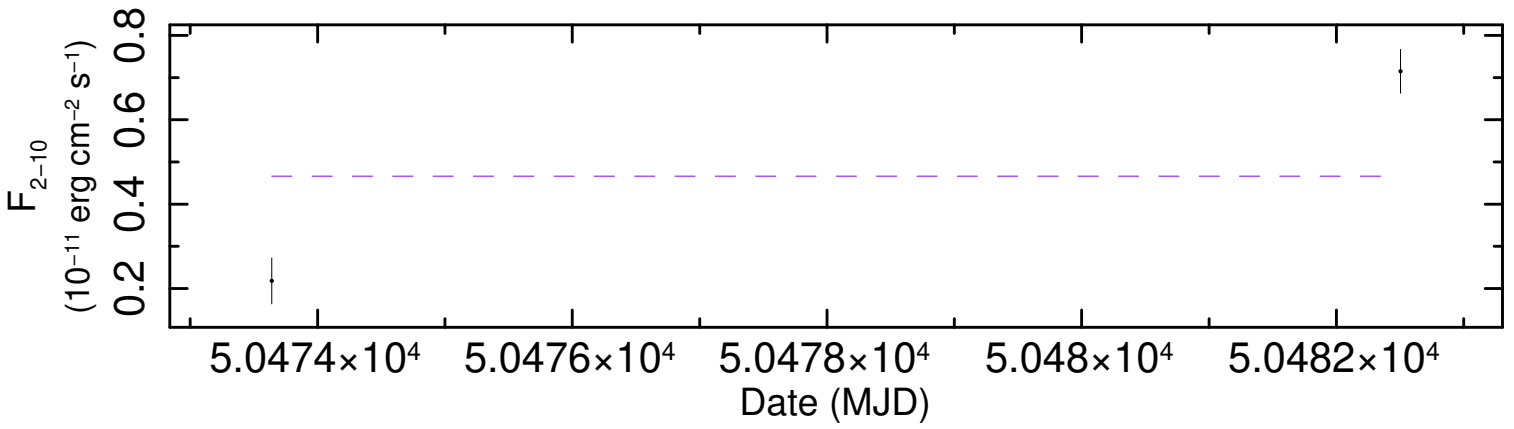IRAS F00521−7054