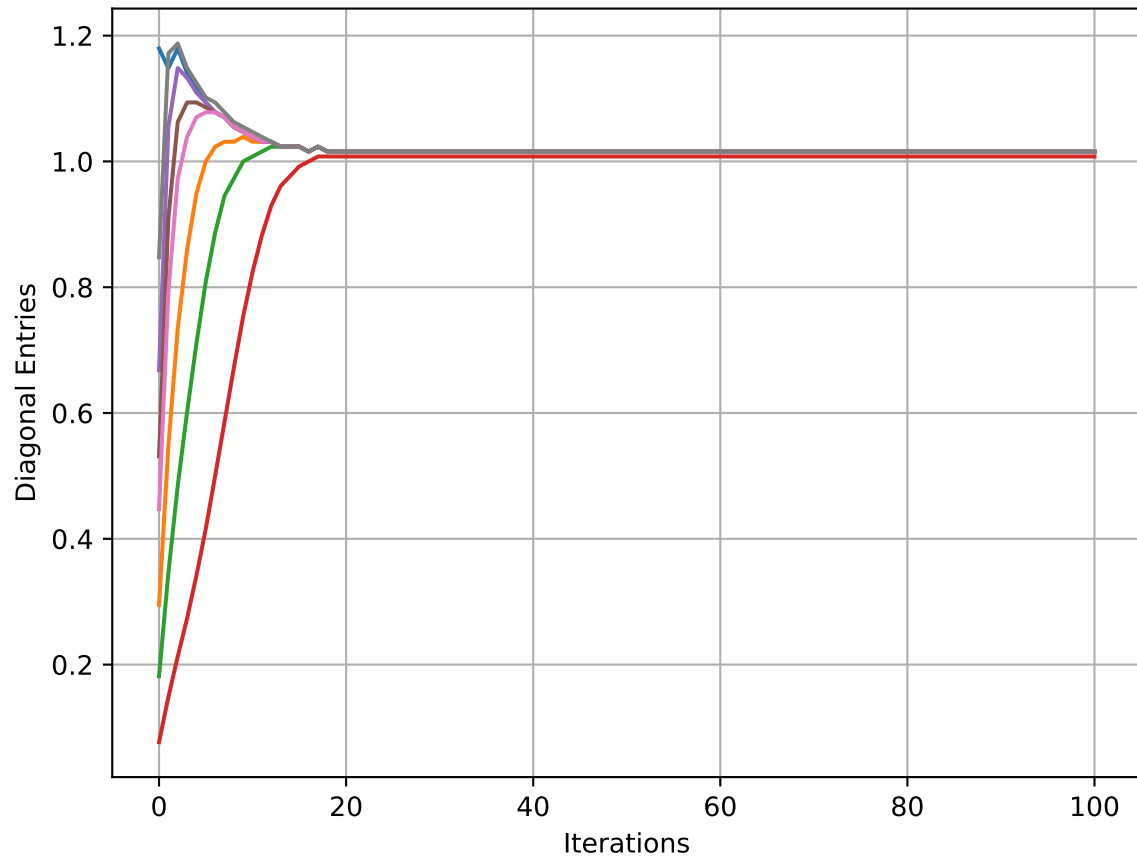


$$\rho_5(\Sigma) = 3.4445\Sigma - 4.7750\Sigma\Sigma^T\Sigma + 2.0315\Sigma\Sigma^T\Sigma\Sigma^T\Sigma$$



$$\rho_3(\Sigma) = 3\Sigma - \Sigma\Sigma^T\Sigma$$

