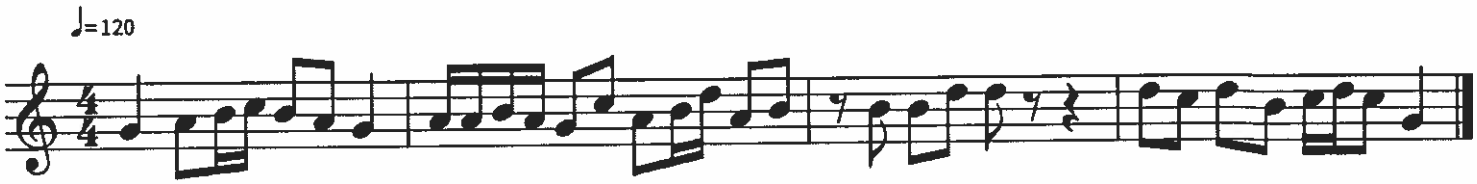the bandroom lesson 1