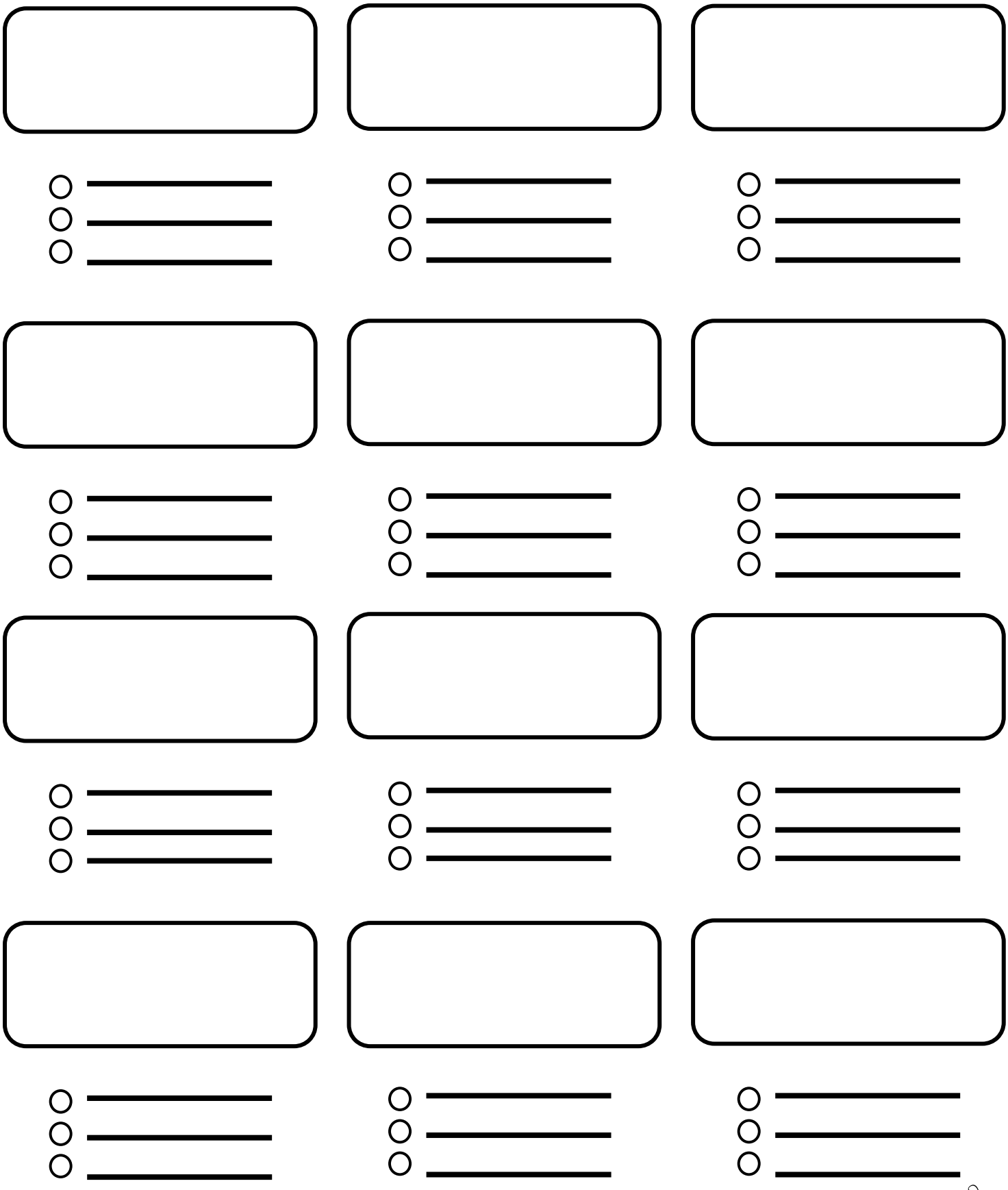BLENDING PRACTICE