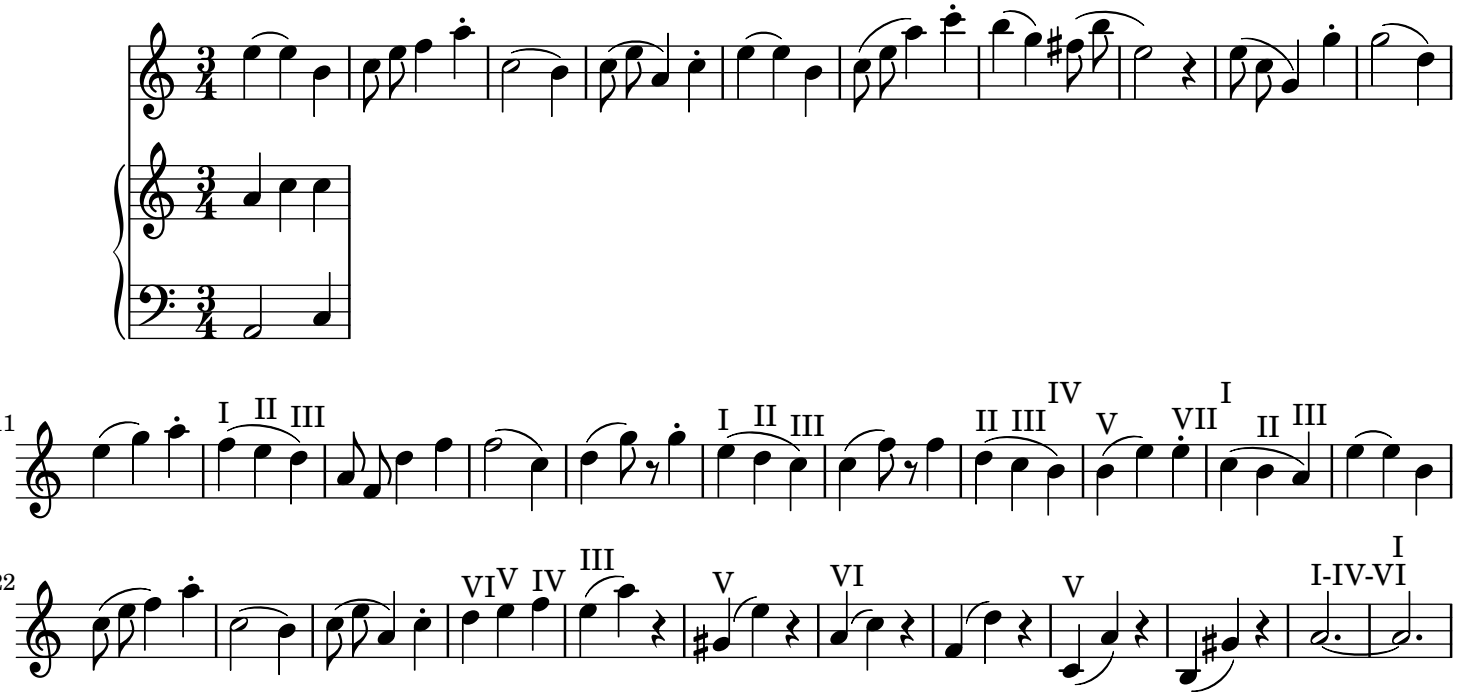Longo Lezione VII