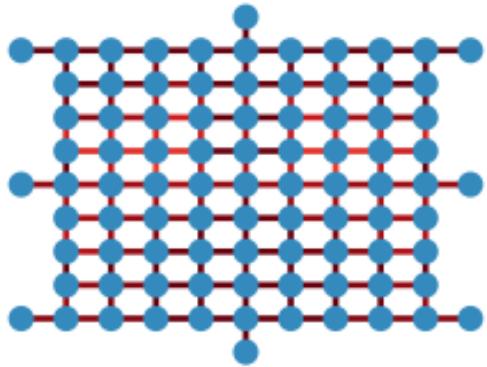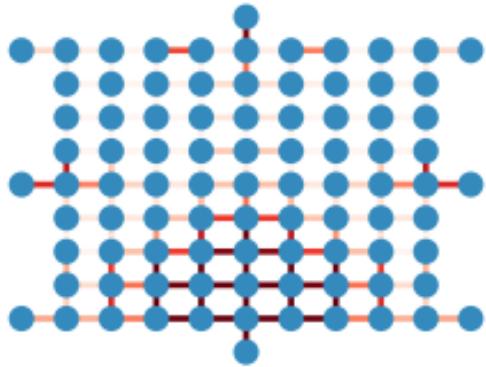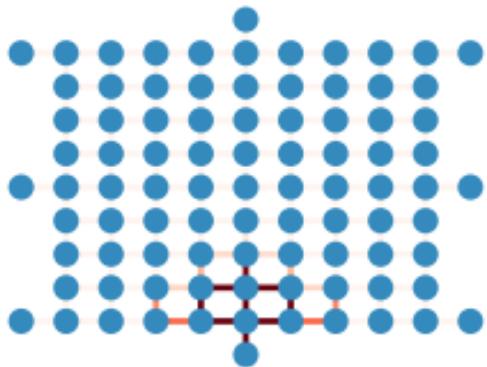$f_0 = 5.0$ MHz

$f_0 = 23.0$ MHz

$f_0 = 105.0$ MHz

$f_0 = 2400.0$ MHz