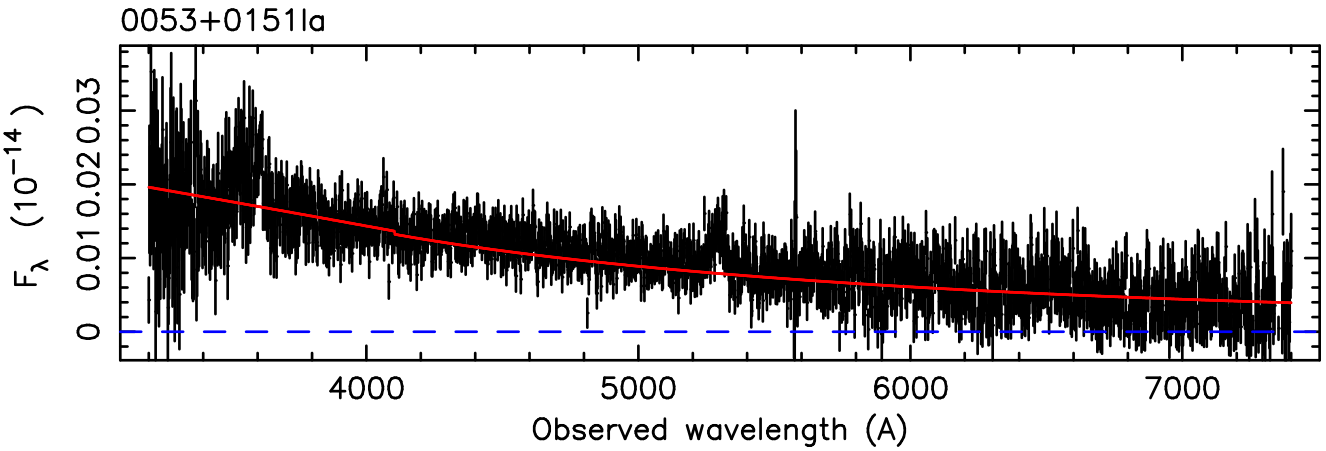
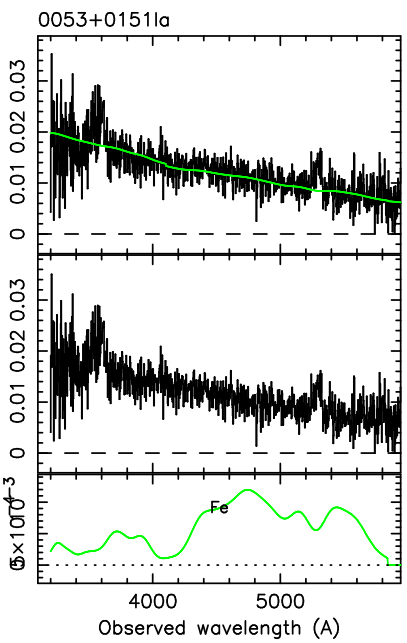
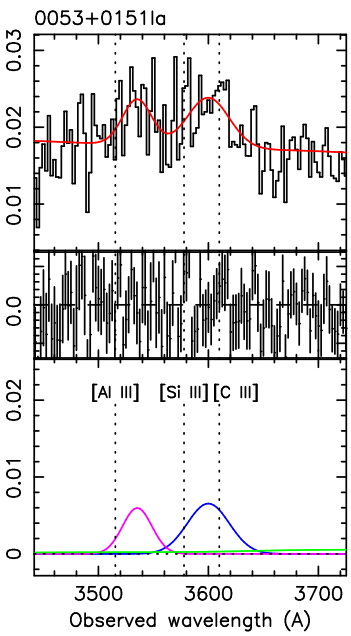
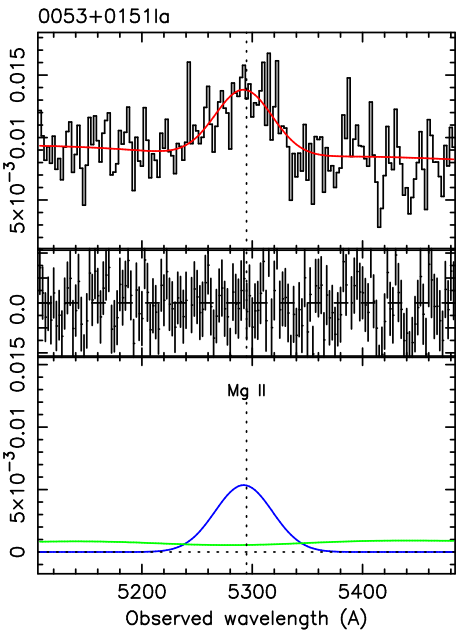
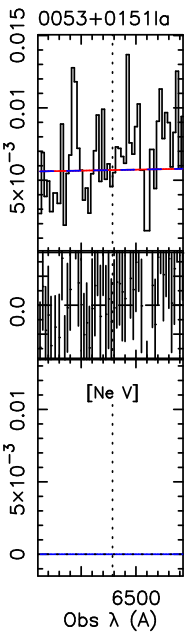
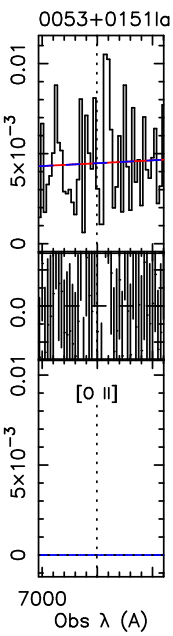
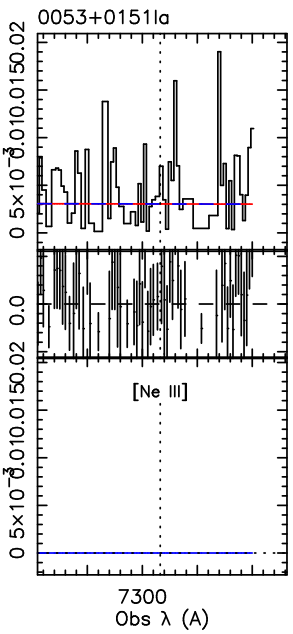
187) 0053+0151la

z = 0.891 N_H Gal = 3.16 $\times 10^{20}$ cm^{-2}