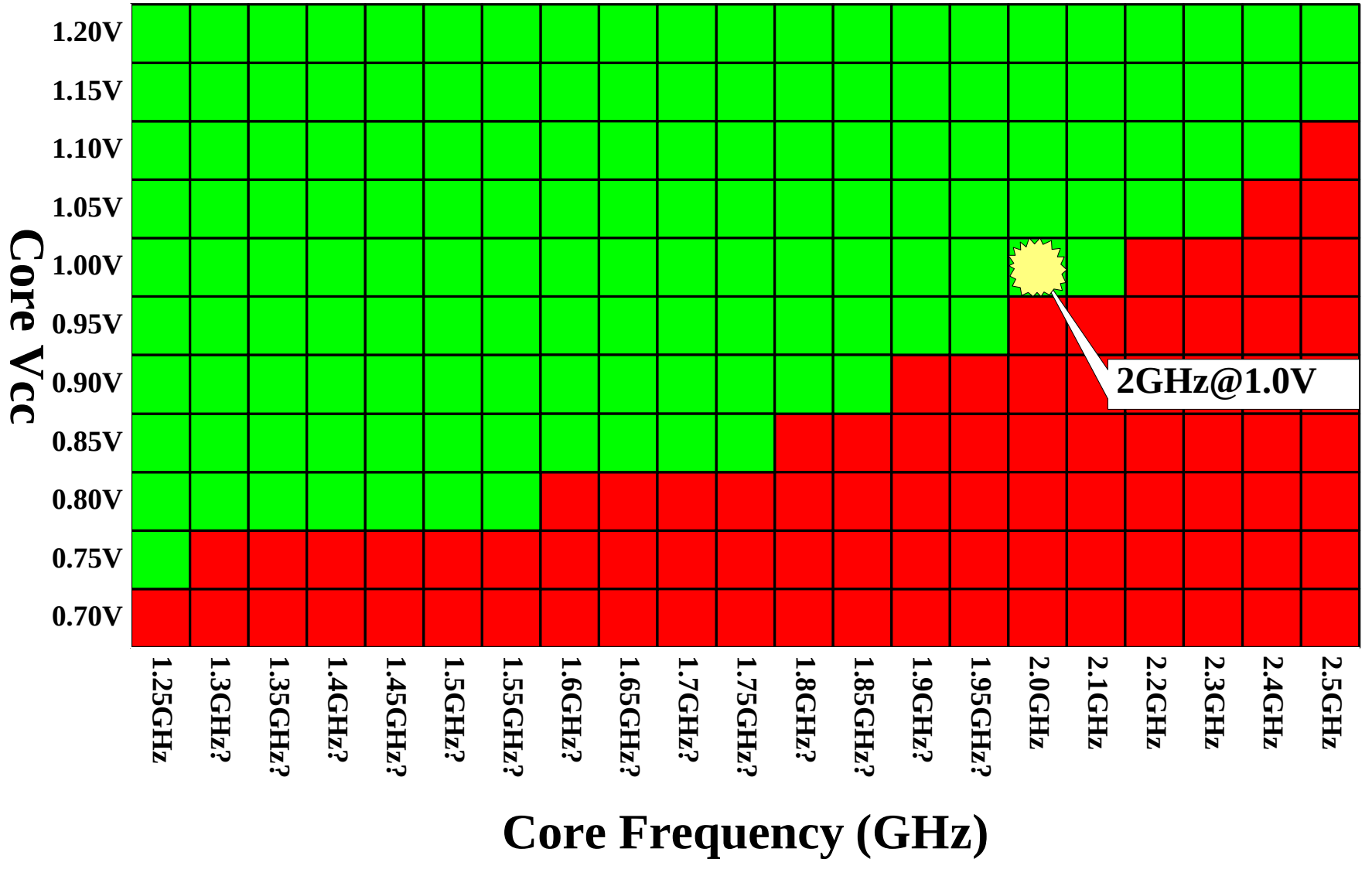Silverthorne Frequency