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find the index of the first occurrence in a string
class Solution:

    def strStr(self, haystack: str, needle: str) -> int:
        if needle not in haystack :
            return -1
        else:
            return haystack.index(needle)

remove elements
class Solution:

    def removeElement(self, nums: List[int], val: int) -> int:
        for i in range(nums.count(val)):
            nums.remove(val)
```