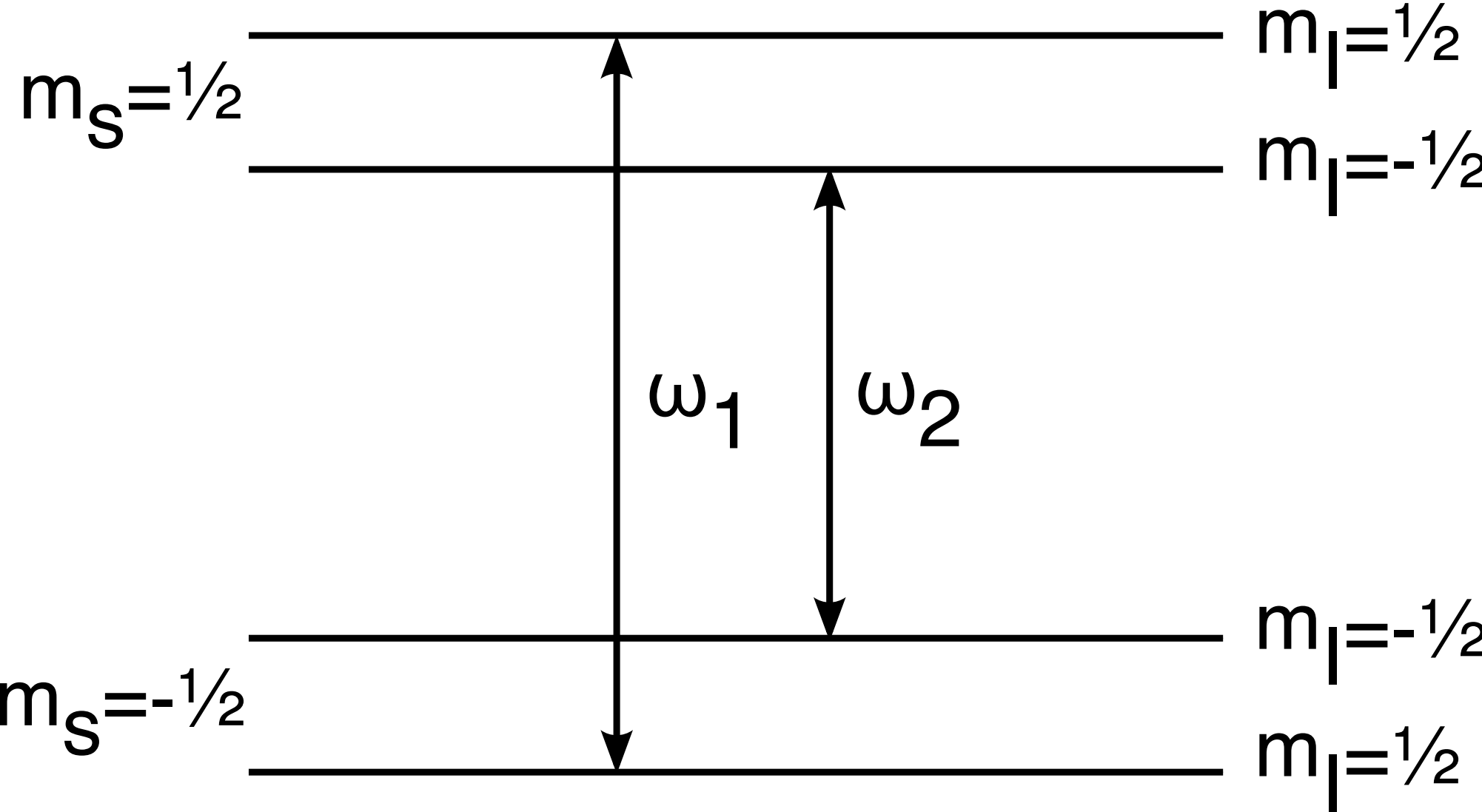

$m_s=½$
$m_s=-½$
$m_I=½$
$m_I=-½$
$m_I=-½$
$m_I=½$
ω_1
ω_2