Piecewise Functions
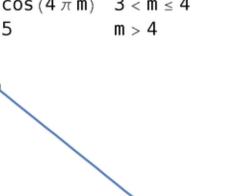
$$\begin{cases} 4 - 3m & -7 < m \le -2 \\ \frac{m^2}{3} - m & -2 < m \le 3 \\ \cos(4\pi m) & 3 < m \le 4 \\ 5 & m > 4 \end{cases}$$