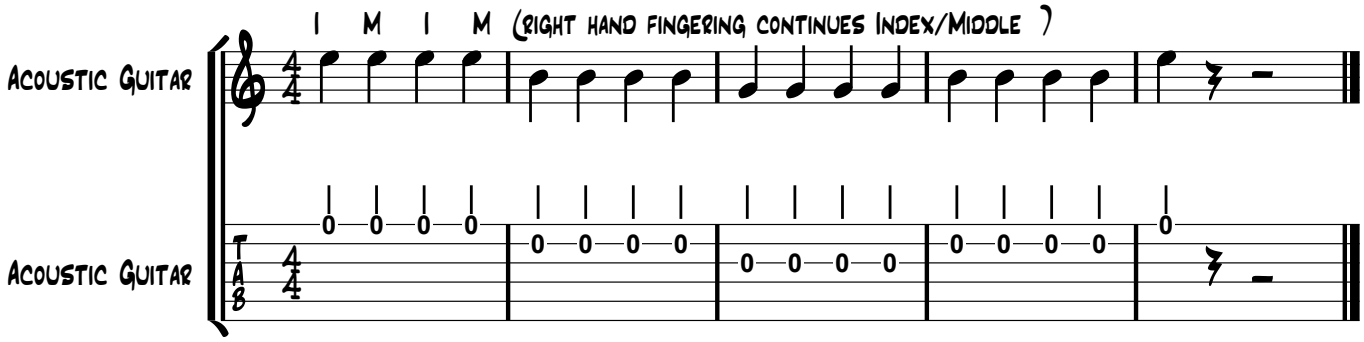First Lesson