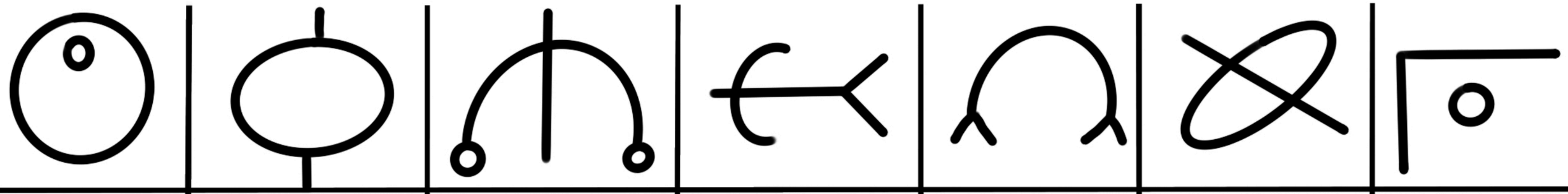Starting-Level Exercise