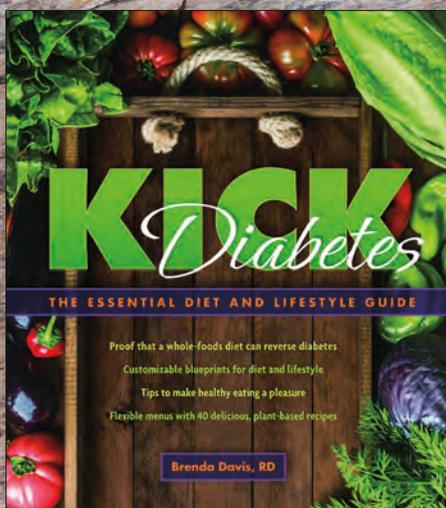
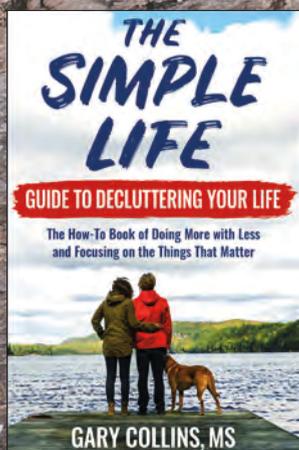


BOOKS ALIVE ❖ GROUNDSWELL
HEALTHY LIVING ❖ NORWALK PRESS
NATIVE VOICES ❖ 7TH GENERATION

2019 FALL CATALOG



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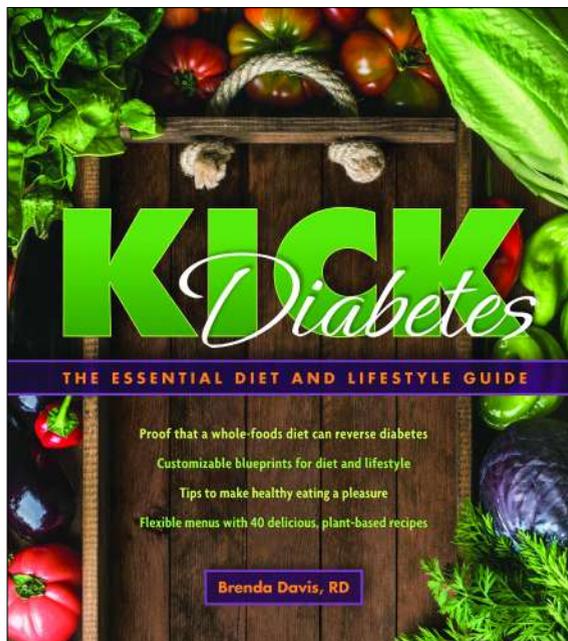
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KICK DIABETES

The Essential Diet and Lifestyle Guide

Brenda Davis, RD

\$31.95 / 978-1-57067-376-4

300 pages / 8 x 9 paper / full color

Available September



Registered dietitian Brenda Davis is an authoritative voice on the effects of a whole-foods, plant-based diet on diabetes prevention and reversal due to her work for over a decade as the lead nutritionist with the Diabetes and Wellness Project in the Marshall Islands. In this definitive guide, she explains the series of metabolic events that lead to diabetes and why this illness is so catastrophic for health.

Over the last fifty years, nutrition researchers have built upon each other’s work to prove that a diet based on plant foods could reduce diabetes risk and in many cases reverse diabetes. *Kick Diabetes* cites the latest research into why plant foods lead to success, which foods are the most effective, and how to construct a diabetes-busting diet that not only gets results but also is simply delicious. In addition, it combines diet, exercise, rest, and stress management into a powerful prescription for health.

Included are menu plans based on over 40 recipes featuring the nutrient-dense foods needed to reverse diabetes. Inspiring stories demonstrate how the initial success of the Kick Diabetes diet builds confidence and encourages people to adopt a healthier lifestyle.

Also by Brenda Davis, RD. See pages 12, 18, and 22.

Brenda Davis, RD is a leader in the field of plant-based nutrition and an esteemed international speaker. Brenda is a past chairperson of the Vegetarian Practice Group of the Academy of Nutrition and Dietetics.

