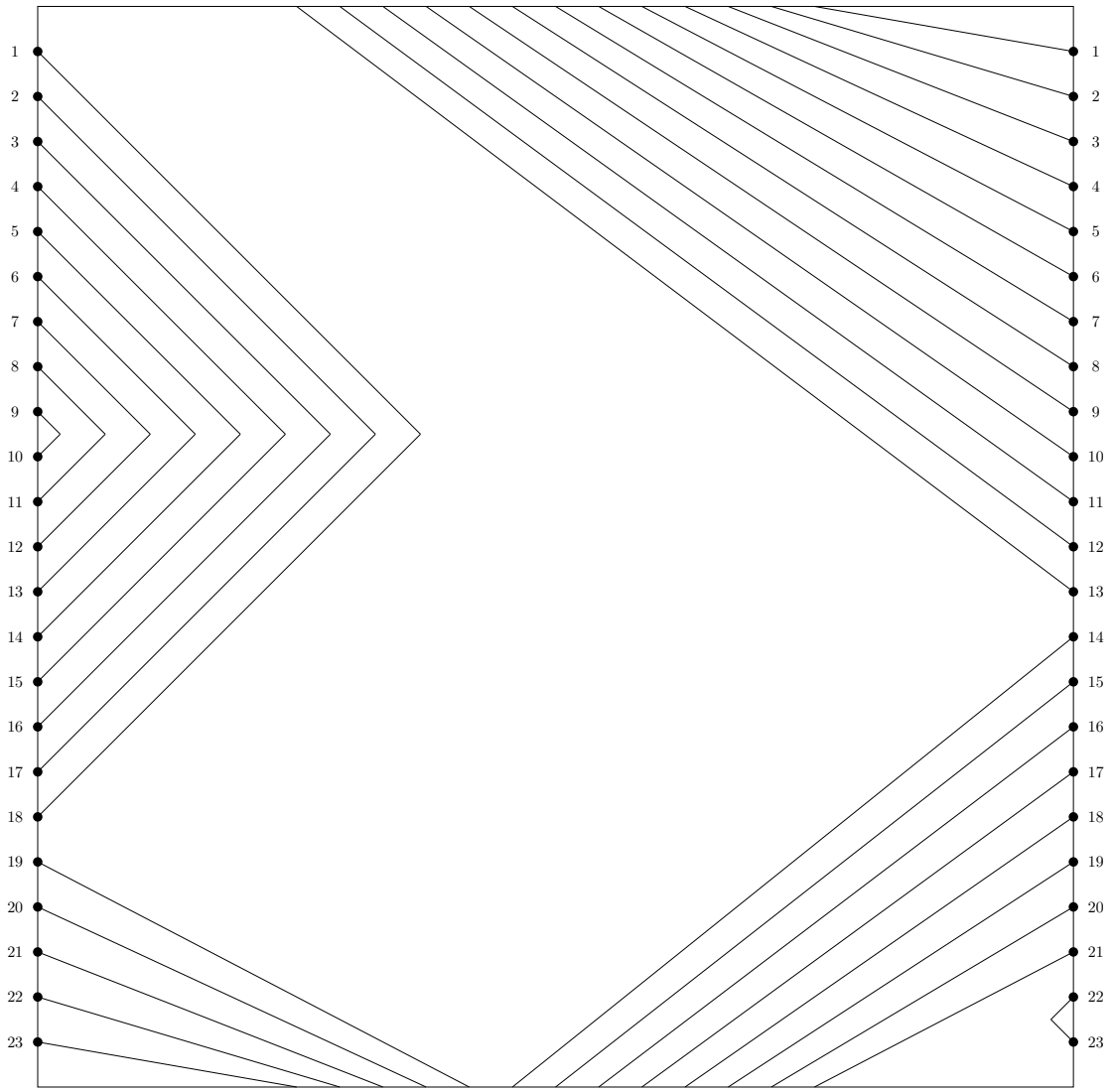
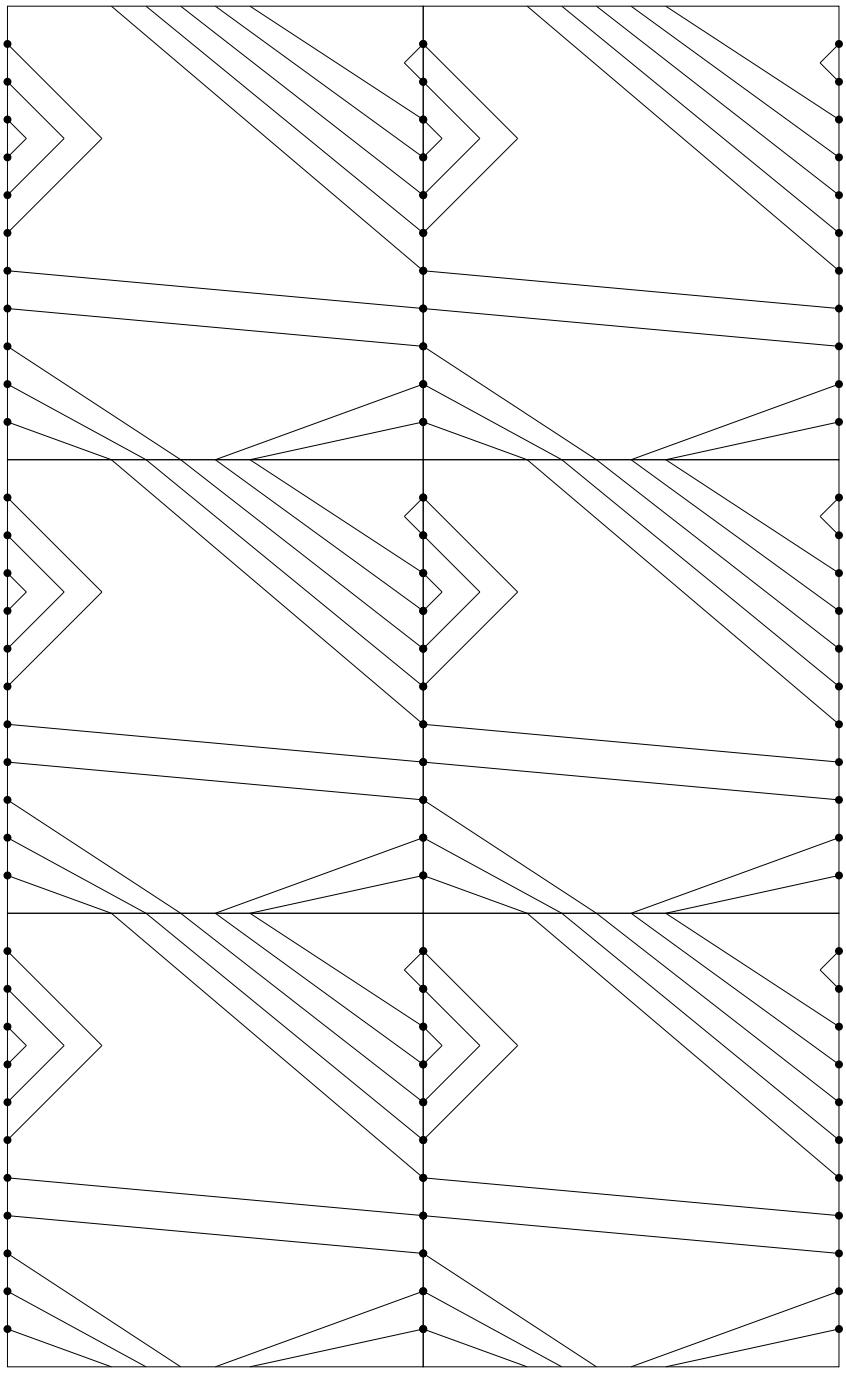
$[23, 9, 0, 14]$, via `\heegaard{23}{9}{0}{14}`:



$[11, 3, 2, 8]$, via `\ucover{11}{3}{2}{8}{2}{3}`: