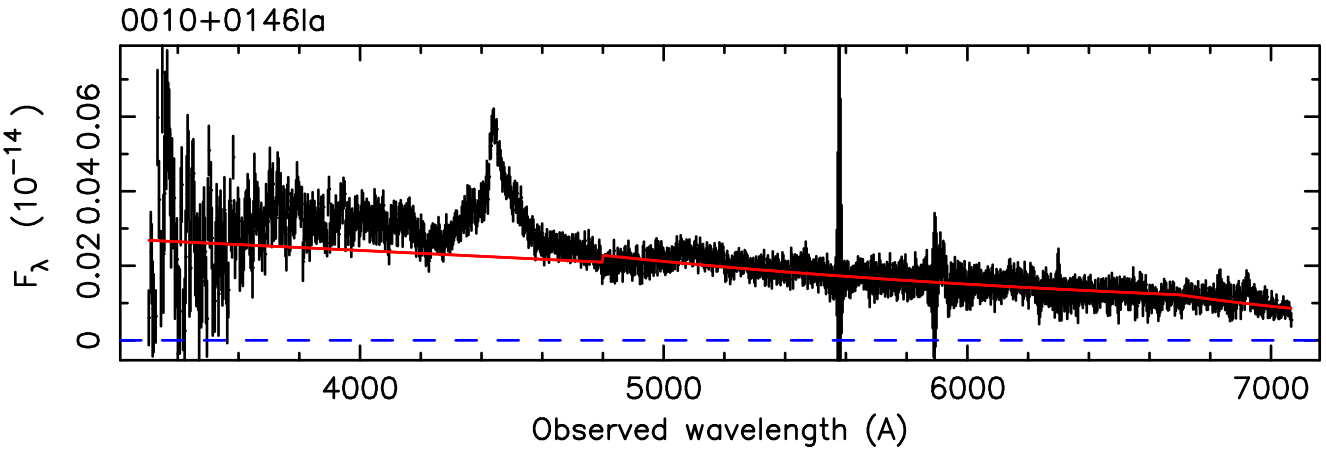
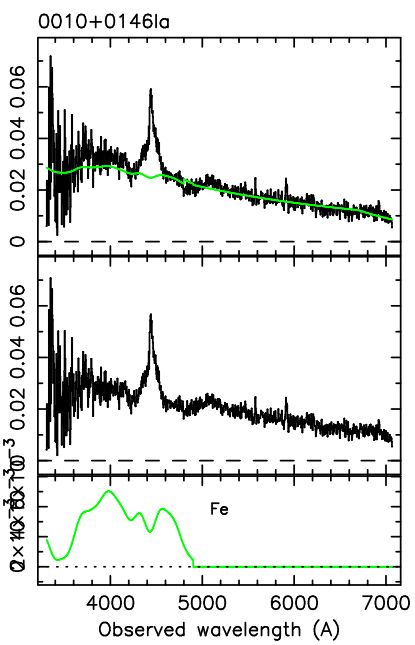
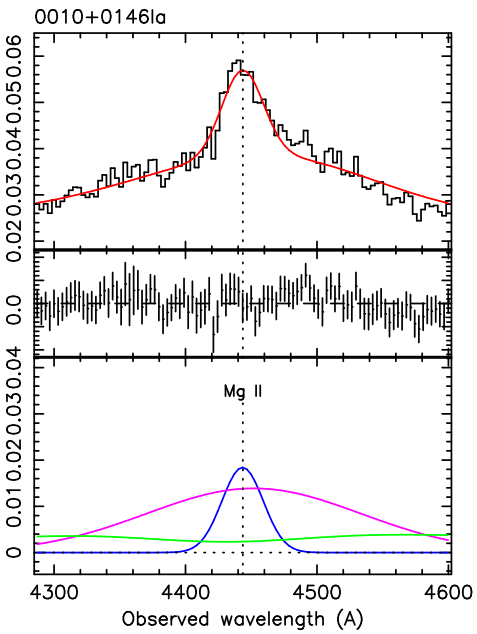
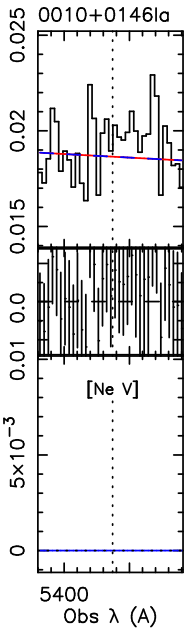
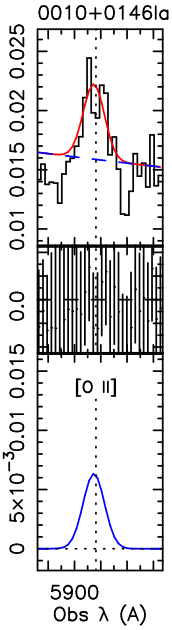
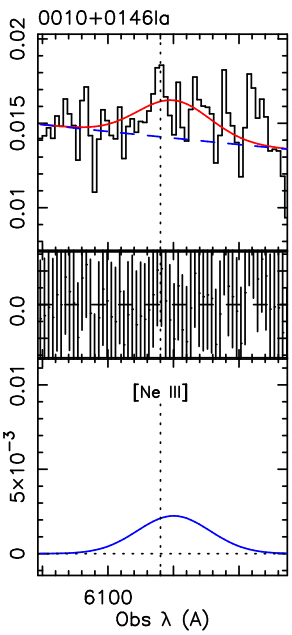
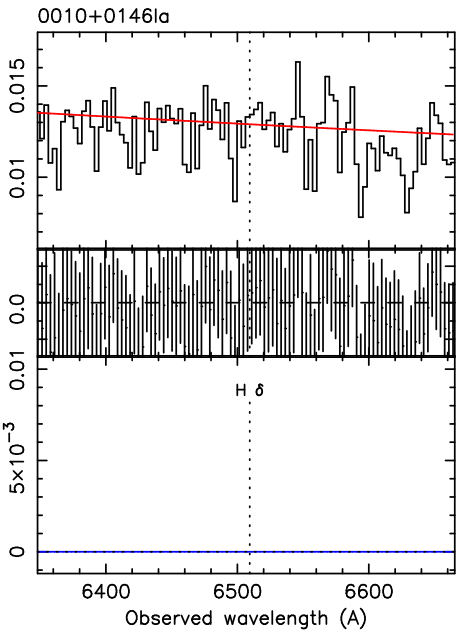
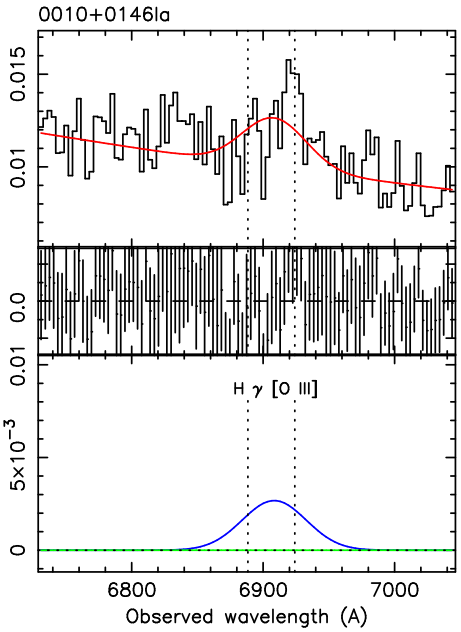
31) 0010+0146la

$z = 0.587$ N_H Gal $= 3.03 \times 10^{20}$ cm^{-2}