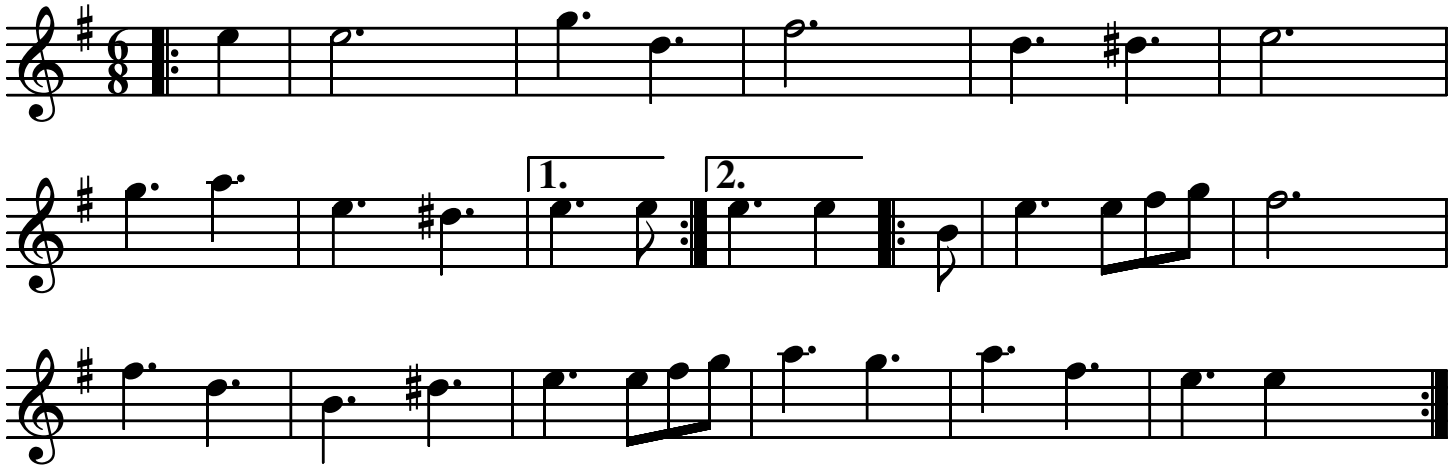Lark in the Morning