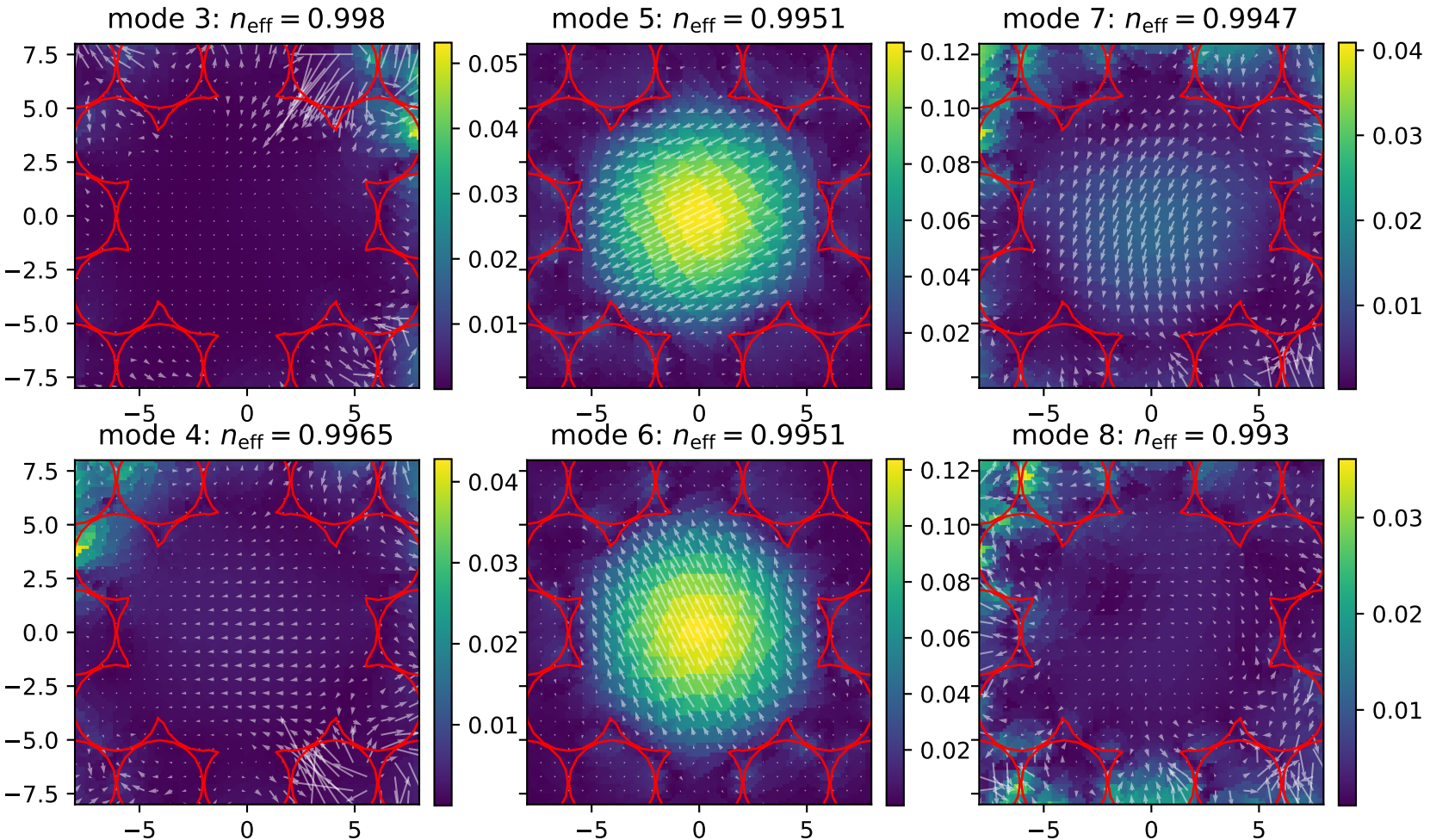
mode 3: $n_{\text{eff}} = 0.998$
mode 5: $n_{\text{eff}} = 0.9951$
mode 7: $n_{\text{eff}} = 0.9947$
mode 4: $n_{\text{eff}} = 0.9965$
mode 6: $n_{\text{eff}} = 0.9951$
mode 8: $n_{\text{eff}} = 0.993$