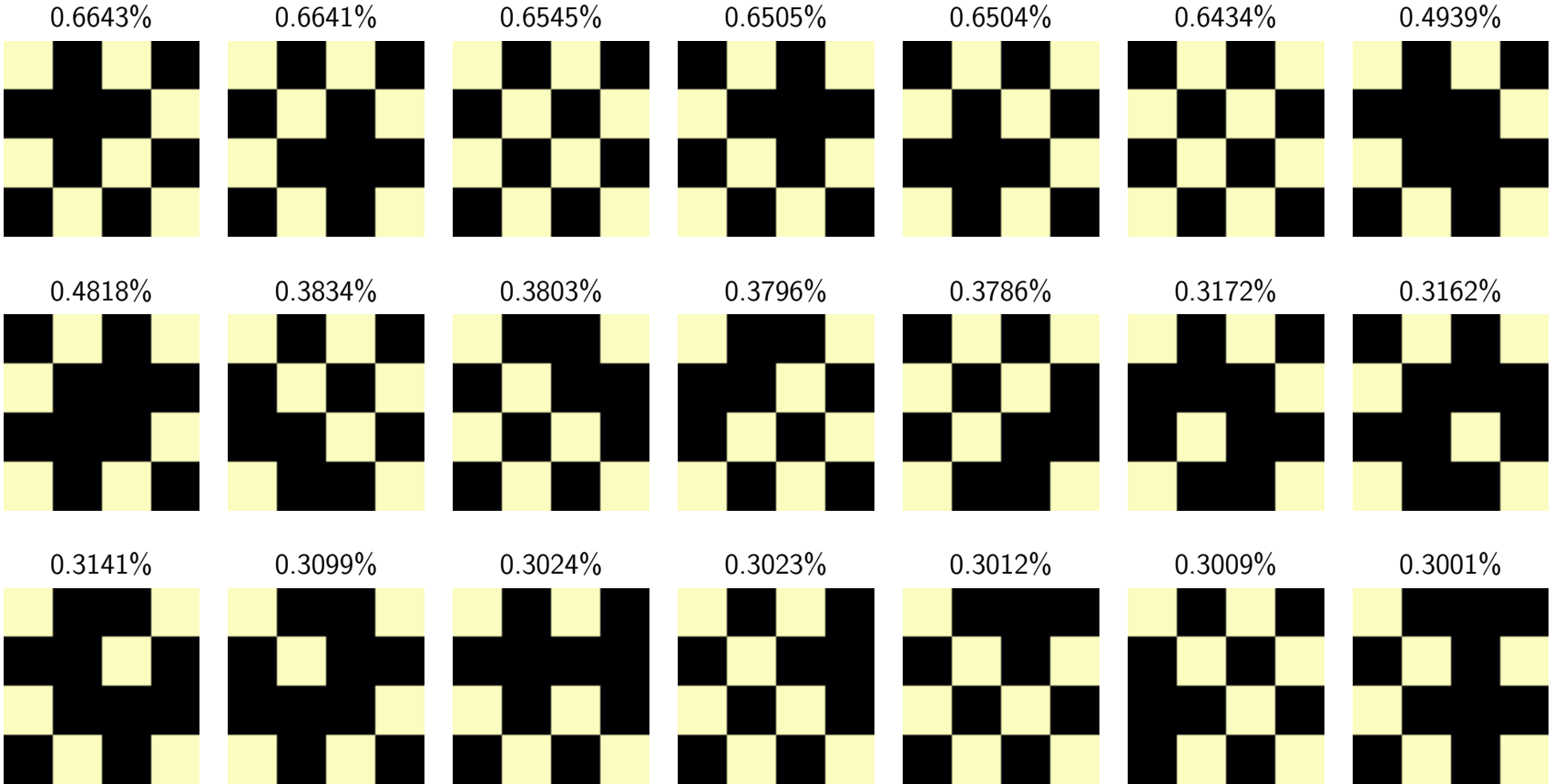$\Delta/\Omega = 1.2,\ R_b/a = 1.15$ QMC $\beta\Omega = 3.36$