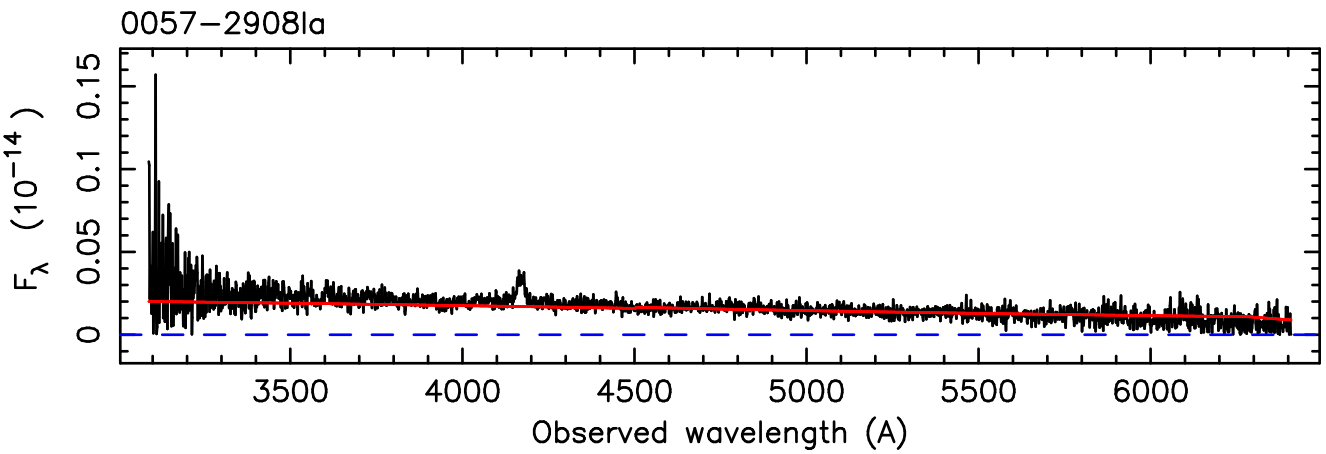
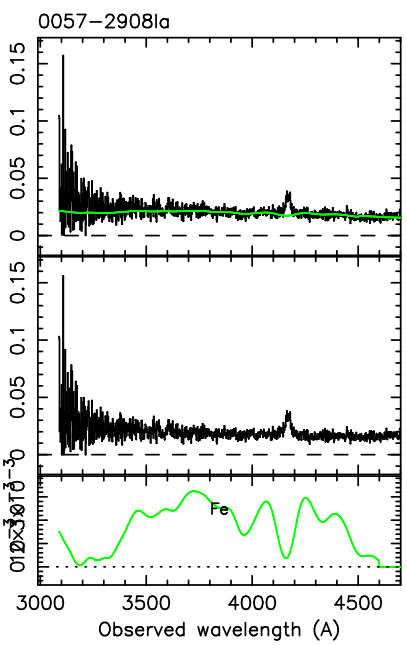
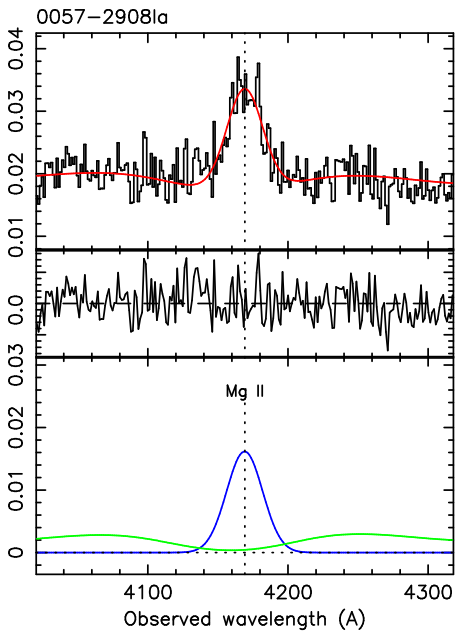
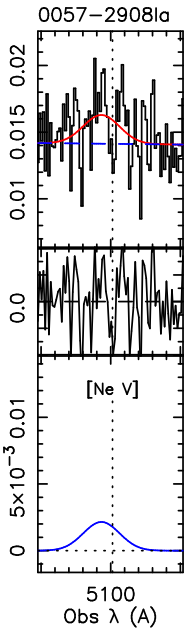
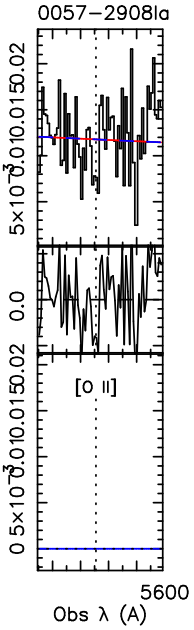
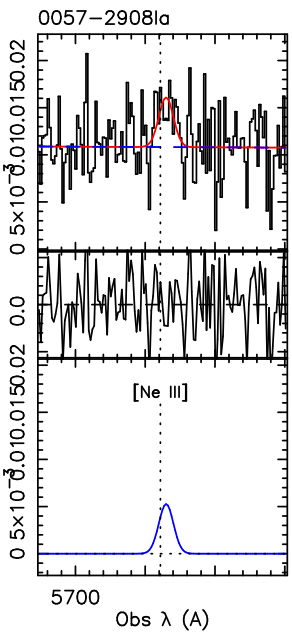
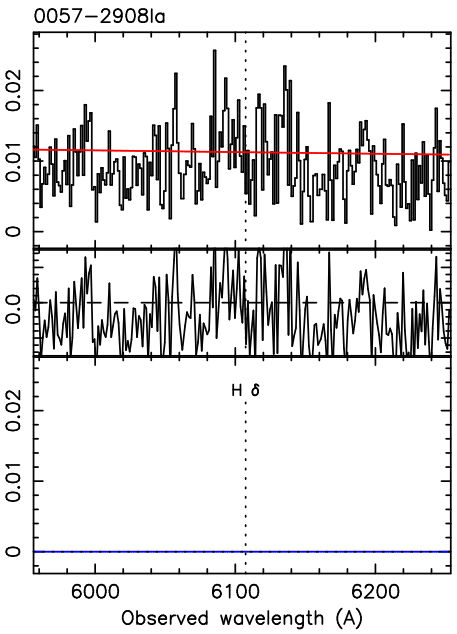
218) 0057-2908la

$z = 0.489$ N_H Gal $= 1.94 \times 10^{20}$ cm^{-2}