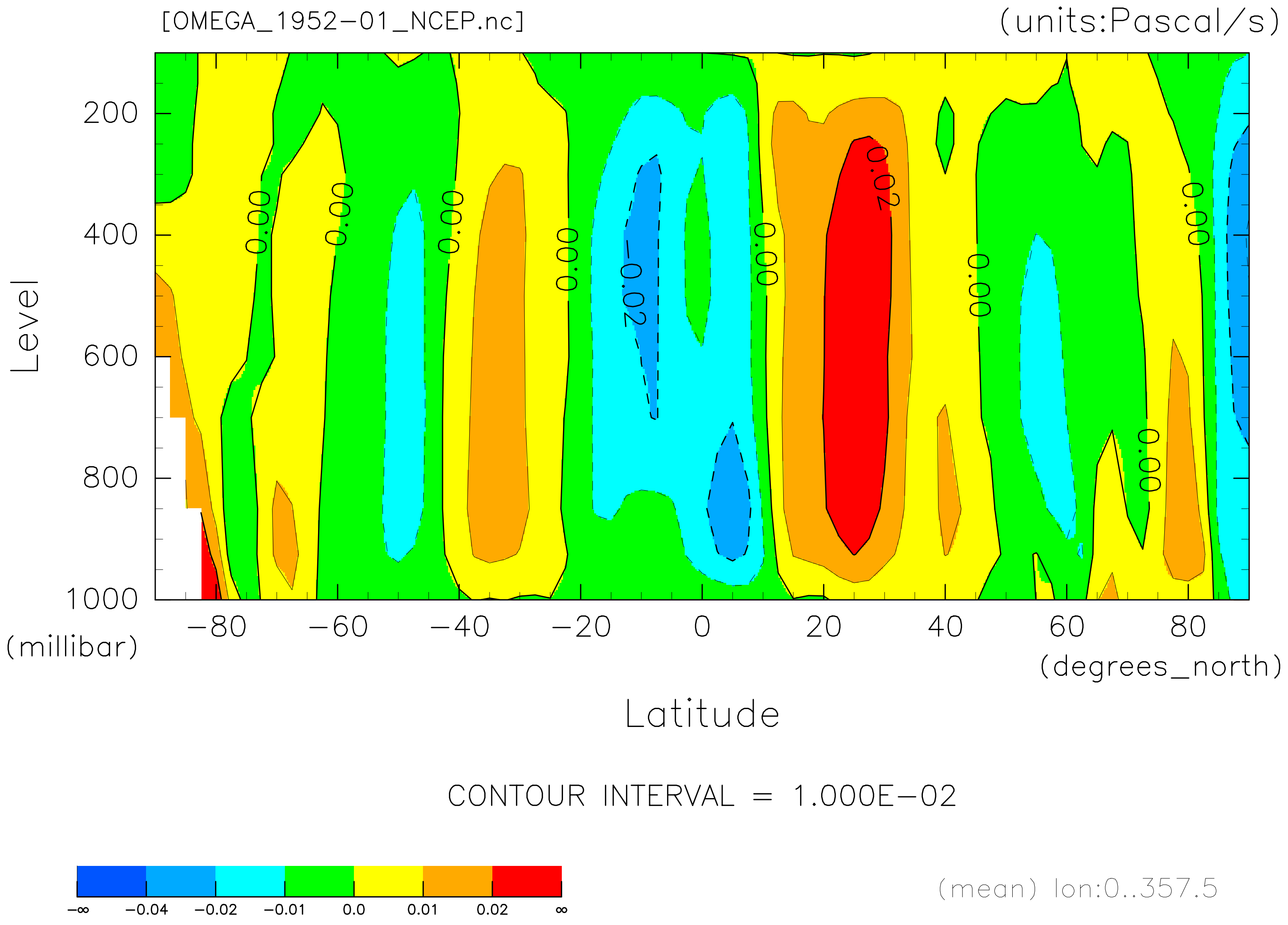Monthly Mean Omega