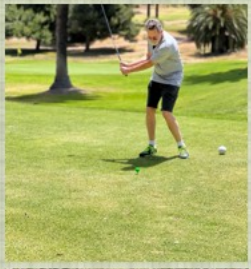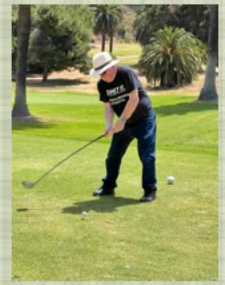Saturday Morning Tradition