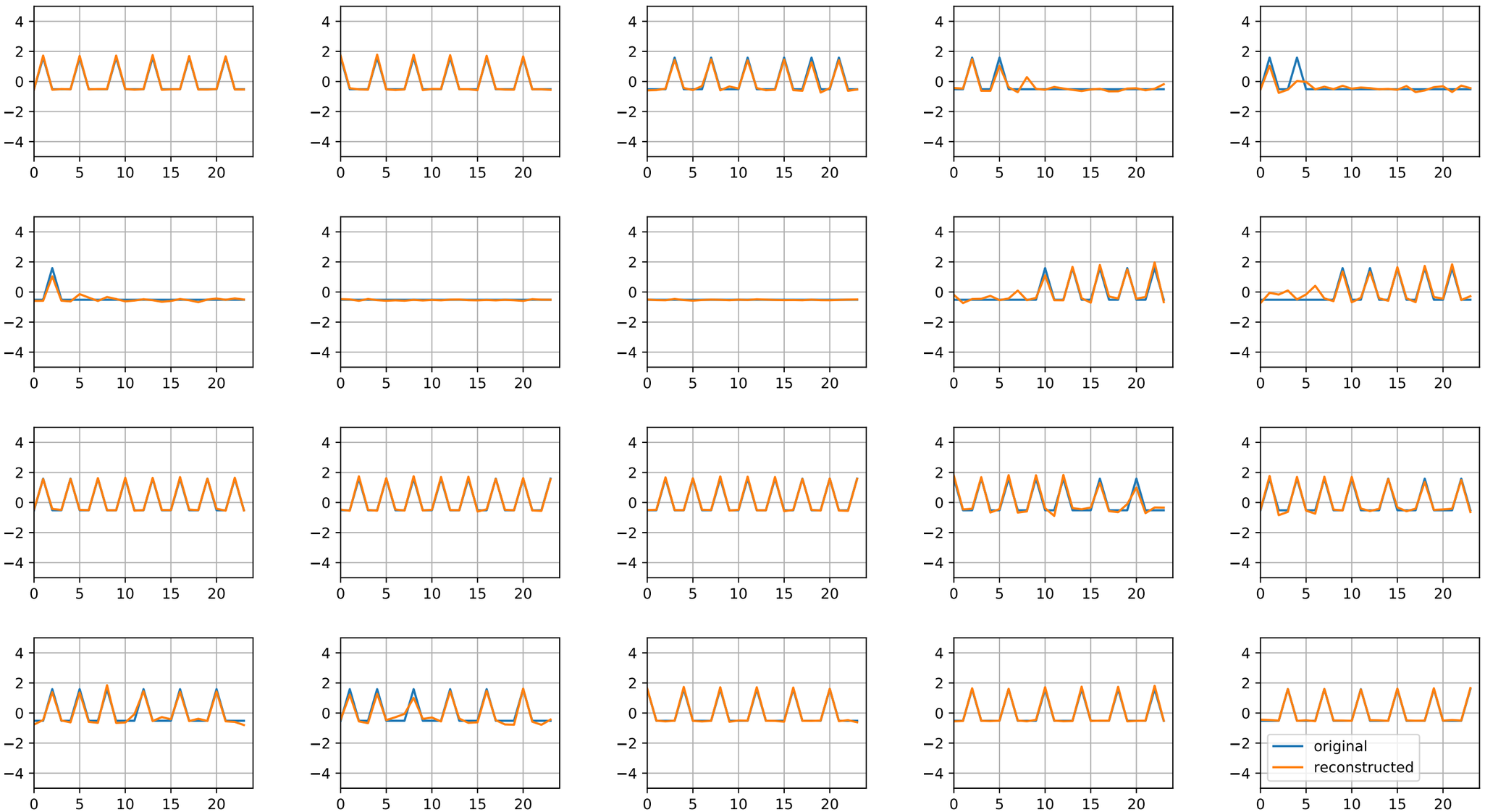Channel 7