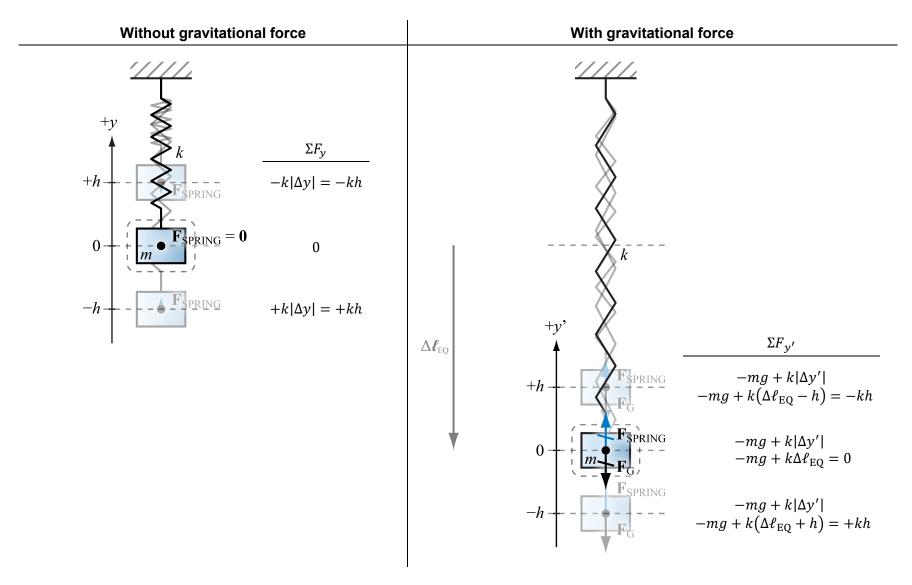
"Ignoring" gravity for SHM of a mass-on-a-spring



Period T (thus, frequency f) and graphs of K and $U_{\rm SHM} = U_{\rm G} + U_{\rm S}$ as functions of time and position can be correctly obtained for a vertically arranged mass-spring-Earth system vertically suspended in a gravitational field by pretending that the same mass and spring are arranged vertically in the absence of a gravitational field.