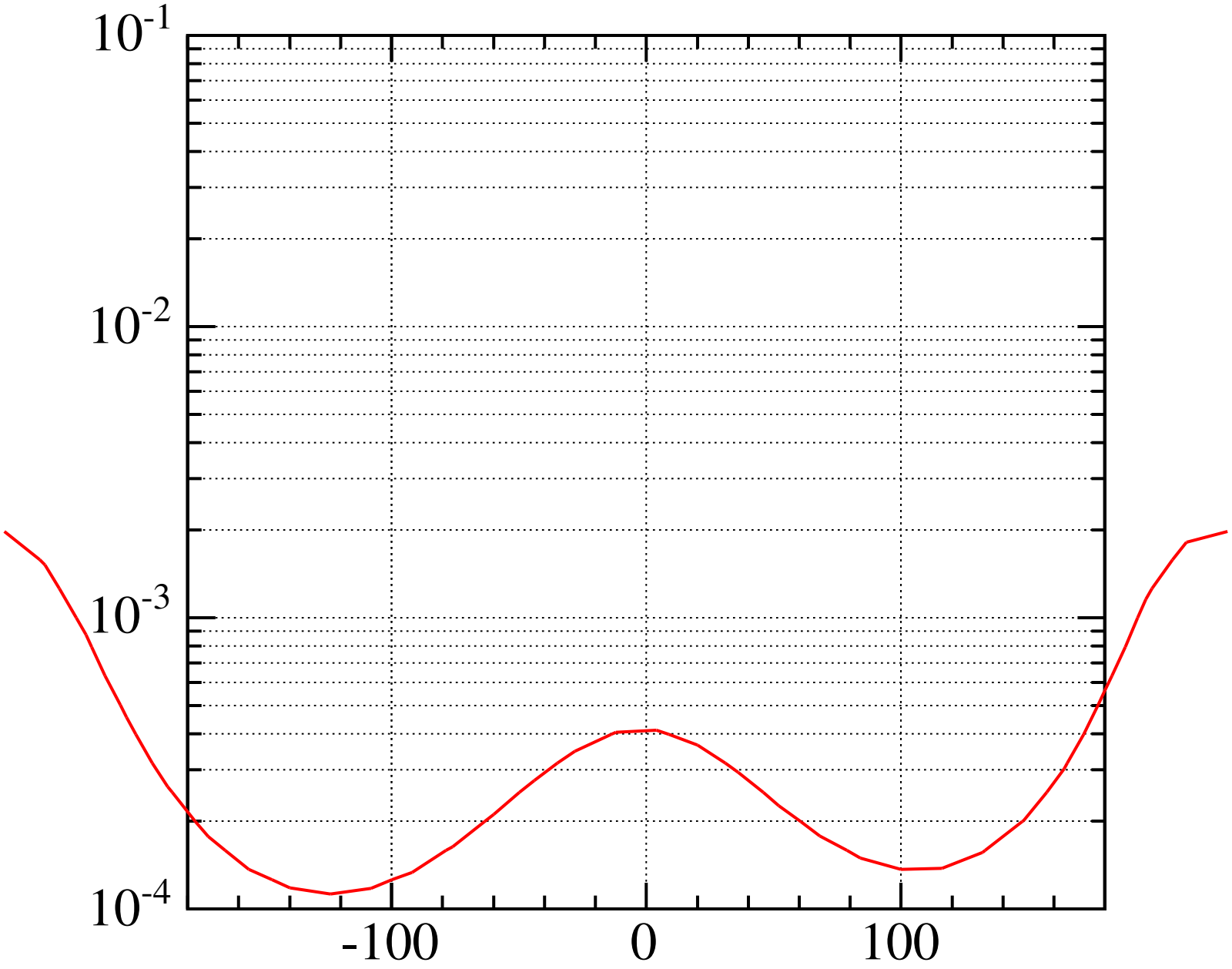Theta vs Delta