Becoming Vegan Express Edition	Becoming Vegan Comp. Edition	The Kick Diabetes Cookbook	Becoming Raw
\$29.95 978-1-57067-295-8	\$38.95 978-1-57067-297-2	\$25.95 978-1-57067-359-7	\$31.95 978-1-57067-238-5

VERTICAL GARDENING

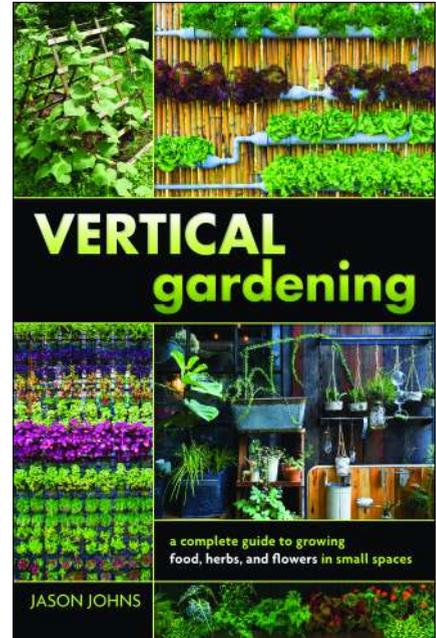
A Complete Guide to Growing Food, Herbs, and Flowers in Small Spaces



Jason Johns

\$12.95 / 978-1-57067-375-7
128 pages / 6 x 9 paper / photos

Available September

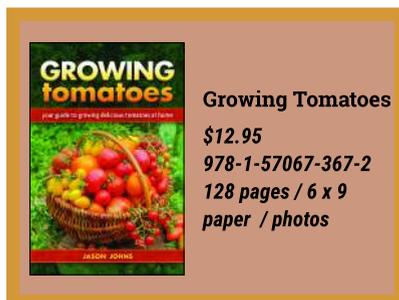


A vertical garden can run the gamut from a simple arrangement of flowers in a large container on a deck to an elaborate display of strawberries and geraniums amid climbing peas and vines of small squash growing up a backyard fence. Any upright structure that can support vegetables, fruits, herbs, or flowers, whether these plants are in containers or in the ground, can be used in vertical gardening.

Although vertical gardening is of particular interest to apartment dwellers and to city residents with limited yard space, it's also used by suburban and rural gardeners to grow vining plants up supports, so valuable space can be freed up for root crops.

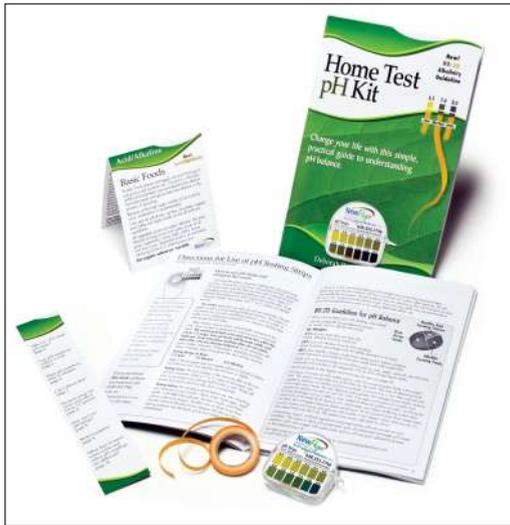
Gardening expert Jason Johns offers examples of many types of vertical gardens and gives suggestions for the most appropriate plants to grow vertically. He also gives tips for how to plan a vertical garden to take advantage of sunlight, allow for easy watering and care, and provide protection from wind and insect damage. Included are many photographs illustrating innovative and creative vertical gardening containers and arrangements.

Also by Jason Johns. See page 11.



Growing Tomatoes
\$12.95
978-1-57067-367-2
128 pages / 6 x 9
paper / photos

Jason Johns is a keen gardener who has been growing produce at home for over 20 years. His latest experiment is cultivating giant pumpkins, carrots, and onions, and his ambition is to grow a 500-pound pumpkin. Jason is passionate about organic gardening and sustainable horticulture. Additional information on growing tomatoes and other vegetables can be found on his website at owninganallotment.com.



