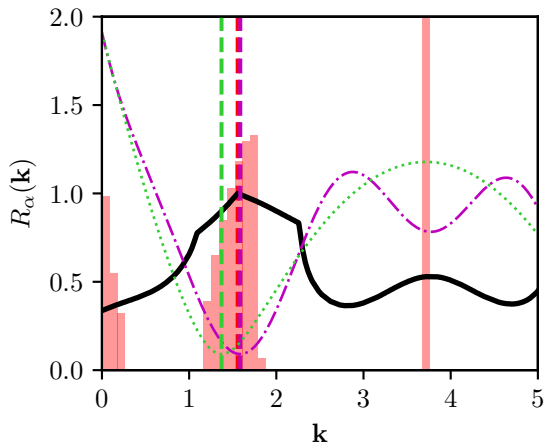


Relaxation:  $R_{\alpha_1}(\mathbf{k})$   
 $\alpha_1 = 1.9506$



Relaxation:  $R_{\alpha_1}(\mathbf{k})$   
 $\alpha_1 = 2.2196$

