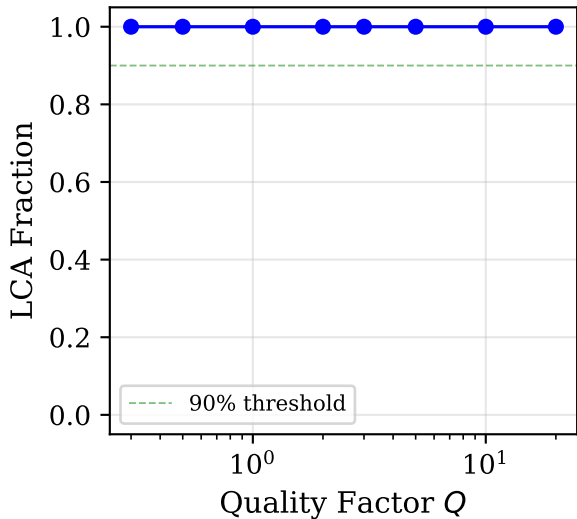


# Regime Stability vs. $Q$



# Spectral Spread vs. $Q$