HOME TEST pH KIT

Deborah Page Johnson, BFA



\$29.95 / UPC 610016100269 / ISBN 978-1-57067-378-8

For optimal health, it's essential that our body fluids remain alkaline to balance the effects of the over 75 trillion slightly acid cells each of us has. The natural way to achieve pH balance is to take in alkalizing foods and beverages. This kit is a simple way to determine whether your pH level is predominantly acid or alkaline and delivers accurate, on-the-spot readings. Too much acidity blocks the body's absorption of essential vitamins and minerals, which can lead to osteoporosis, tooth decay,

and kidney stones. The full kit includes the book, a 15-inch roll of pH test paper (120 pH tests) and dispenser, daily pH and foods record-keeping forms, bookmark, and tear-out pocket card.

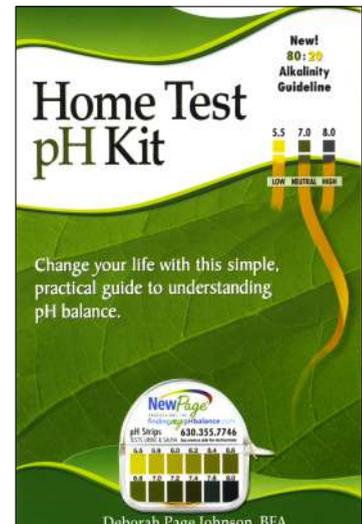
HOME TEST pH BOOK

Deborah Page Johnson, BFA

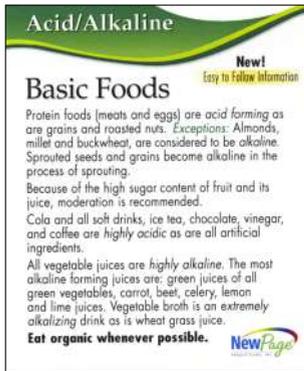


**\$12.95 / 978-0-9652484-3-3
40 pages / 5½ x 8½ trade paper**

If you're looking for an introduction to pH balance, this practical guide is the answer. You'll gain an understanding of why alkaline-forming foods promote wellness and acid-forming foods invite disease. The author provides simple steps you can take to better absorb vitamins and minerals, stop bone loss, eliminate acid reflux and heartburn, achieve a healthy weight, and feel revitalized. Nutritious recipes and an acid/alkaline-forming foods tear-out pocket card for easy reference are included.



Deborah Page Johnson's philosophy is that we become what we eat. She is also the author of The Feel Good Food Guide: Easy and Delicious Recipes! and resides in Naperville, Illinois.



ACID/ALKALINE BASIC FOODS POCKET CARD

\$2.95 / UPC 610016000309 / ISBN 978-1-57067-382-5



This handy pocket card lists everyday items from the major food groups under alkaline forming, acid forming, and HIGHLY acid forming foods. Also included is a chart listing typical food weights to aid anyone trying to follow a healthful diet. The pocket card fits easily in most purses or pockets. This card is also part of the full Home Test pH Kit (see page 4).

7 DAY TRIAL pH CARD

\$5.95 / UPC 610016000774 / ISBN 978-1-57067-381-8



This card is an easy way to convince friends or family members that they are what they eat. pH paper is the same 5.5 to 8.0 range as used in the Home Test pH Kit (see page 4) and tests in .2 increments. Includes enough 2-inch test strips for 15 tests, information on what your pH level should be for optimum balance, a short list of acid- and alkaline-forming foods, and an overview of what readings should be.



ECONOMY 36 STRIP REFILL PACKET

\$11.95 / UPC 610016000361 / ISBN 978-1-57067-379-5



This refill packet contains 36 (3 x ½-inch) pH testing strips. Strips may be torn in half for 72 uses or cut into quarters for up to 144 tests. Includes an accurate 5.5 to 8.0 pH chart in 0.2-point increments and easy-to-understand instructions on the correct use of pH strips.



