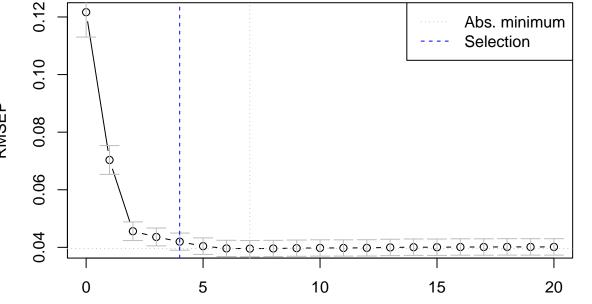Optimal number of components according to the one−sigma heuristic