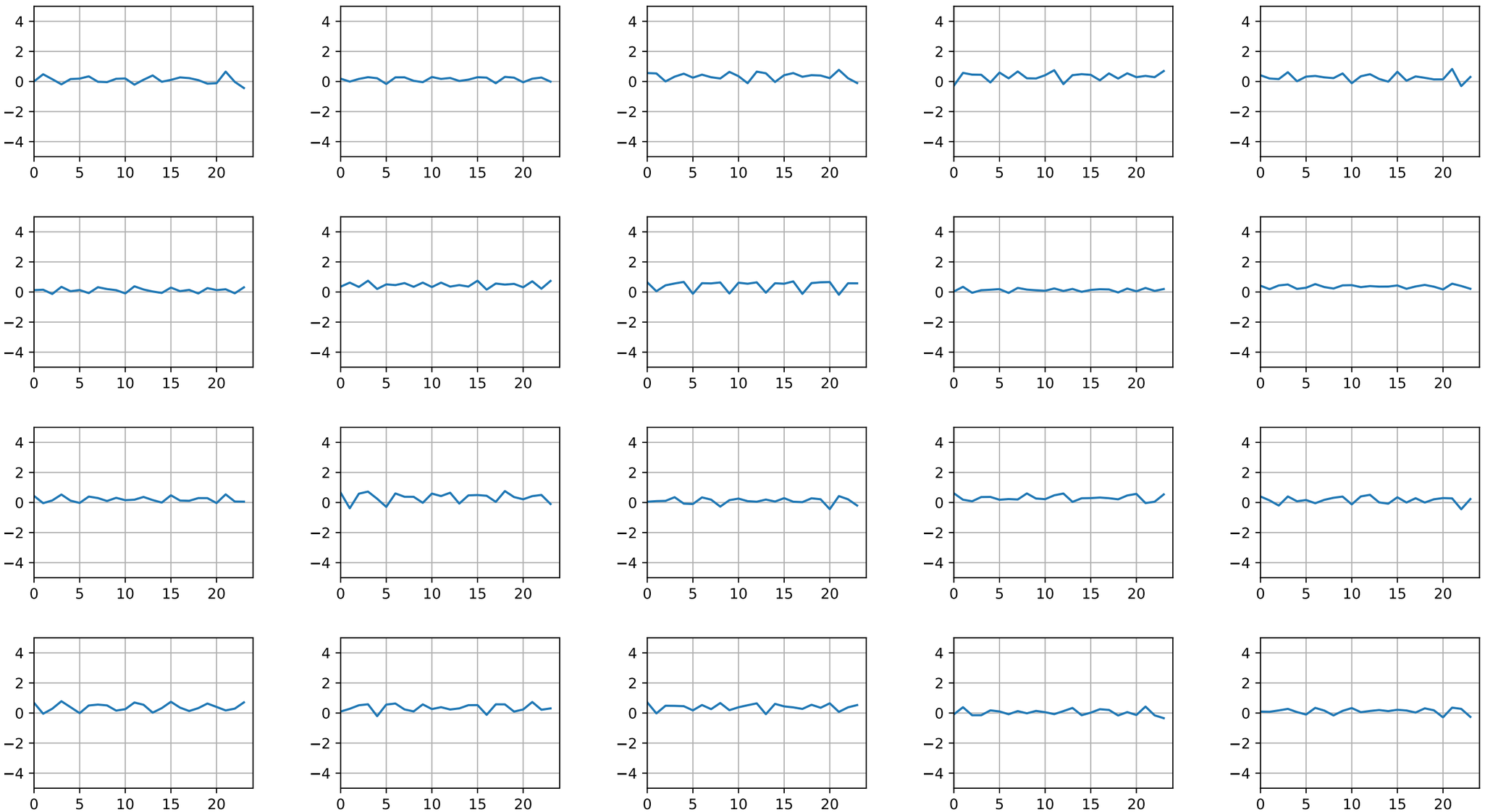Channel 16