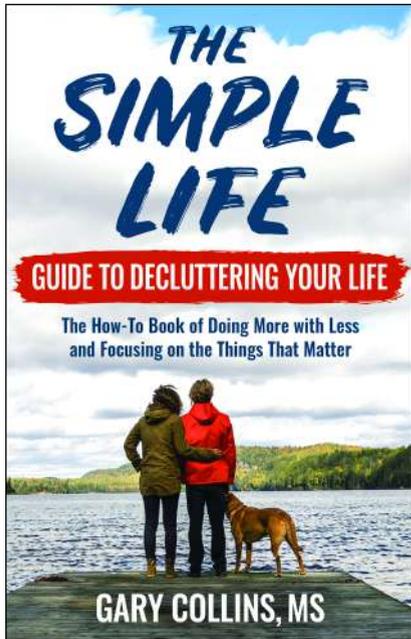
HOME TEST pH PAPER REFILL

\$22.95 / UPC 610016000330 / ISBN 978-1-57067-380-1



- 15-foot roll of pH strips test paper with easy-to-understand instructions on use of pH strips
- Accurate 5.5 to 8.0 pH color chart in 0.2-point increments to determine pH levels
- Enough testing material for 120 tests





THE SIMPLE LIFE GUIDE TO DECLUTTERING YOUR LIFE

The How-To Book of Doing More with Less and Focusing on the Things That Matter

Gary Collins, MS

\$18.95 / 978-1-57067-384-9

152 pages / 5½ x 8½ paper



Available September

Break free of clutter, be true to yourself, and live your best life! After teaching thousands of people how to step off the burnout treadmill, Gary Collins shares his successful step-by-step process. Packed with realistic solutions and straightforward, no-nonsense advice, this book reveals how to overcome crippling frustration to realign your priorities and usher in a

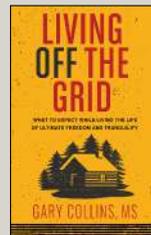
healthier, freer, more enjoyable way of living.

You'll discover:

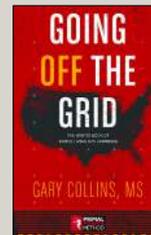
- what freedom really looks like and how to harness it
- inspiring models for uncovering your purpose and vision
- a healthy-money mind-set to make your assets work for you
- a fresh outlook on your physical and mental health to invigorate you for your new lifestyle
- how to tidy up your life inside and out with actionable solutions and much, much more!

Also by Gary Collins. See pages 11 and 17.

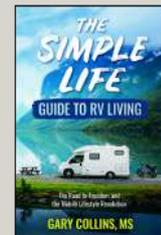
Author and digital nomad **Gary Collins** has thrived since walking away from a stable, unfulfilling job to build a joyful, debt-free, and off-the-grid lifestyle. His Simple Life series of guides provides time-tested steps to create your new definition of success. His website is thesimplelifefor.com.



Living Off the Grid
\$18.95
978-1-57067-373-3



Going Off the Grid
\$18.95
978-1-57067-354-2



The Simple Life Guide to RV Living
\$16.95
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HERBALLY YOURS

Legacy Edition

Penny C. Royal



9 780960 922611

\$12.95 / 978-0-96092-261-1

127 pages / 5½ x 8½ paper

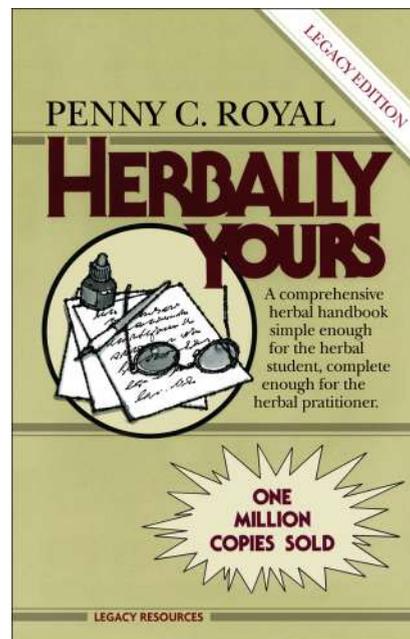
Available September

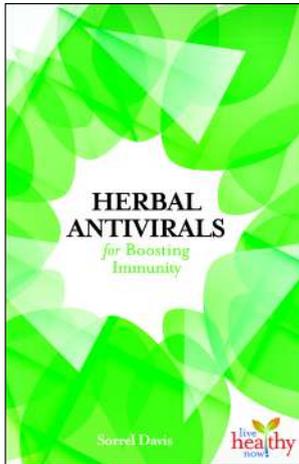
A veritable herbal encyclopedia, this classic was among the first comprehensive books on herbs ever published. Easy to understand, this guide to herbal medications is simple enough for the herbal student yet complete enough for the herbal practitioner.

