

Here is some plain text.

Now we add some python code

```
total = 0
for number in range(10):
    total = total + (number + 1)
print(total)
```

Let's explain some of this code (setting the code to be unexecutable):

The `for` loop:

```
for number in range(10):
    total = total + (number + 1)
```

Goes through numbers 0 to 9 and adds 1 more than each number to the `total` variable.

Now we add some mathematical formula:

$$E_n = E_{n-1} + (1 - E_{n-1}/K)E_{n-1}.$$