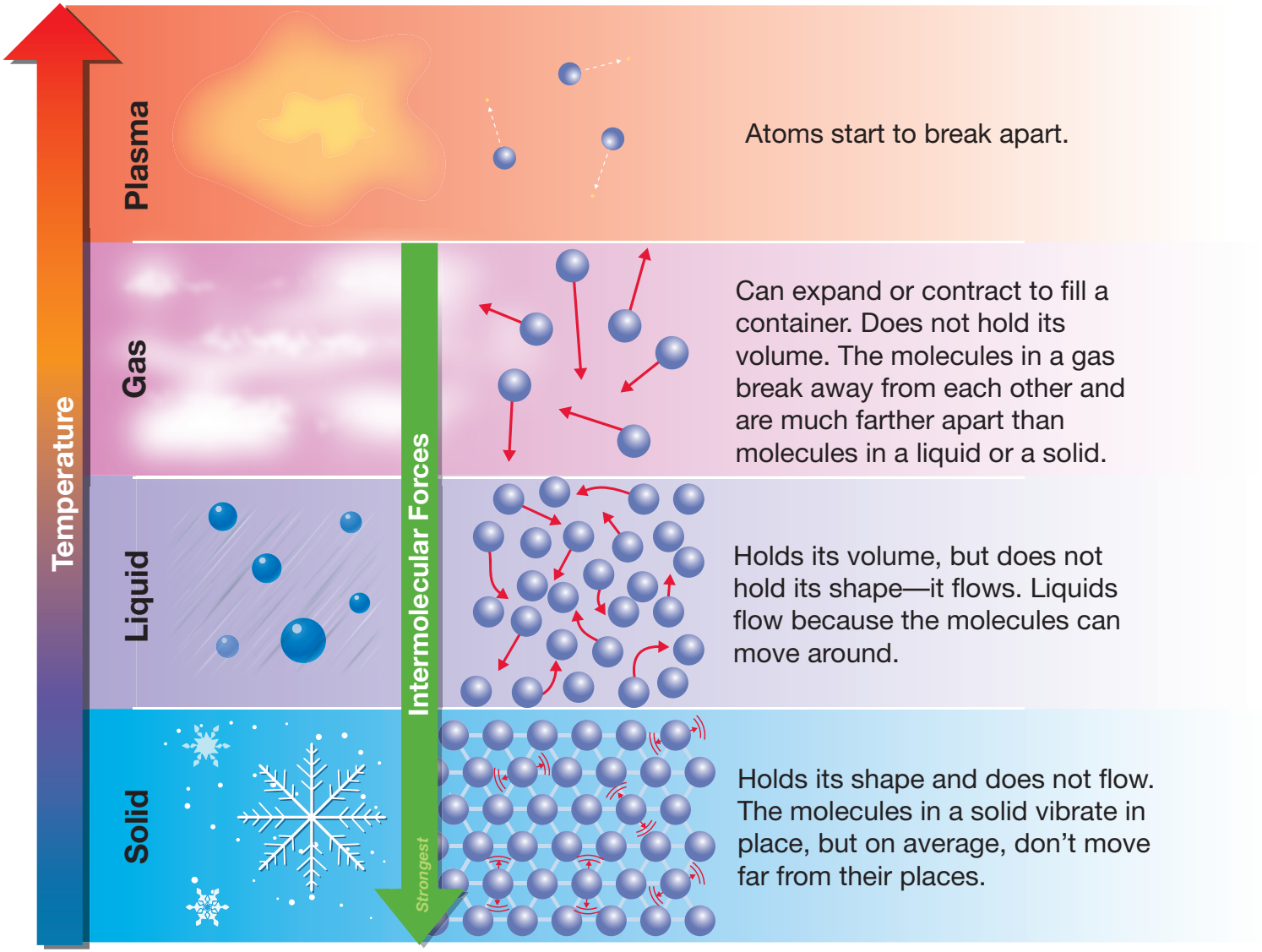Summary of the Phases of Matter