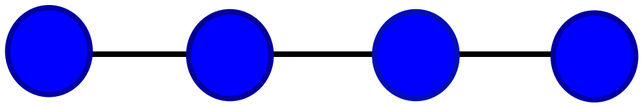
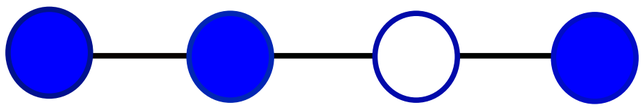
$E_{C_1}=-(J_1+J_2+J_1'+J_2')/2-H$

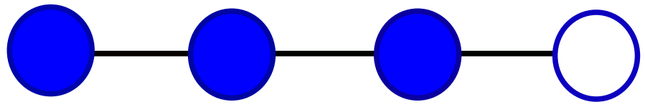


$\boldsymbol{H}_{\mathbf{fr2}}$ $\boldsymbol{H}_{\mathbf{fr2}}$



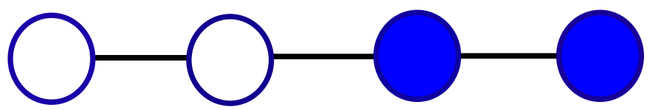
$E_{C_4}''=(J_1'-J_2')/2-H/2$

$\boldsymbol{H}_{\mathbf{fr1}}$

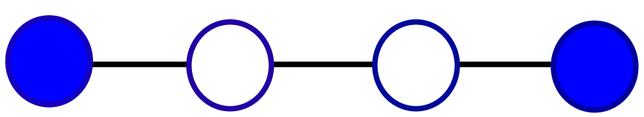


$E_{C_4}'''=-(J_1'-J_2')/2-H/2$

$\boldsymbol{H}_{\mathbf{fr1}}$ $\boldsymbol{H}_{\mathbf{fr1}}$



$E_{C_4}=(-J_1+J_2+J_1'+J_2')/2$



$E_{C_4}'=(J_1-J_2+J_1'+J_2')/2$