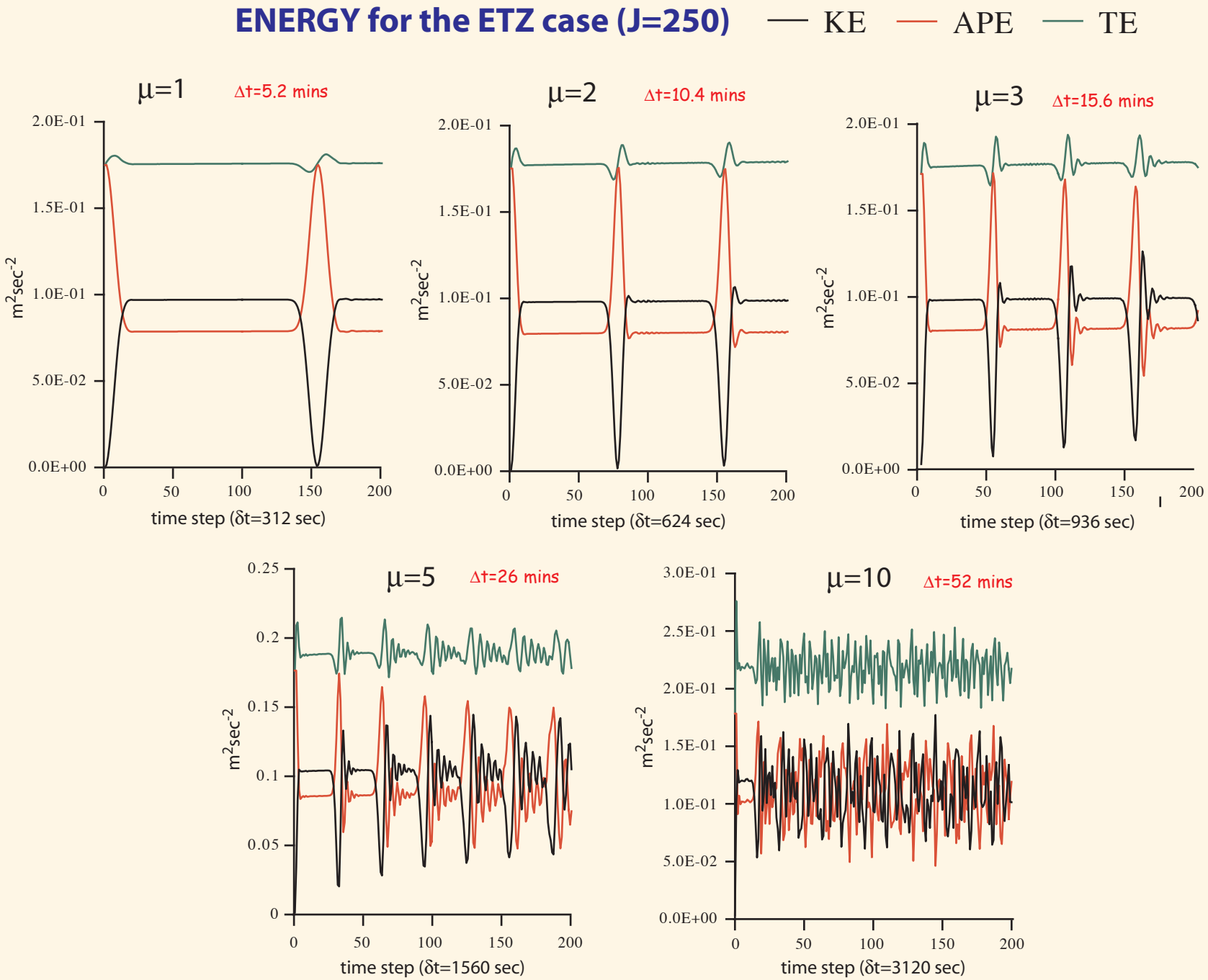ENERGY for the ETZ case (J=250)