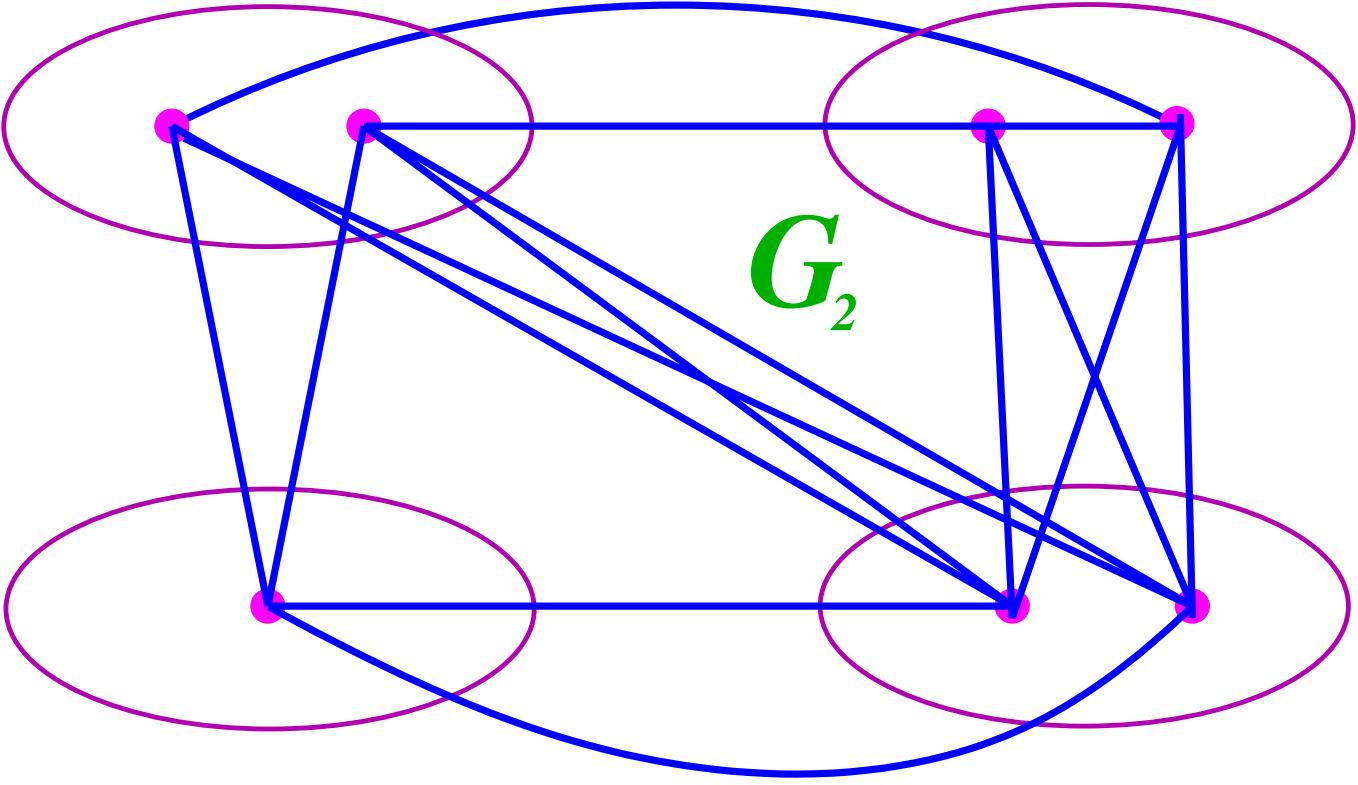


$$m = (n^2 - n + 4)/3 = (7^2 - 7 + 4)/3 = 15$$