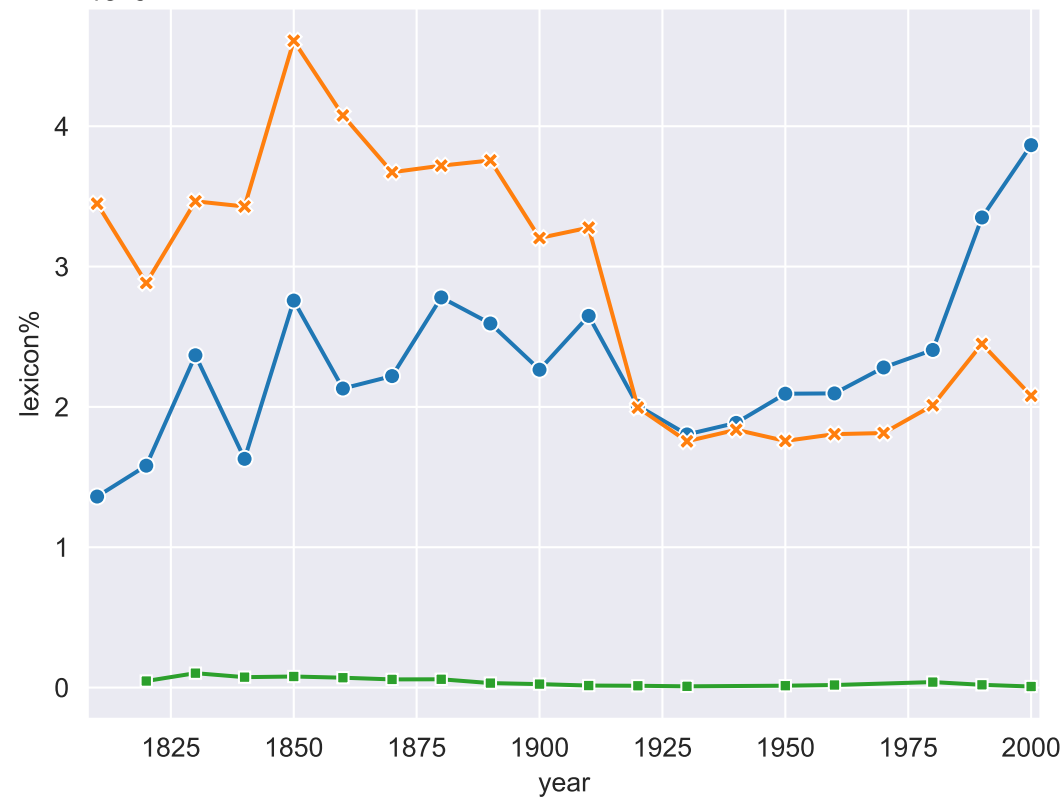lesson