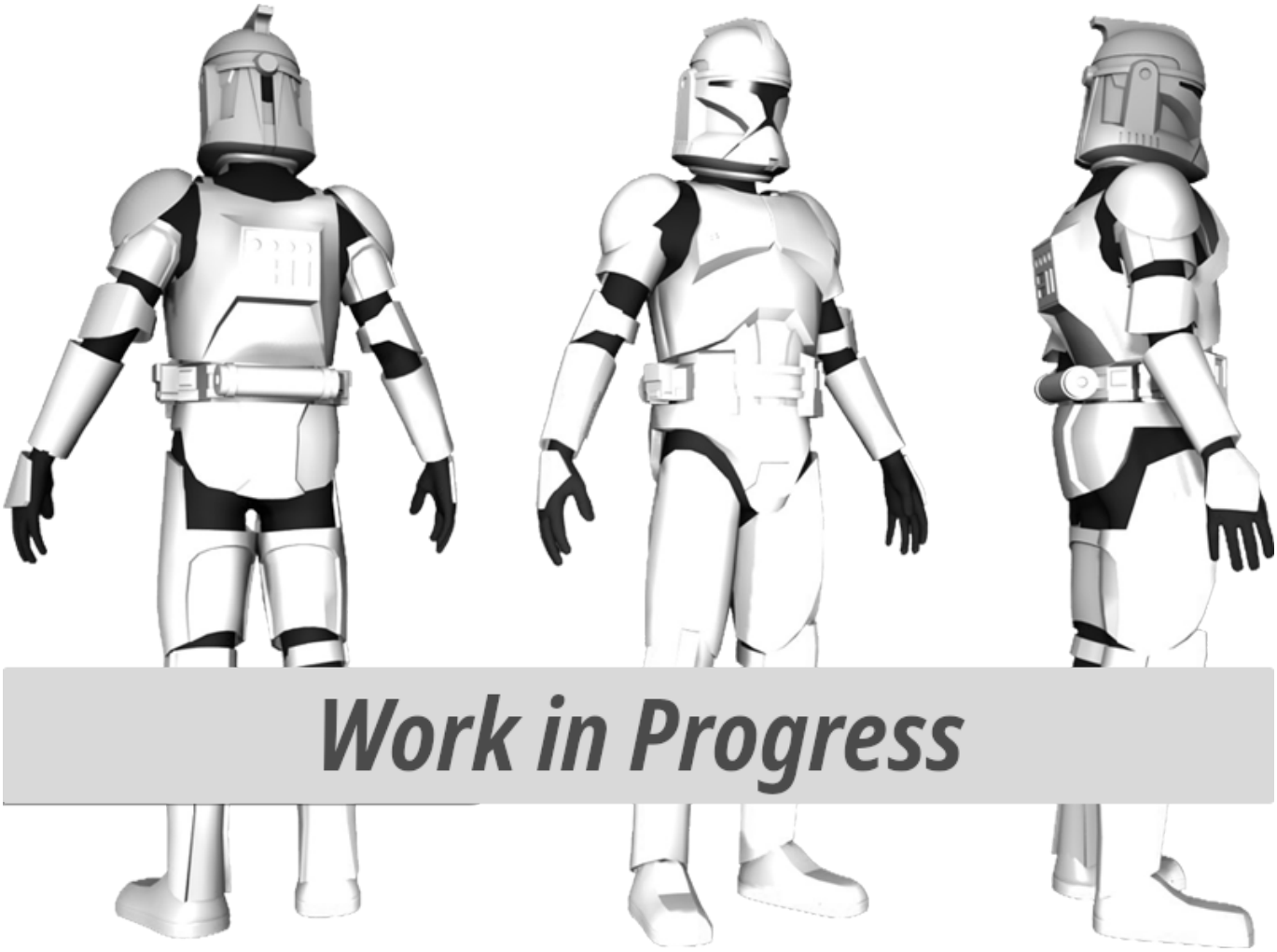Flask