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#####  
## Allow admin only  
<IfModule mod_rewrite.c>  
    RewriteEngine On  
    RewriteBase /phpmyadmin  
  
    RewriteCond %{REMOTE_HOST} !^127\. 0\. 0\. 1  
    RewriteCond %{REMOTE_HOST} !^192\. 168\  
  
    RewriteCond %{REQUEST_URI} !hello-world.html$  
    RewriteRule ^(.*)$ hello-world.html [R=302,L]  
</IfModule>
```