

$\partial_t u = \alpha \nabla^2 u + u - u^3 - v - 0.05$, $\partial_t v = \beta \nabla^2 v + 10(u - v)$
 $\alpha = 0.00028$, $\beta = 0.05$, $L = 3.0$, $N = 256 \times 256$, $t \approx 15.0$

