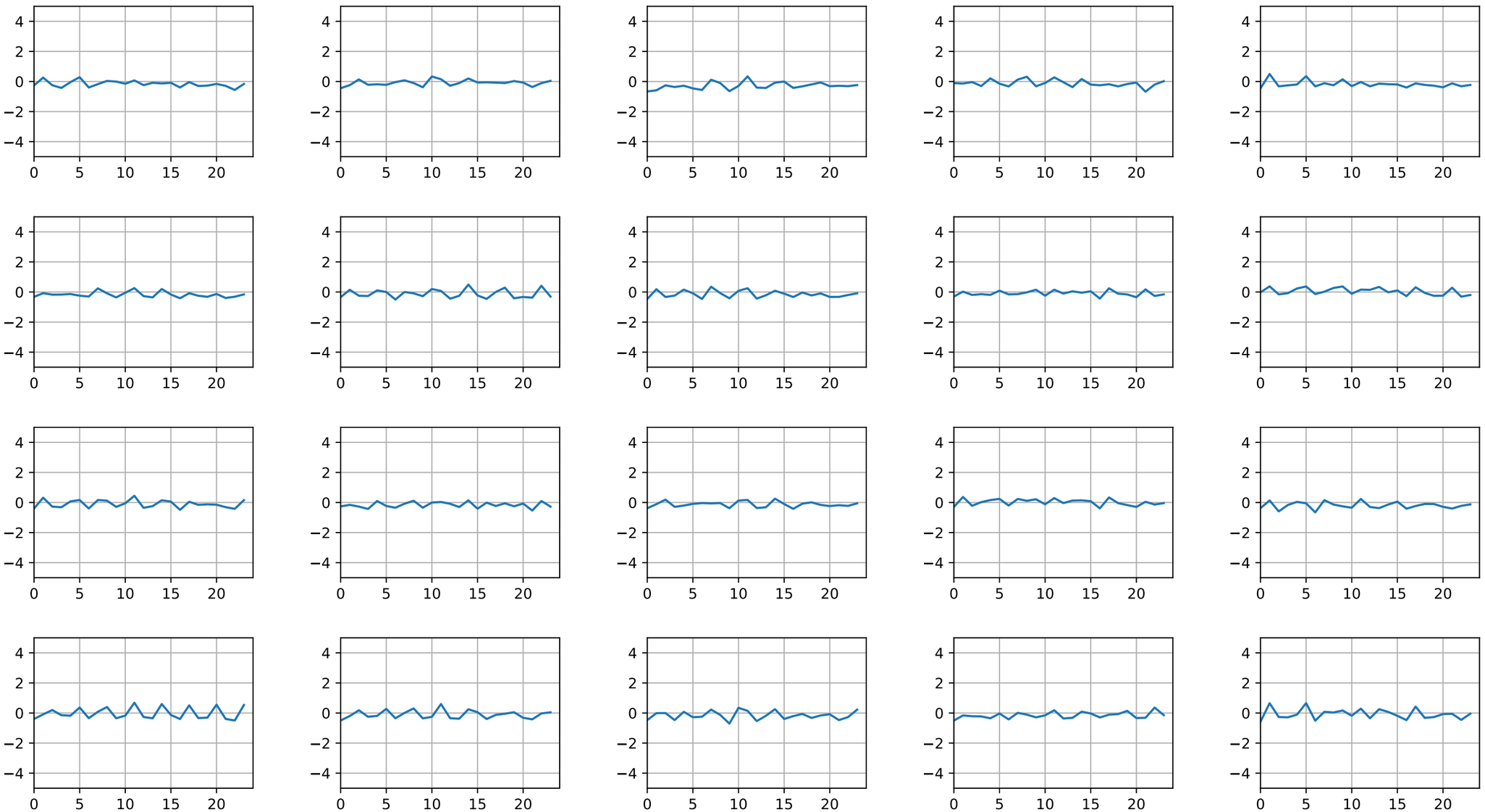Channel 10