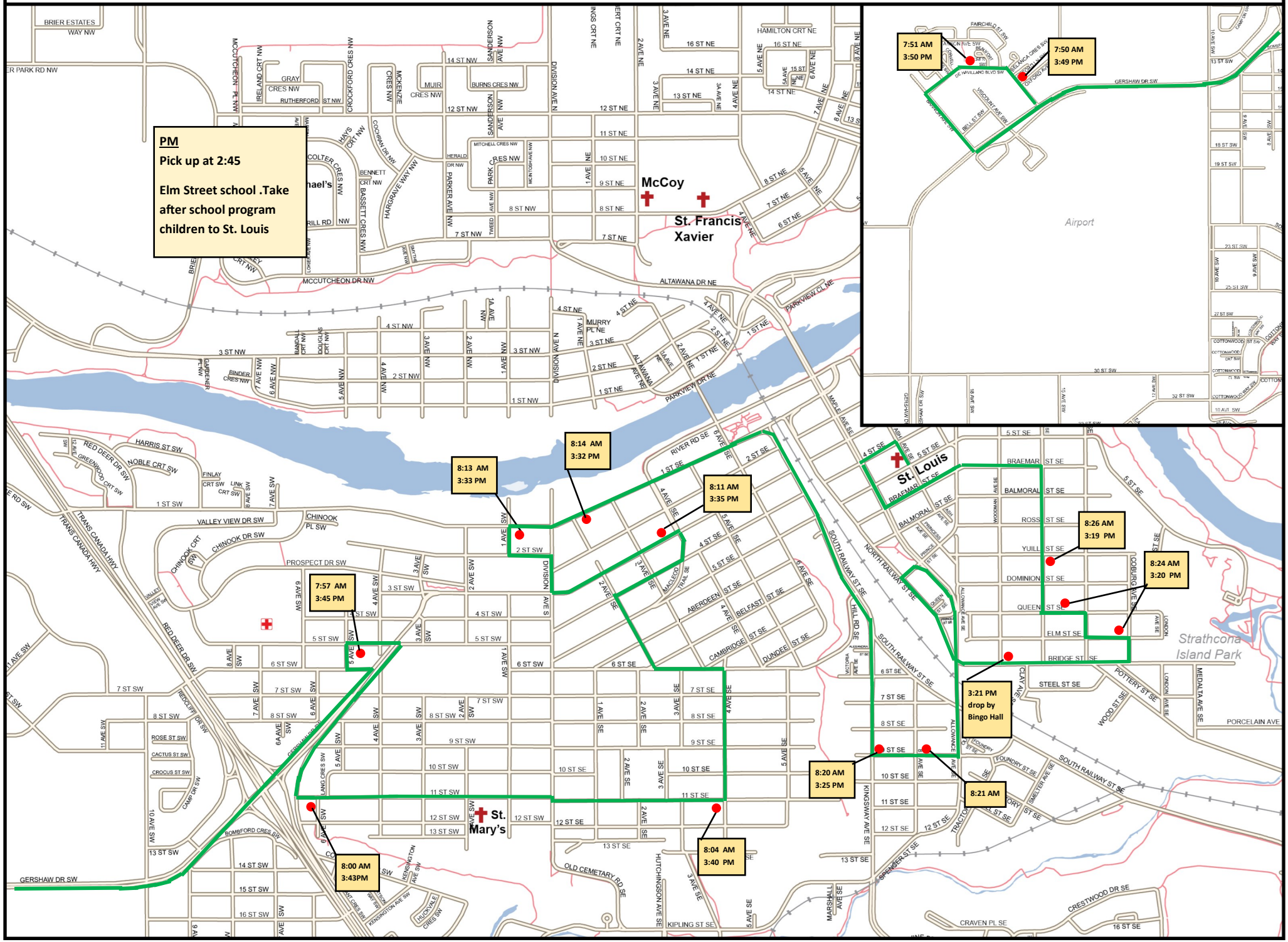St. Louis AM & PM