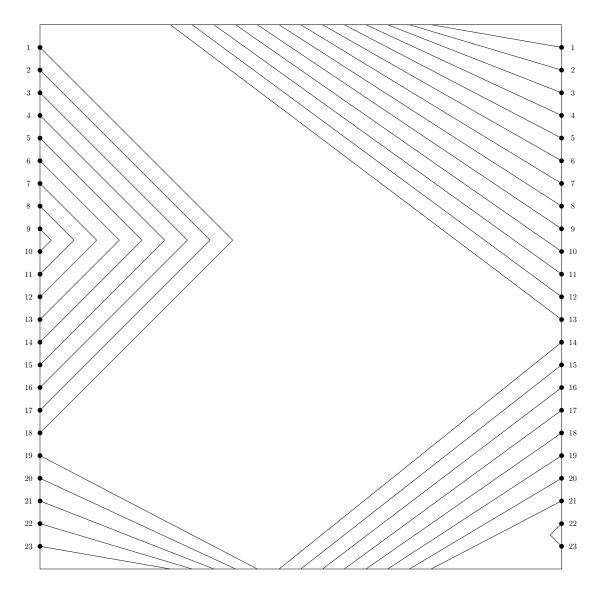
$[23,9,0,14],\, {\rm via} \ {\tt heegaard\{23\}\{9\}\{0\}\{14\}:}$ 



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

