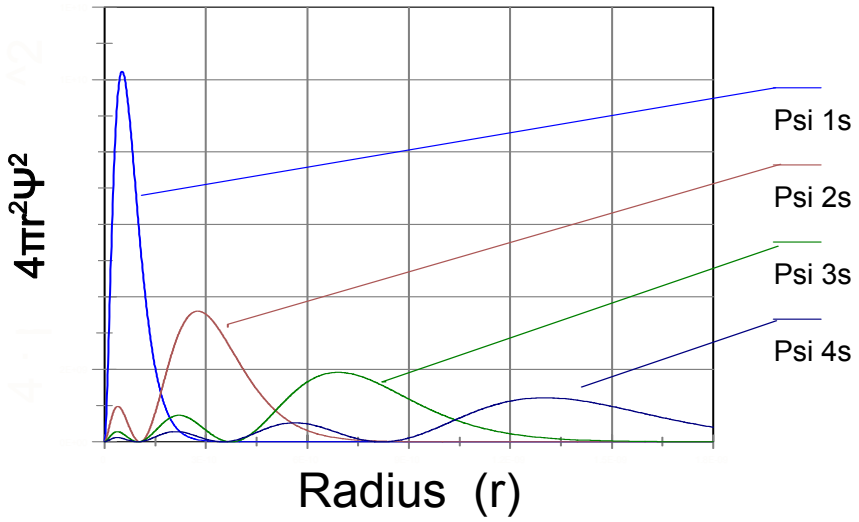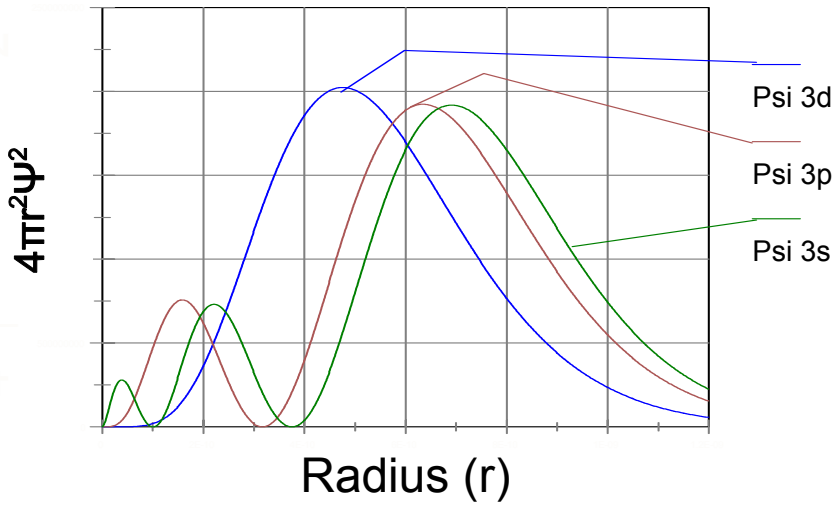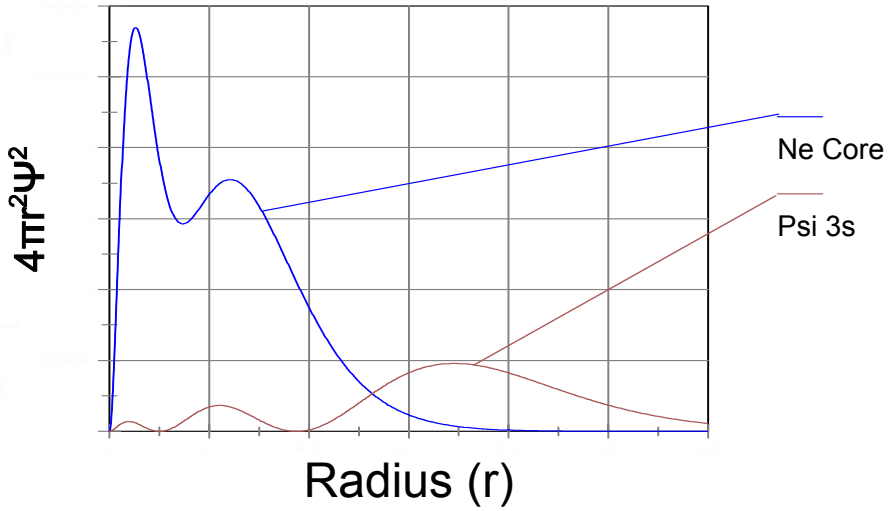Shielding and Penetration of Orbitals