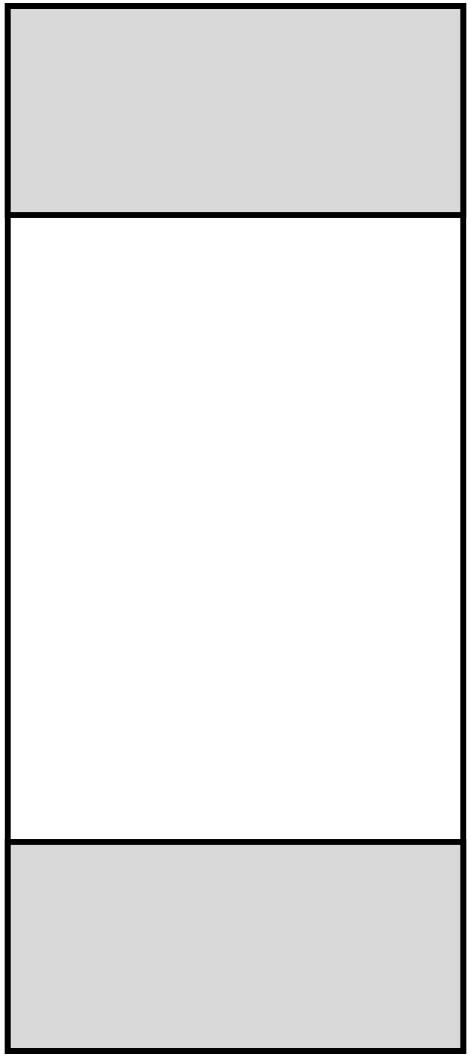

Upper buffer M
Remaining height $h-2M$
Lower buffer M