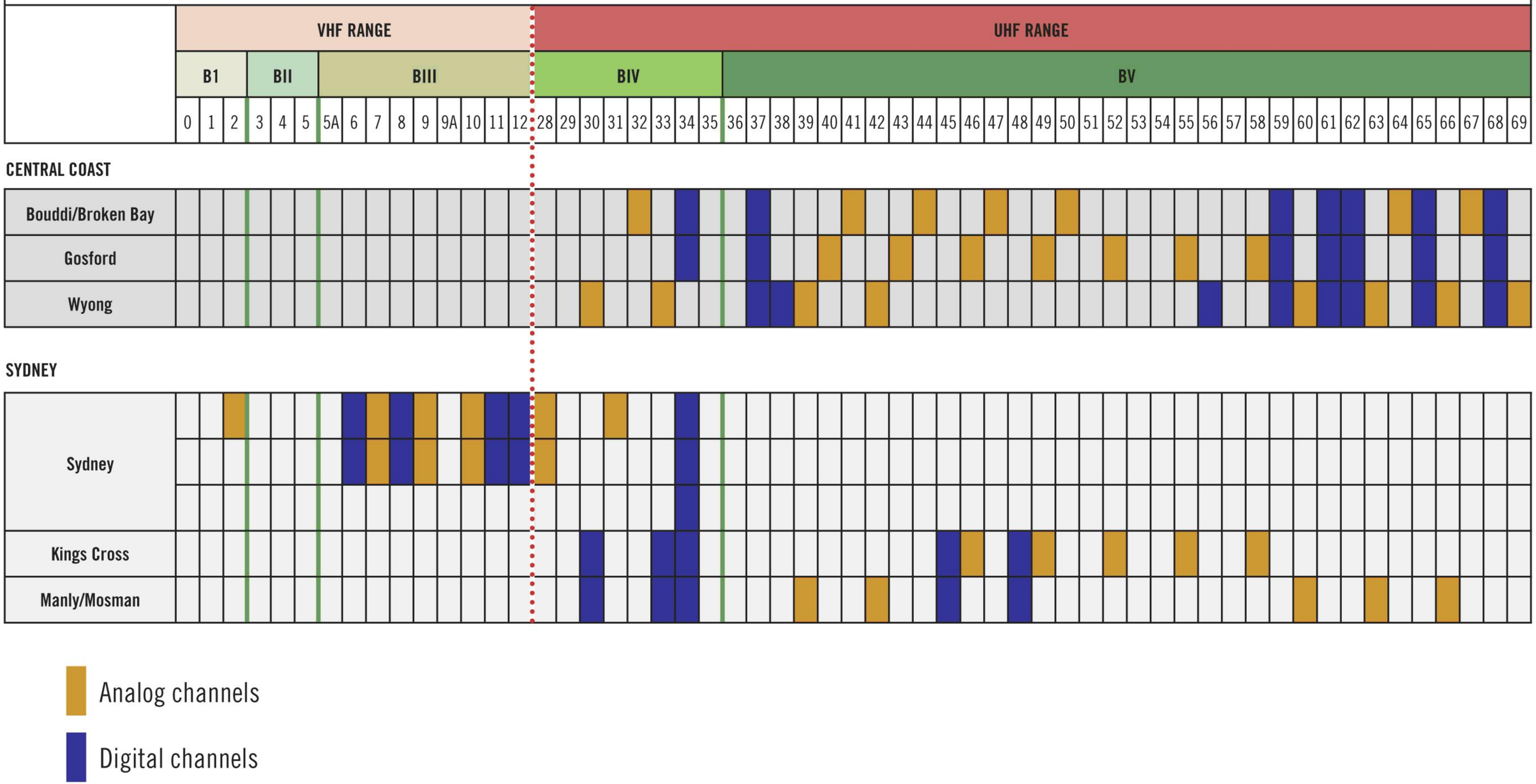ANALOG AND DIGITAL TELEVISION CHANNELS IN THE CENTRAL COAST AND SYDNEY AREAS