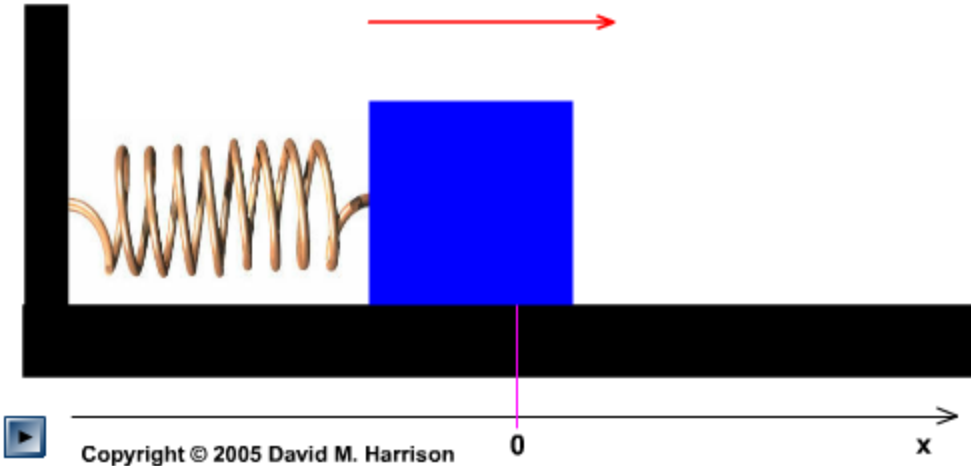


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We show the force  $\vec{F}$  exerted on a mass by a spring

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