



Stable structural phases found in simulations of helical bending-restrained semiflexible (all) and unrestrained flexible macromolecules (bottom row only). [Matthew J. Williams and Michael Bachmann, Phys. Rev. Lett. **115**, 048301 (2015)]

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Contents

Articles published 18 July–24 July 2015

VOLUME 115, NUMBER 4

24 July 2015

General Physics: Statistical and Quantum Mechanics, Quantum Information, etc.

Phase-Imprinting of Bose-Einstein Condensates with Rydberg Impurities	040401
Rick Mukherjee, Cenap Ates, Weibin Li, and Sebastian Wüster	
Observation of a Topological Transition in the Bulk of a Non-Hermitian System	040402
Julia M. Zeuner, Mikael C. Rechtsman, Yonatan Plotnik, Yaakov Lumer, Stefan Nolte, Mark S. Rudner, Mordechai Segev, and Alexander Szameit	
Superadditivity of Private Information for Any Number of Uses of the Channel	040501
David Elkouss and Sergii Strelchuk	
Experimental Satellite Quantum Communications	040502
Giuseppe Vallone, Davide Bacco, Daniele Dequal, Simone Gaiarin, Vincenza Luceri, Giuseppe Bianco, and Paolo Villoresi	
Efficiency Statistics and Bounds for Systems with Broken Time-Reversal Symmetry	040601
Jian-Hua Jiang, Bijay Kumar Agarwalla, and Dvira Segal	

Gravitation and Astrophysics

Limits on Anisotropy in the Nanohertz Stochastic Gravitational Wave Background	041101
S. R. Taylor, C. M. F. Mingarelli, J. R. Gair, A. Sesana, G. Theureau, S. Babak, C. G. Bassa, P. Brem, M. Burgay, R. N. Caballero, D. J. Champion, I. Cognard, G. Desvignes, L. Guillemot, J. W. T. Hessels, G. H. Janssen, R. Karuppusamy, M. Kramer, A. Lassus, P. Lazarus, L. Lentati, K. Liu, S. Osłowski, D. Perrodin, A. Petiteau, A. Possenti, M. B. Purver, P. A. Rosado, S. A. Sanidas, R. Smits, B. Stappers, C. Tiburzi, R. van Haasteren, A. Vecchio, and J. P. W. Verbiest (EPTA Collaboration)	

Elementary Particles and Fields

Hidden Topological Angles in Path Integrals	041601
Alireza Behtash, Tin Sulejmanpasic, Thomas Schäfer, and Mithat Ünsal	
Measurement of the Effective Weak Mixing Angle in $p\bar{p} \rightarrow Z/\gamma^* \rightarrow e^+e^-$ Events	041801
V. M. Abazov <i>et al.</i> (D0 Collaboration)	

Nuclear Physics

Hyperfine Anomalies in Fr: Boundaries of the Spherical Single Particle Model	042501
J. Zhang (张颢颀), M. Tandecki, R. Collister, S. Aubin, J. A. Behr, E. Gomez, G. Gwinner, L. A. Orozco, M. R. Pearson, and G. D. Sprouse (FrPNC collaboration)	

Atomic, Molecular, and Optical Physics

Two-Color Strong-Field Photoelectron Spectroscopy and the Phase of the Phase	043001
S. Skruszewicz, J. Tiggesbäumker, K.-H. Meiwes-Broer, M. Arbeiter, Th. Fennel, and D. Bauer	
Sub-Poissonian Statistics of Jamming Limits in Ultracold Rydberg Gases	043002
Jaron Sanders, Matthieu Jonckheere, and Servaas Kokkelmans	
Coherent Addressing of Individual Neutral Atoms in a 3D Optical Lattice	043003
Yang Wang, Xianli Zhang, Theodore A. Corcovilos, Aishwarya Kumar, and David S. Weiss	

(Continued Inside)

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0031-9007(20150724)115:4;1-5

Contents (Continued)

