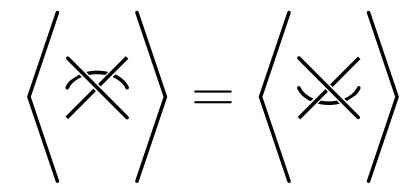


Show that:



Compute the writhe:

