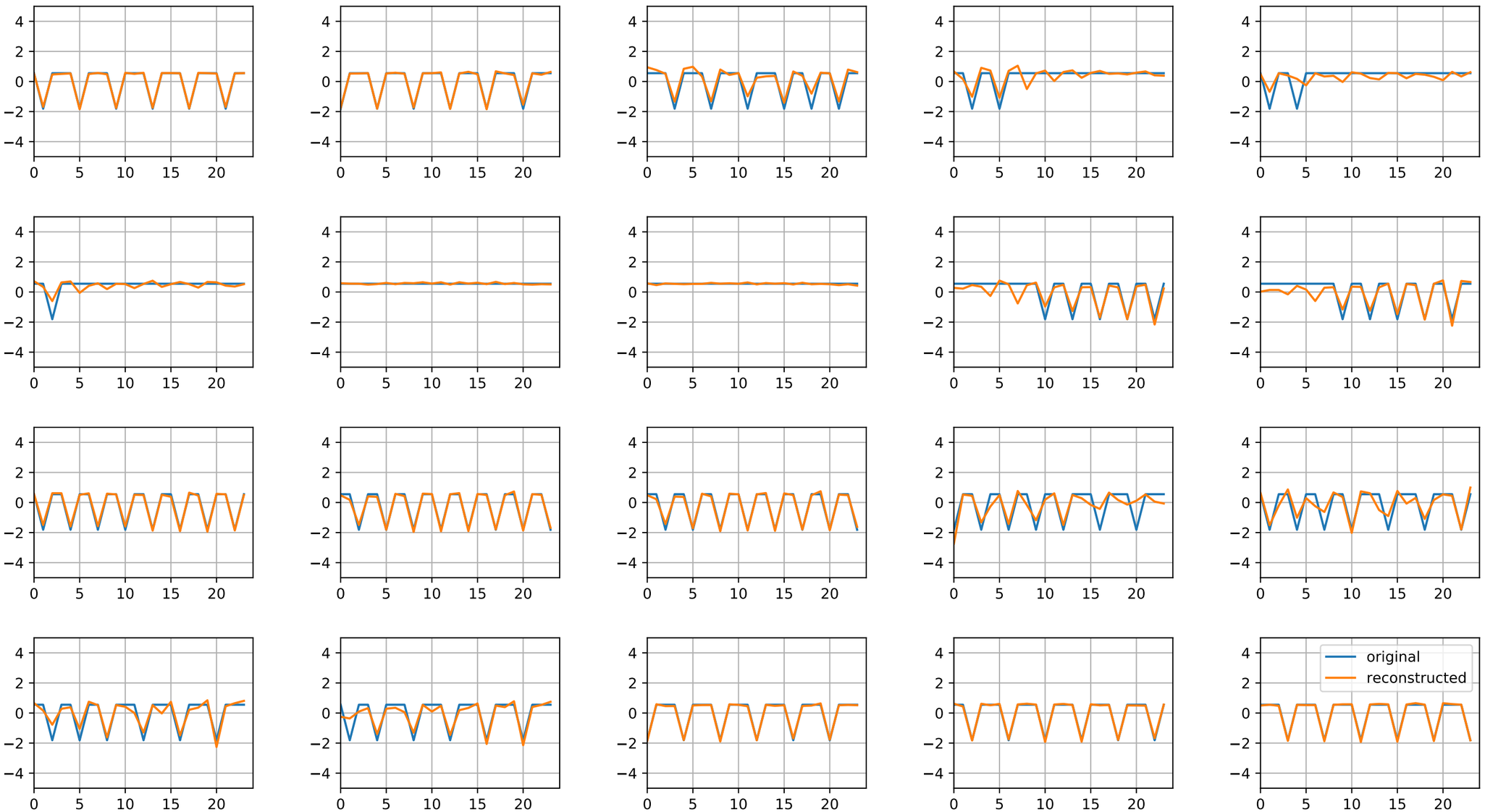Channel 19