Precision Measurement for Metastable Helium Atoms of the 413 nm Tune-Out Wavelength at Which the Atomic Polarizability Vanishes	043004
B. M. Henson, R. I. Khakimov, R. G. Dall, K. G. H. Baldwin, Li-Yan Tang, and A. G. Truscott	
Efimov Resonance and Three-Body Parameter in a Lithium-Rubidium Mixture	043201
R. A. W. Maier, M. Eisele, E. Tiemann, and C. Zimmermann	
Nonequilibrium Quantum Criticality and Non-Markovian Environment: Critical Exponent of a Quantum Phase Transition	043601
D. Nagy and P. Domokos	
 Atom-Light Hybrid Interferometer	043602
Bing Chen, Cheng Qiu, Shuying Chen, Jinxian Guo, L. Q. Chen, Z. Y. Ou, and Weiping Zhang	
Nonlinear Dynamics, Fluid Dynamics, Classical Optics, etc.	
Generation of Bright, Spatially Coherent Soft X-Ray High Harmonics in a Hollow Waveguide Using Two-Color Synthesized Laser Pulses	043901
Cheng Jin, Gregory J. Stein, Kyung-Han Hong, and C. D. Lin	
Dissipative Phase Solitons in Semiconductor Lasers	043902
F. Gustave, L. Columbo, G. Tissoni, M. Brambilla, F. Prati, B. Kelleher, B. Tykalewicz, and S. Barland	
Discontinuous Buckling of Wide Beams and Metabeams	044301
Corentin Coulais, Johannes T. B. Overvelde, Luuk A. Lubbers, Katia Bertoldi, and Martin van Hecke	
Boundary-Layer Effects on Acoustic Transmission Through Narrow Slit Cavities	044302
G. P. Ward, R. K. Lovelock, A. R. J. Murray, A. P. Hibbins, J. R. Sambles, and J. D. Smith	
 Drag Moderation by the Melting of an Ice Surface in Contact with Water	044501
Ivan U. Vakarelski, Derek Y. C. Chan, and Sigurdur T. Thoroddsen	
Condensed Matter: Structure, etc.	
Molecular-Atomic Transition along the Deuterium Hugoniot Curve with Coupled Electron-Ion Monte Carlo Simulations	045301
Norm M. Tubman, Elisa Liberatore, Carlo Pierleoni, Markus Holzmann, and David M. Ceperley	
Observation of a Fragmented, Strongly Interacting Fermi Gas	045302
Sebastian Krinner, David Stadler, Jakob Meineke, Jean-Philippe Brantut, and Tilman Esslinger	
Topological Superradiant States in a Degenerate Fermi Gas	045303
Jian-Song Pan, Xiong-Jun Liu, Wei Zhang, Wei Yi, and Guang-Can Guo	
Interaction-Driven Topological Insulator in Fermionic Cold Atoms on an Optical Lattice: A Design with a Density Functional Formalism	045304
Sota Kitamura, Naoto Tsuji, and Hideo Aoki	
Crossover from Localized to Cascade Relaxations in Metallic Glasses	045501
Yue Fan, Takuya Iwashita, and Takeshi Egami	
Noncontact Atomic Force Microscope Dissipation Reveals a Central Peak of SrTiO ₃ Structural Phase Transition	046101
M. Kisiel, F. Pellegrini, G. E. Santoro, M. Samadashvili, R. Pawlak, A. Benassi, U. Gysin, R. Buzio, A. Gerbi, E. Meyer, and E. Tosatti	
Electronic Friction-Based Vibrational Lifetimes of Molecular Adsorbates: Beyond the Independent-Atom Approximation	046102
Simon P. Rittmeyer, Jörg Meyer, J. Iñaki Juaristi, and Karsten Reuter	
Onset of Area-Dependent Dissipation in Droplet Spreading	046103
Mark Ilton, Oliver Bäumchen, and Kari Dalnoki-Veress	
Condensed Matter: Electronic Properties, etc.	
Correlation-Driven Charge and Spin Fluctuations in LaCoO ₃	046401
M. Karolak, M. Izquierdo, S. L. Molodtsov, and A. I. Lichtenstein	
 Thermal Conductivity through the Quantum Critical Point in YbRh ₂ Si ₂ at Very Low Temperature	046402
M. Taupin, G. Knebel, T. D. Matsuda, G. Lapertot, Y. Machida, K. Izawa, J.-P. Brison, and J. Flouquet	
 Infrared-Induced Sluggish Dynamics in the GeSbTe Electron Glass	046601
Z. Ovadyahu	

