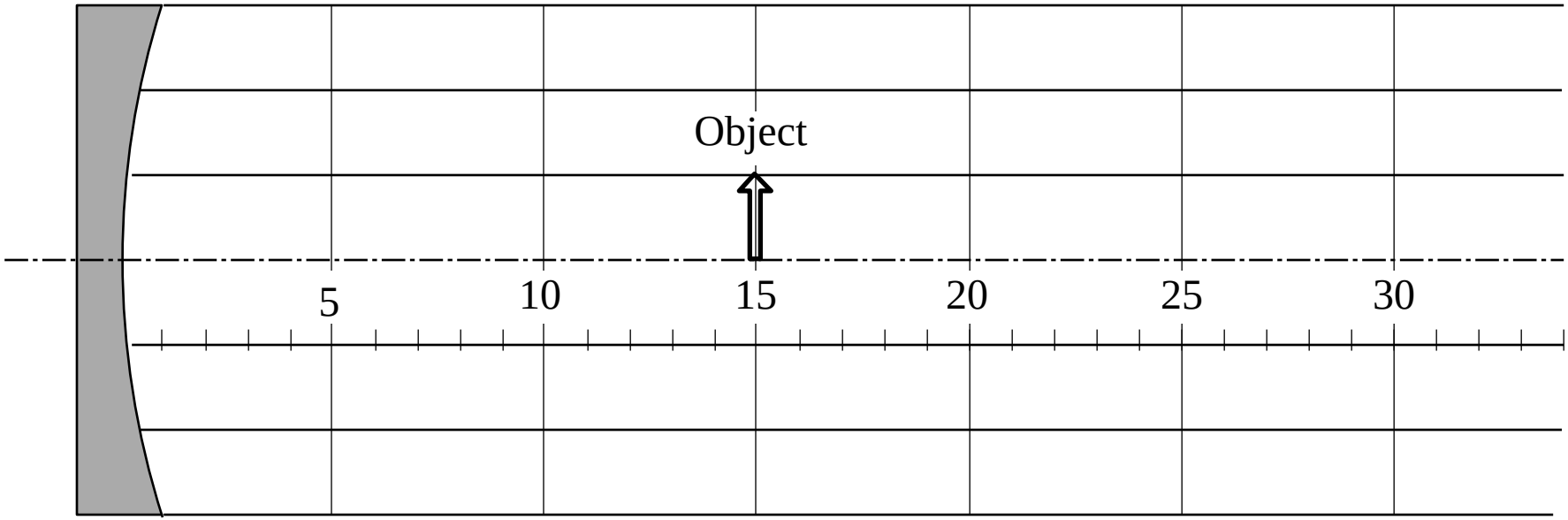
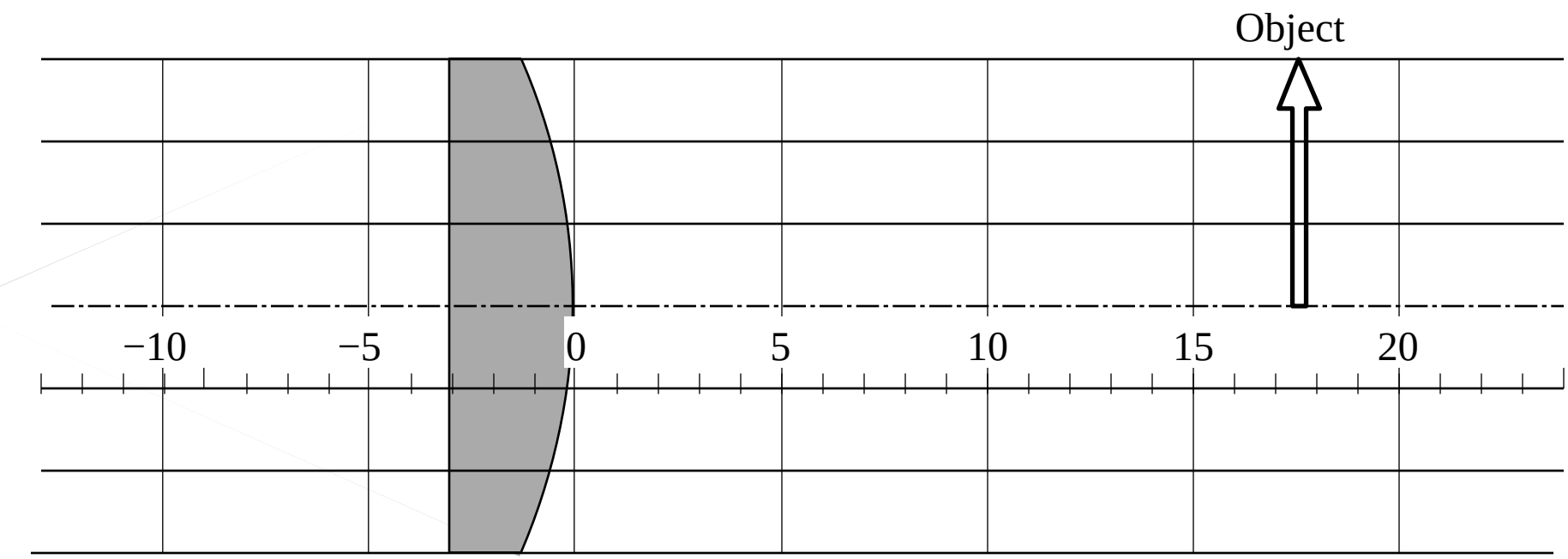


$f = +10$



$f = -7$