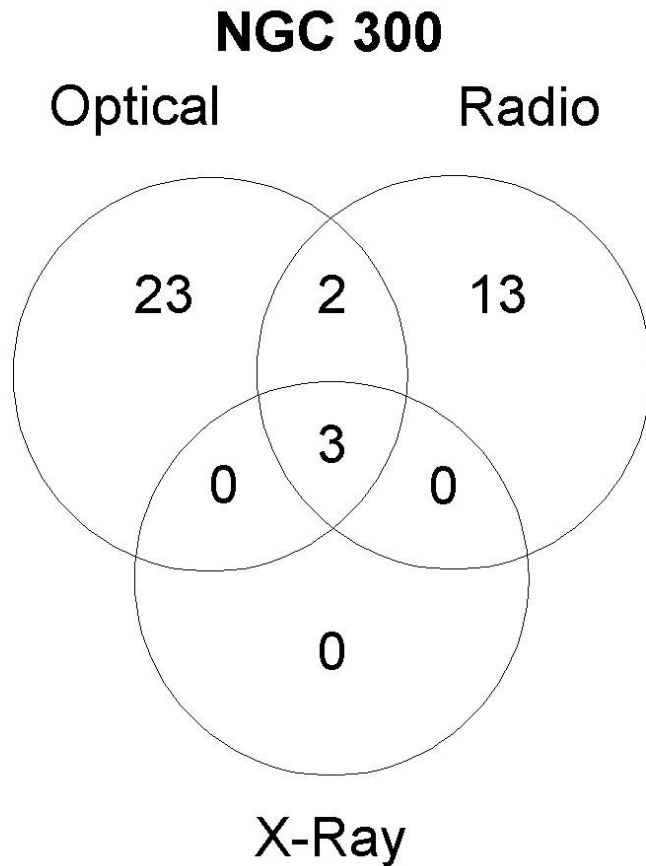


Multi-Frequency Study of Supernova Remnants and HII Regions in NGC 300



Optical observations complemented by radio and X-ray studies give a more complete inventory of a galaxy's Supernova Remnant population.