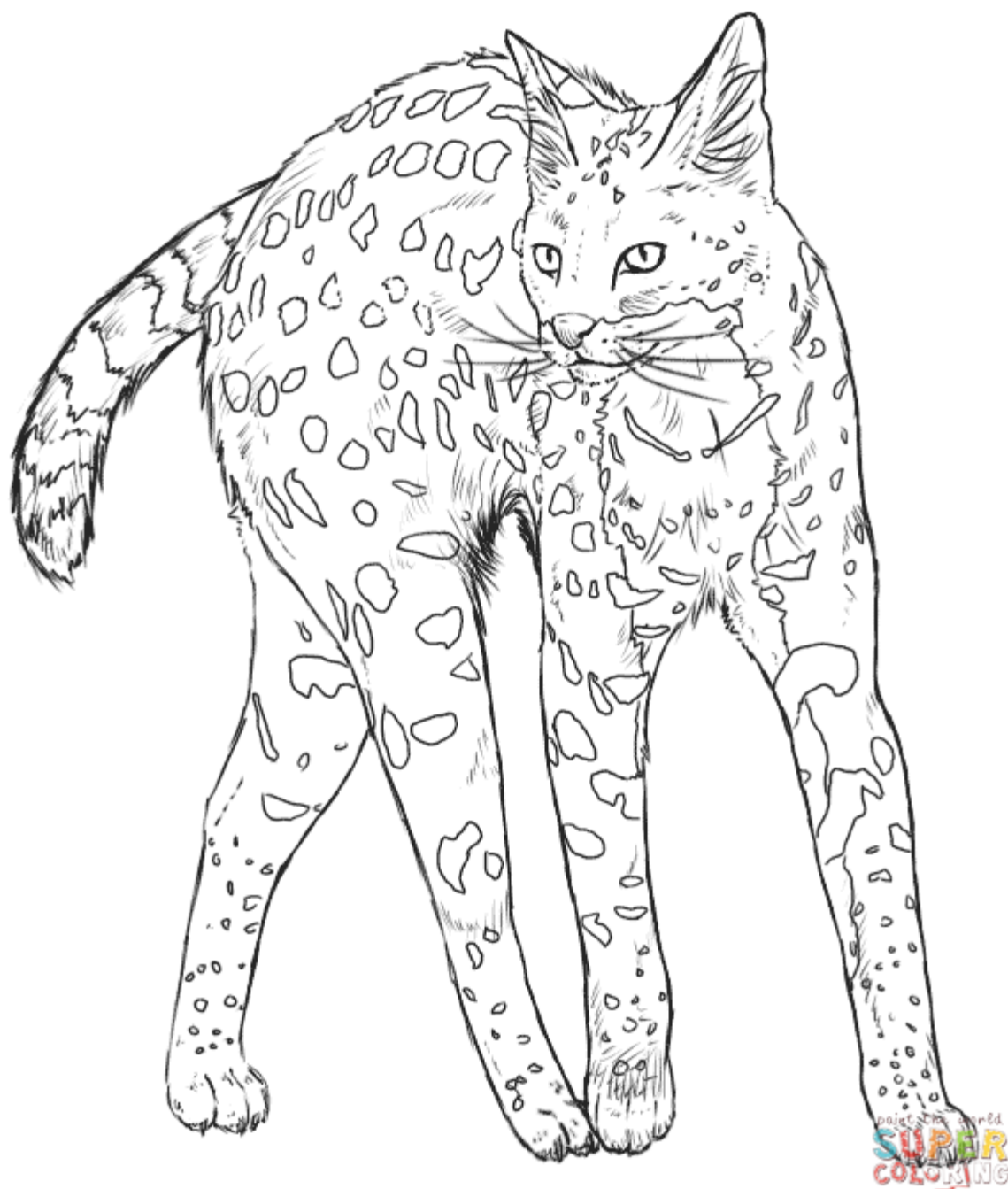flashback practice