



npn
 2N2222
 2N3906
 R₁, R₂ 390 Ω
 R₃ 10K
 R_F 10K
 C₁, C₂ 22, 47 μF
 2 WTD

$$f = \frac{1}{1_h \cdot R \cdot C}$$

100nF 33K ~ 200KHz