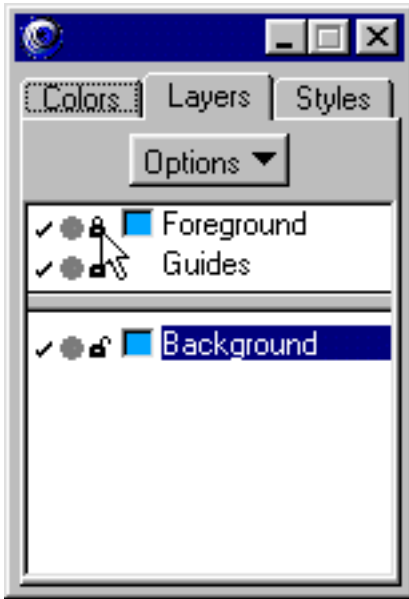Setting up the tutorial in Macromedia® FreeHand® 8 / 9
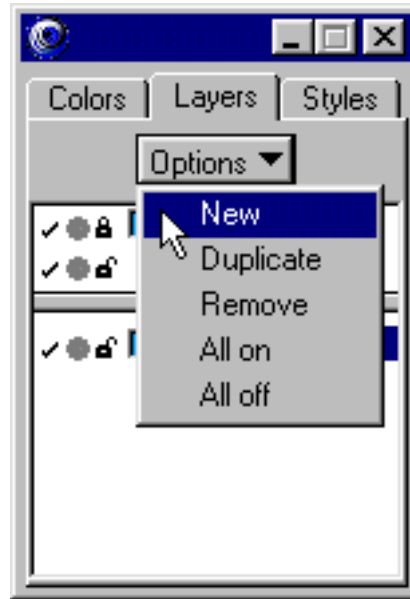
1. First openthe tutorial file:
    File > Open > tem1fh.pdf

2. Next, save the file in FreeHand format:
    File > Save As > myfile.fh8

3. Next bring up the layers panel:
    Window > Panels > Layers

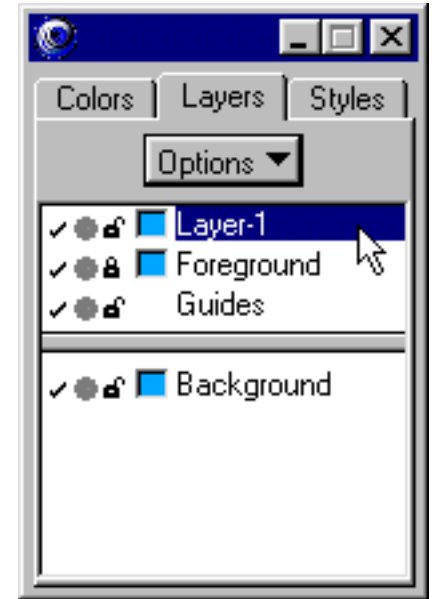FreeHand 8 - Windows®:

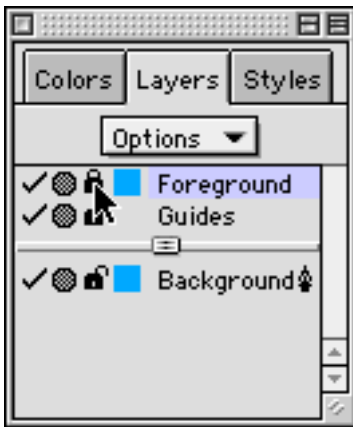4. Lock the foreground layer: 5. Then add a new layer: 6. Draw on this new layer:
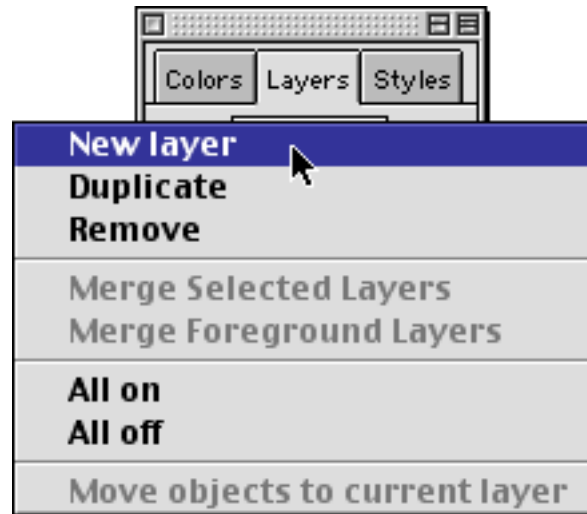

FreeHand 9 - Macintosh®:

4. Lock the foreground layer: 5. Then add a new layer: 6. Draw on this new layer: