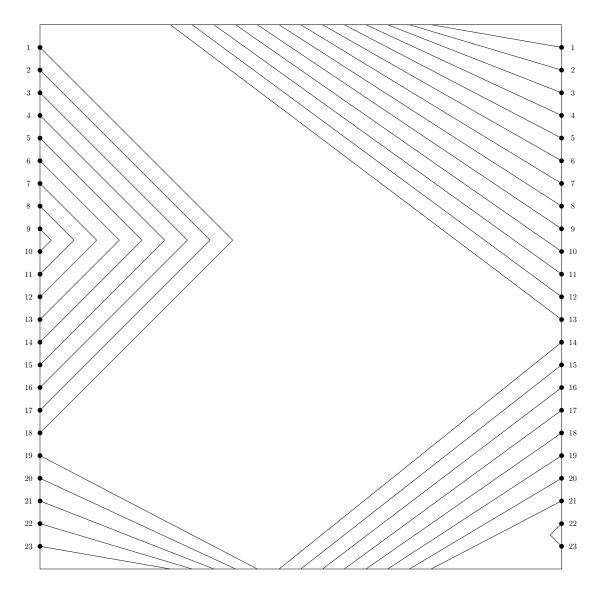
$[23,9,0,14],\, {\rm via} \ {\tt heegaard\{23\}\{9\}\{0\}\{14\}:}$ 



 $[11,3,2,8], \, {\rm via} \, \verb|\ucover{11}{3}{2}{8}{2}{3}{:}$ 

