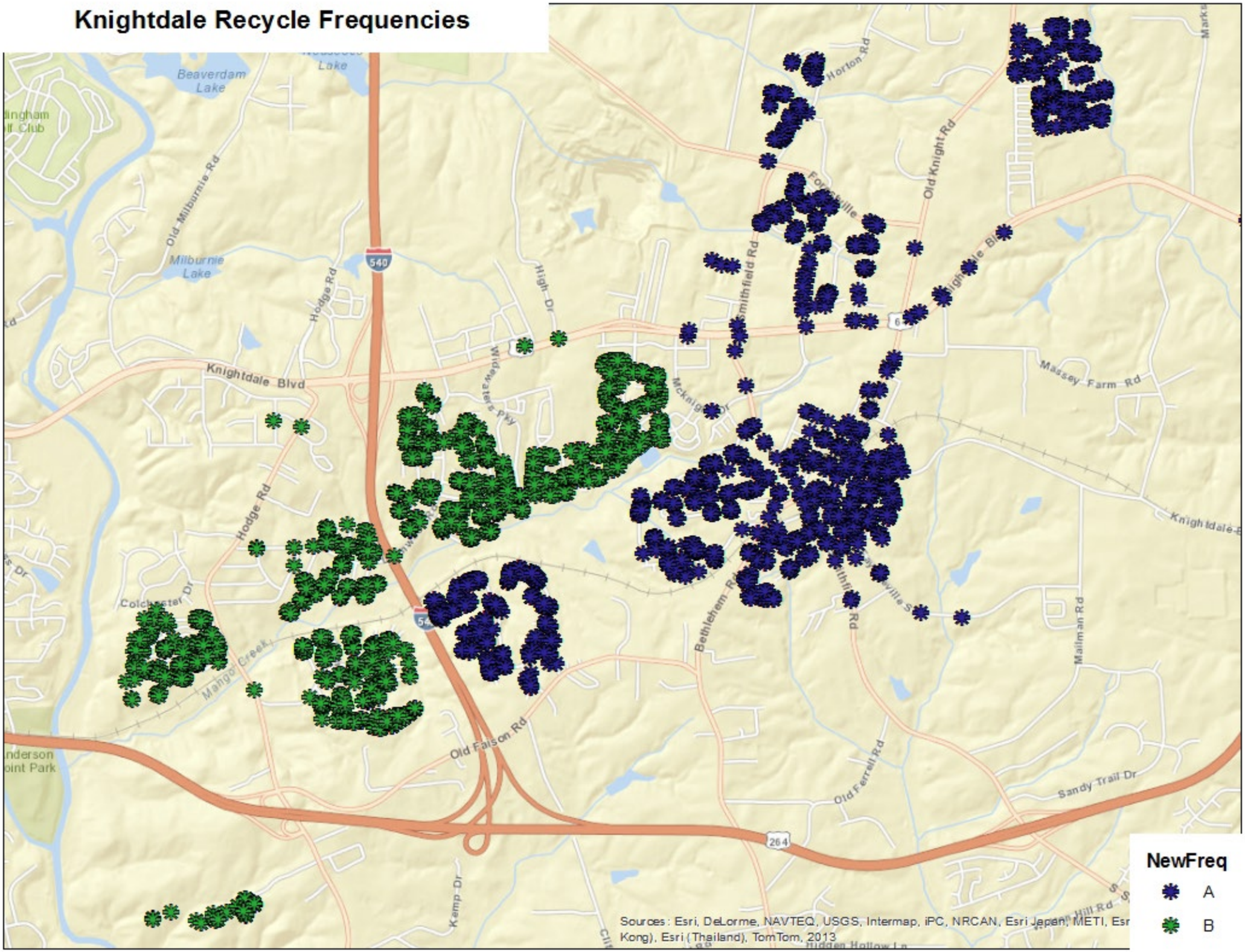Knightdale Recycle Frequencies