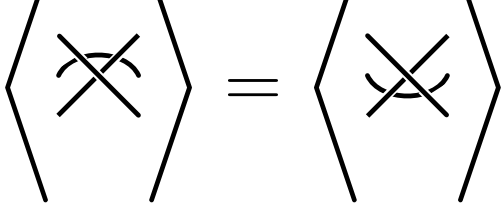
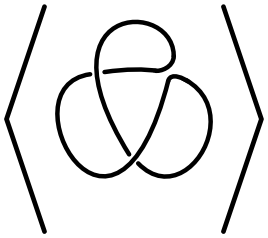
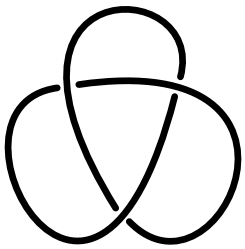
Show that:



Compute:



Compute the writhe: