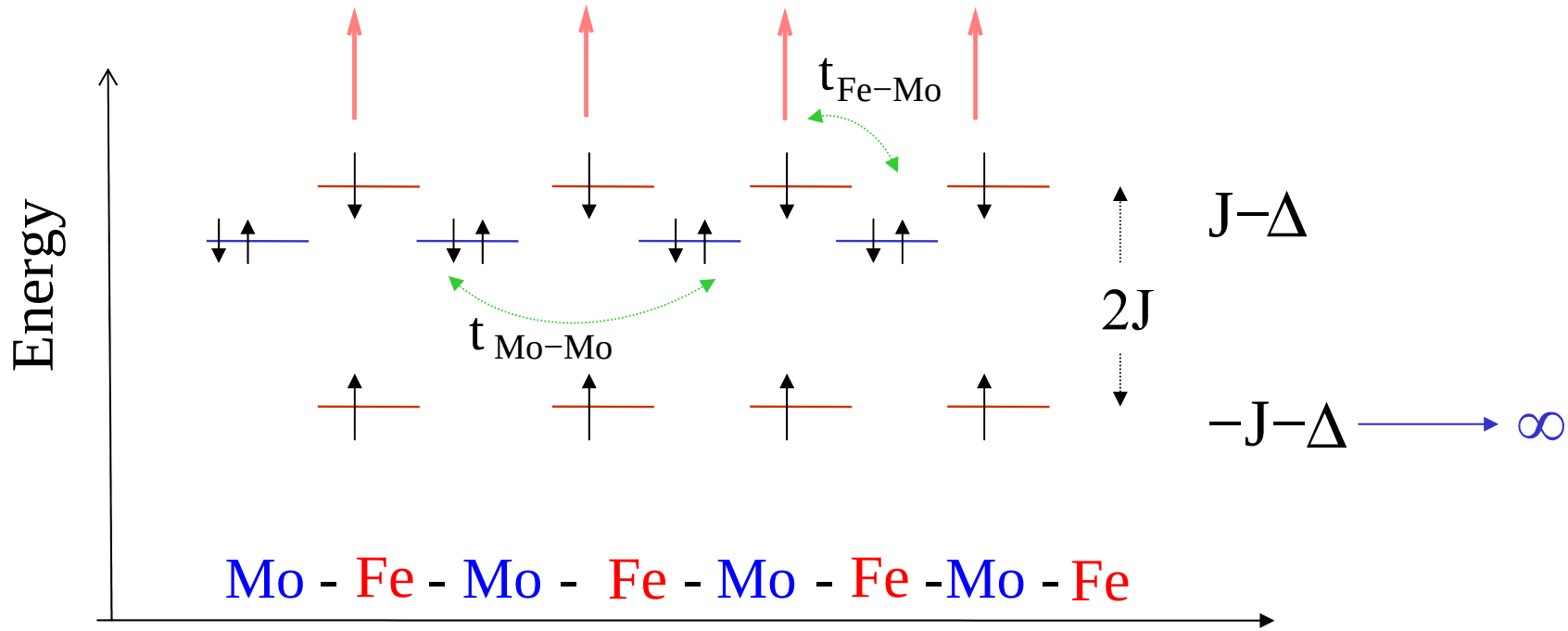
Hopping Diagram and Energy scales

Ferromagnetic Ground State scheme



The motion of the electrons is through Fe (↓) and for minimizing **KE** the carriers become polarized ↓. The effective **AF** coupling between the carriers and the core spin 5/2 Fe (↑) produces ferromagnetic order.