$$\langle H^{2} \rangle = \langle \left(\sum_{i=1}^{L} \nabla_{i}^{x} \nabla_{i+1}^{x} + \frac{B}{2} \left(\nabla_{i}^{2} + \nabla_{i+1}^{2} \right) \right)^{2} \rangle$$

$$= \langle \left(\sum_{i \in V_{i}} \nabla_{i}^{x} \nabla_{i+1}^{x} + \frac{B}{2} \left(\nabla_{i}^{2} + \nabla_{i+1}^{2} \right) + \sum_{j \in J_{i}} \nabla_{j} \nabla_{j+1} + \frac{B}{2} \left(\nabla_{j}^{2} + \nabla_{j+1}^{2} \right) \right)^{2} \rangle$$

$$= \langle \left(\sum_{i \in V_{i}} h_{i} + \sum_{j \in J_{i}} h_{j} \right)^{2} \rangle = \langle \left(\sum_{i} h_{i} + \sum_{j} h_{j} \right) \left(\sum_{i'} h_{i'} + \sum_{j'} h_{j'} \right) \rangle$$

$$= \langle \left(\sum_{i} h_{i} \right) \left(\sum_{i'} h_{i'} \right) \rangle + \langle \left(\sum_{j'} h_{j} \right) \left(\sum_{j'} h_{j'} \right) \rangle$$

$$+ \langle \left(\sum_{i} h_{i} \right) \left(\sum_{j'} h_{j'} \right) \rangle + \langle \left(\sum_{j} h_{j} \right) \left(\sum_{i'} h_{i'} \right) \rangle$$

$$= \boxed{1} + \boxed{1} + \boxed{1} + \boxed{1} \bigvee$$

$$\star \left(\widehat{\mathbf{I}} \right) = \left\langle \sum_{i=i'} h_i h_{i'} \right\rangle + \left\langle \sum_{i-i' \geqslant 2} h_i h_{i'} \right\rangle + \left\langle \sum_{i'=i \geqslant 2} h_i h_{i'} \right\rangle = I_{\mathbf{a}} + I_{\mathbf{b}} + I_{\mathbf{c}}$$

$$= \left\langle \sum_{i+1=j'} h_i h_{j'} \right\rangle + \left\langle \sum_{i=j'+1} h_i h_{j'} \right\rangle + \left\langle \sum_{i=j'+1} h_i h_{j'} \right\rangle = \prod_{q} + \prod_{b} + \prod_{c}$$

$$* (V) = \langle \sum_{j+i=i'} h_j h_{i'} \rangle + \langle \sum_{j=i'+1} h_j h_{i'} \rangle + \langle \sum_{j=i'+1} h_j h_{i'} \rangle = \overline{V}_{\alpha} + \overline{V}_{i} + \overline{V}_{c}$$

Diagrams:

$$I_{b} = 0$$

$$I_{b} = 0$$

$$I_{b} = 0$$

$$I_{c} = 1$$

$$I_{c} = 1$$

$$I_{c} = 1$$

$$I_{c} = 1$$

$$\prod_{k} = \bigcup_{j=1}^{k} \bigcup_{j=1}$$