(Continued on Preceding Page)



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 Temperature-Dependent Three-Dimensional Anisotropy of the Magnetoresistance in WTe_2	046602
L. R. Thoutam, Y. L. Wang, Z. L. Xiao, S. Das, A. Luican-Mayer, R. Divan, G. W. Crabtree, and W. K. Kwok	
Many-Body Localization Characterized from a One-Particle Perspective	046603
Soumya Bera, Henning Schomerus, Fabian Heidrich-Meisner, and Jens H. Bardarson	
Rashba Spin-Orbit Coupling in Image Potential States	046801
S. Tognolini, S. Achilli, L. Longetti, E. Fava, C. Mariani, M. I. Trioni, and S. Pagliara	
Microwave Emission from Hybridized States in a Semiconductor Charge Qubit	046802
A. Stockklauser, V. F. Maisi, J. Basset, K. Cujia, C. Reichl, W. Wegscheider, T. Ihn, A. Wallraff, and K. Ensslin	
Radio Frequency Magnetic Field Limits of Nb and Nb_3Sn	047001
S. Posen, N. Valles, and M. Liepe	
Frozen State and Spin Liquid Physics in $\text{Na}_4\text{Ir}_3\text{O}_8$: An NMR Study	047201
A. C. Shockley, F. Bert, J.-C. Orain, Y. Okamoto, and P. Mendels	
Block Magnetic Excitations in the Orbitally Selective Mott Insulator BaFe_2Se_3	047401
M. Mourigal, Shan Wu, M. B. Stone, J. R. Neilson, J. M. Caron, T. M. McQueen, and C. L. Broholm	
Electric Field Control of Interfacial Ferromagnetism in $\text{CaMnO}_3/\text{CaRuO}_3$ Heterostructures	047601
A. J. Grutter, B. J. Kirby, M. T. Gray, C. L. Flint, U. S. Alaán, Y. Suzuki, and J. A. Borchers	
Polymer, Soft Matter, Biological, and Interdisciplinary Physics	
First Passage Times, Lifetimes, and Relaxation Times of Unfolded Proteins	048101
Wei Dai, Anirvan M. Sengupta, and Ronald M. Levy	
Stabilization of Helical Macromolecular Phases by Confined Bending	048301
Matthew J. Williams and Michael Bachmann	
Comments	
Comment on “Holographic Thermalization, Stability of Anti-de Sitter Space, and the Fermi-Pasta-Ulam Paradox”	049101
Piotr Bizoń and Andrzej Rostworowski	
Balasubramanian <i>et al.</i> Reply	049102
Venkat Balasubramanian, Alex Buchel, Stephen R. Green, Luis Lehner, and Steven L. Liebling	
Errata	
Erratum: Breakdown in the Wetting Transparency of Graphene [Phys. Rev. Lett. 109 , 176101 (2012)]	049901
Chih-Jen Shih, Qing Hua Wang, Shangchao Lin, Kyoo-Chul Park, Zhong Jin, Michael S. Strano, and Daniel Blankshtein	
Publisher’s Note: Tunable Circularly Polarized Terahertz Radiation from Magnetized Gas Plasma [Phys. Rev. Lett. 114 , 253901 (2015)]	049902
W.-M. Wang, P. Gibbon, Z.-M. Sheng, and Y.-T. Li	



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