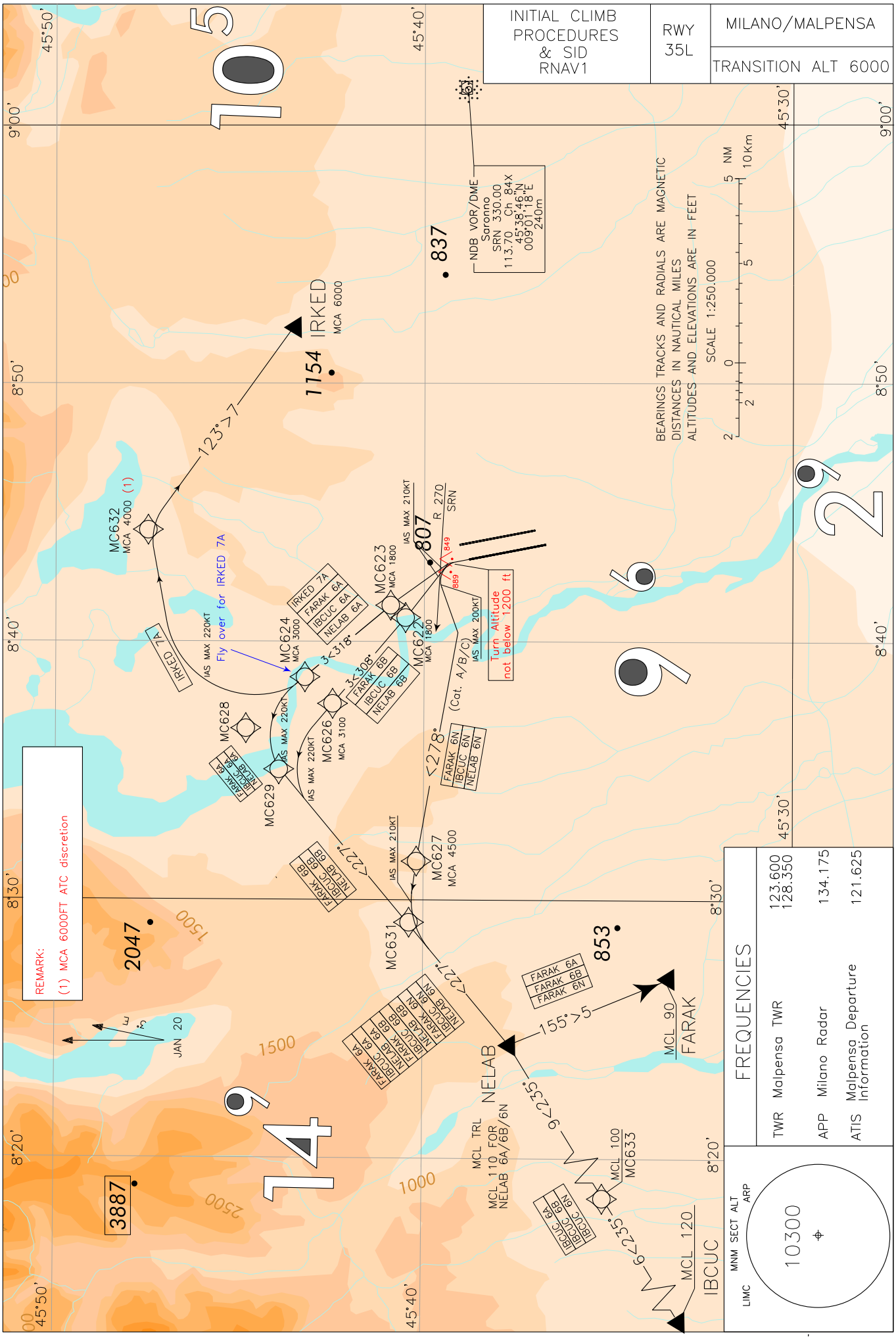CHANGE: TWR FREQ UPDATED