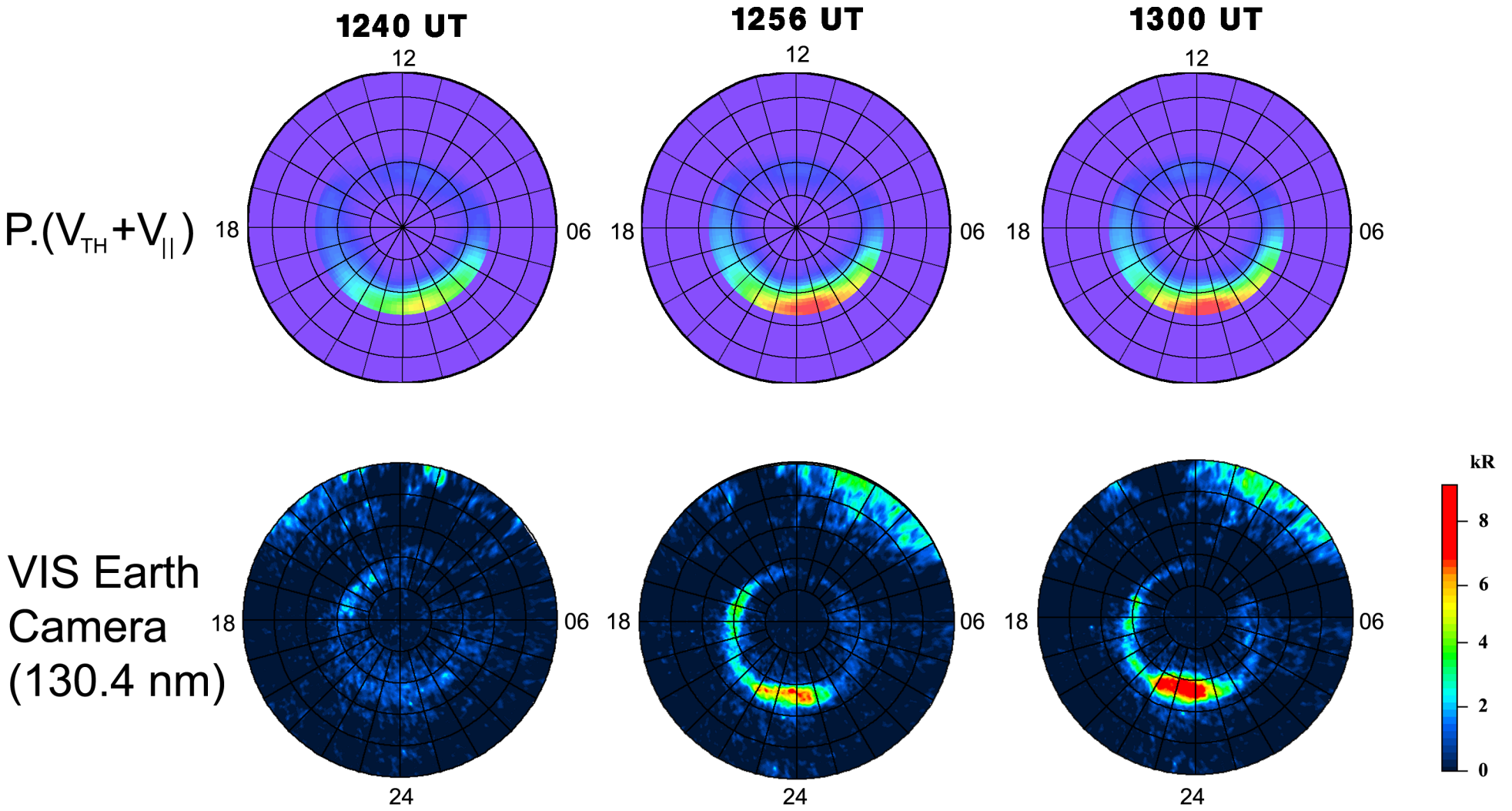VIS Auroral Images and Simulated Energy Flux on December 22, 1996