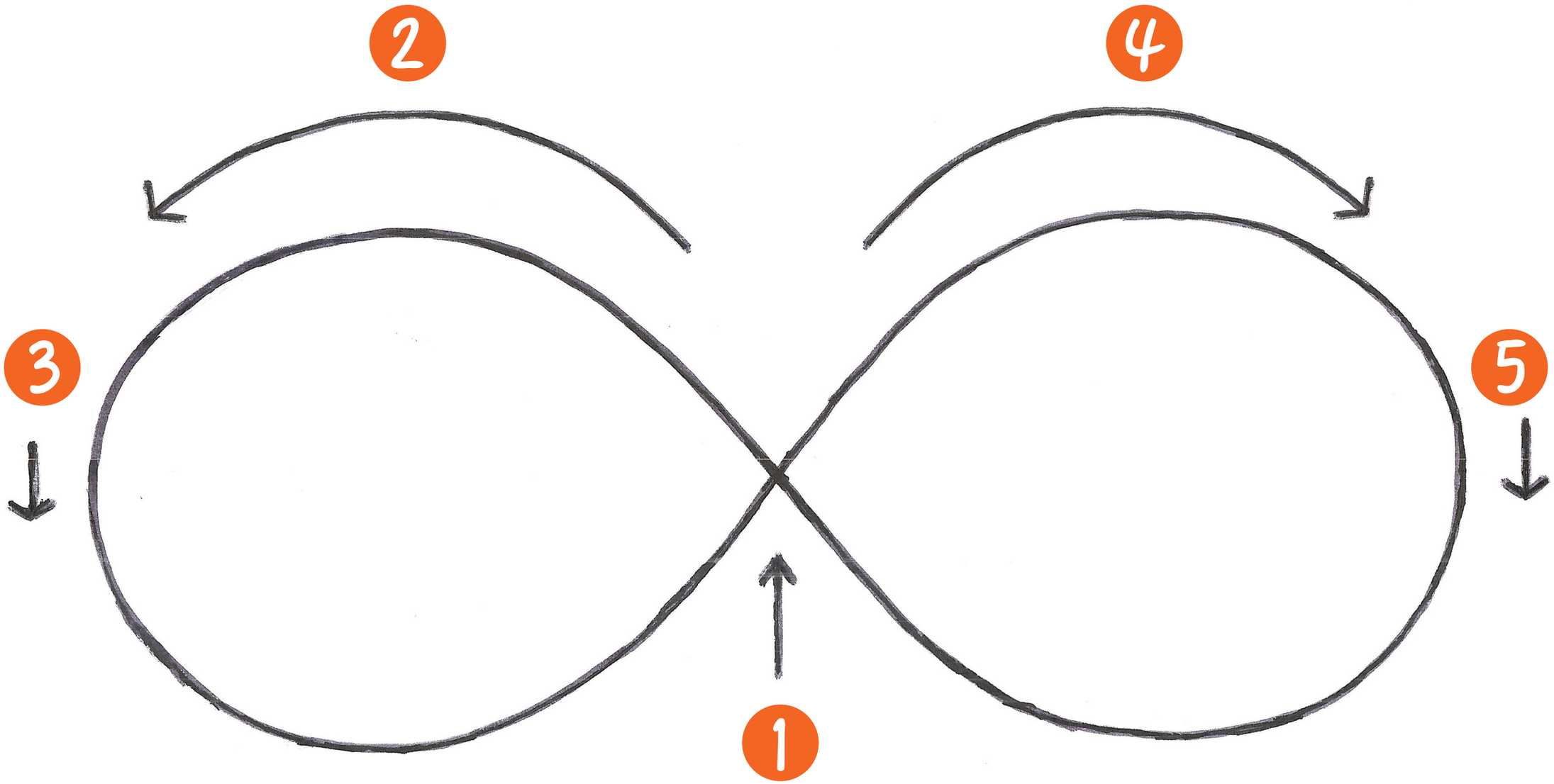
The Lazy-Eight



Start here!