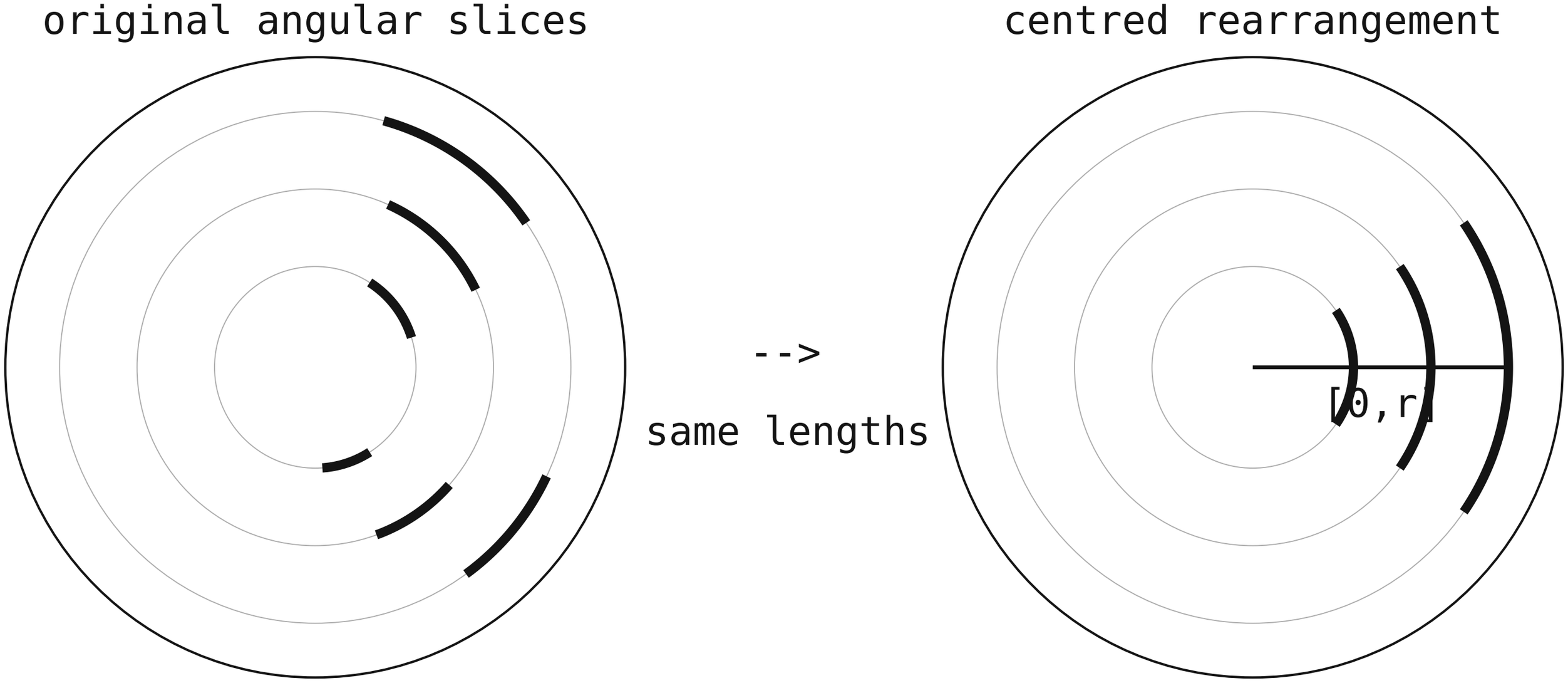


slice L^2 contraction + angular coarea inequality

Dirichlet energy decreases; connected K supplies every radius