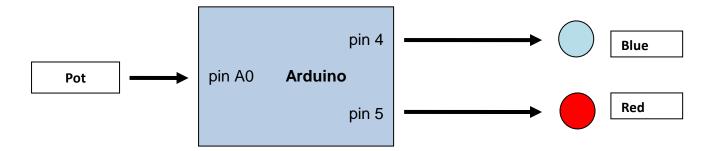This program alternately flashes between the blue and the red LED's. The potentiometer changes the rate of flashing.