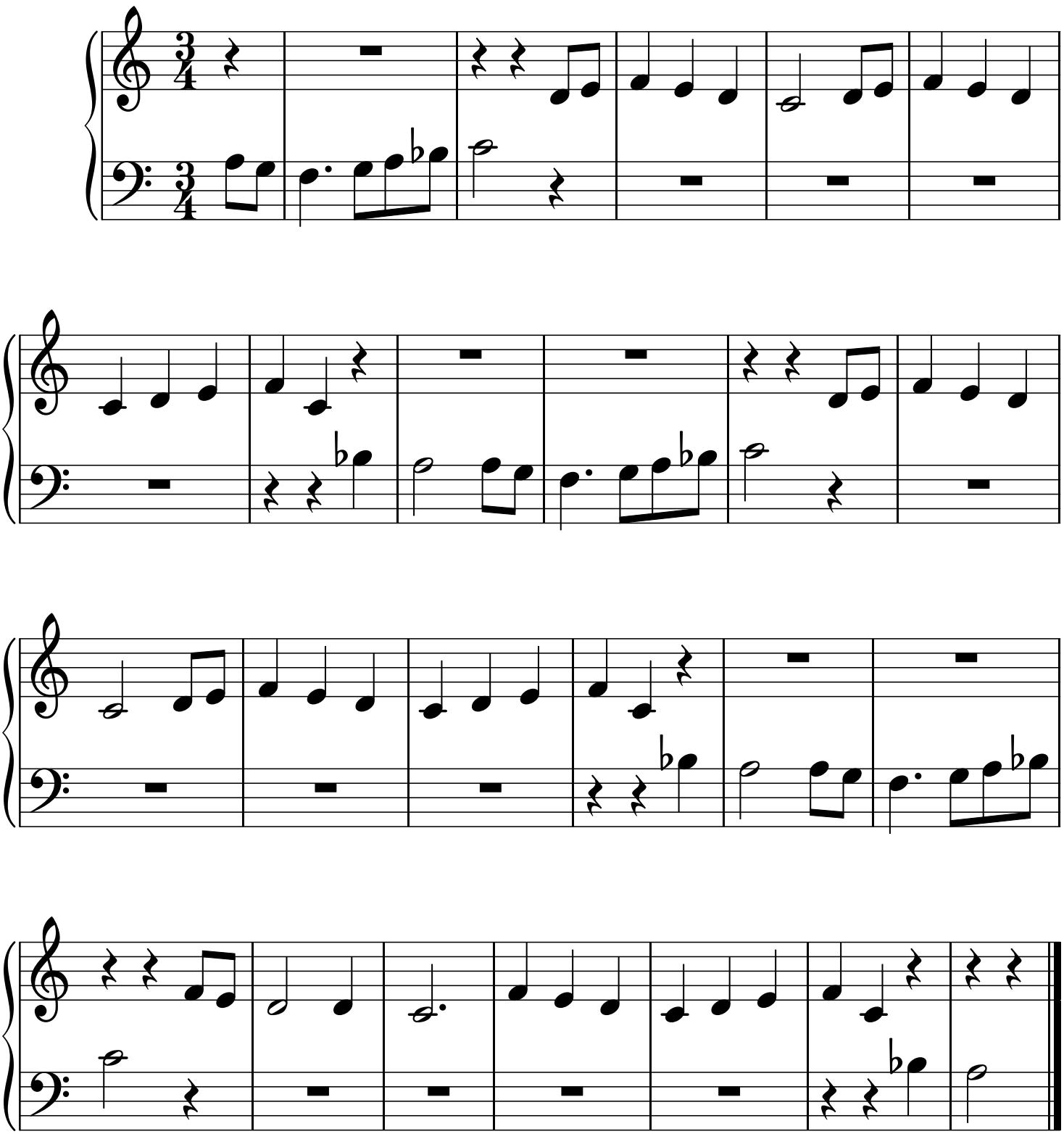The First Nowell