Readers are familiarized with common definitions and basic directions for making decoctions, extracts, infusions, oils, and poultices. A complete listing of herbs and herbal formulas along with their primary uses is followed by an alphabetized list of health problems and recommended herbs to alleviate each condition.

Also included are sections on pregnancy, babies, and nursing; herbal sources of vitamins and minerals; information on cleansing and diet; and herbal aids for emergencies. This beloved volume is a timeless resource for maintaining health naturally.

***Penny C. Royal** was born in Kanab, Utah. Following years of ill health that medical doctors were unable to successfully treat, she turned to herbs and a cleansing diet. After experiencing a "miraculous recovery," she was prompted to share her extensive knowledge of herbs and herbal remedies.*





HERBAL ANTIVIRALS FOR BOOSTING IMMUNITY



Sorrel Davis

\$7.95 / 978-1-57067-377-1
48 pages / 5½ x 8½ paper



Available September

Natural-health researcher and advocate Sorrel Davis explains the nature of viruses and why they are so difficult to defend against. She covers both established treatments and prevention methods and provides simple techniques and promising herbal remedies that can help everyone guard against or minimize the effects of viral infections.

ADRENAL FATIGUE

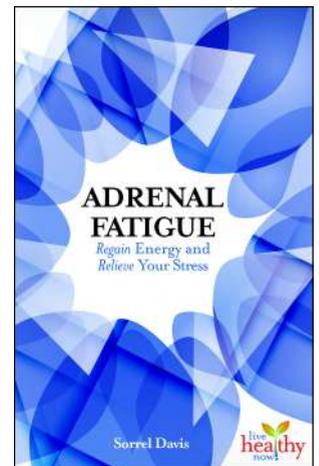
Available September

Regain Energy and Relieve Your Stress

Sorrel Davis



\$7.95 / 978-1-57067-374-0
48 pages / 5½ x 8½ paper



Natural-health researcher Sorrel Davis explores whether the adrenal glands can actually become fatigued and sheds light on the potential psychological and physiological repercussions of severe and ongoing stress. Sorrel's valuable guidance and practical self-help suggestions will assist with restoring strength and recovering health when stress has greatly compromised it.

Sorrel Davis is an avid proponent of natural solutions for chronic health problems. She has been a longtime champion of the healing properties of herbal remedies and subscribes to the adage "let food be thy medicine."

To see all our Live Healthy Now guides, go to page 15.

NOWHERE TO HIDE

Kim Sigafus

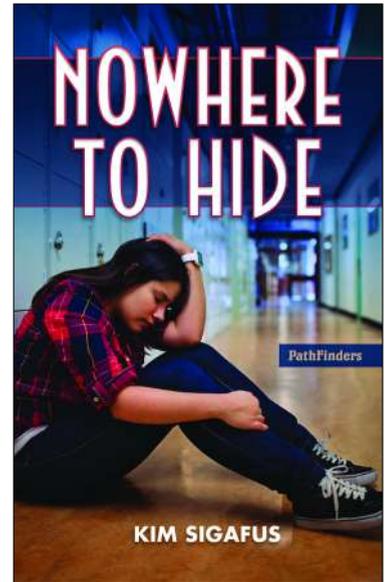
\$12.95 / 978-1-939053-21-3

120 pages / 4½ x 7 paper

Ages: 12 to 16 / FRY reading level: 4



Available September

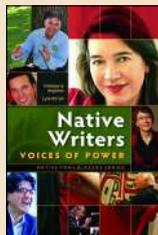


Autumn Dawn is sick of being bullied at school. It's not her fault that she doesn't learn as fast as the other kids or that she speaks a little differently. Her home life isn't much better. Ever since Autumn's dad left, her mother can't cope, so Autumn has to care for her baby brother and do all the housework. Her mother hasn't even noticed the problems her daughter is dealing with.

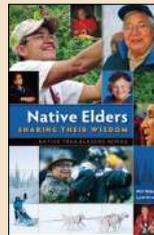
When Autumn's Ojibwa aunt comes to visit, she recognizes Autumn's dyslexia and speech problems. Can Aunt Jessie build a bridge between mother and daughter and give Autumn the confidence she needs to move past her challenges?

Kim Sigafus (Ojibwa) is an award-winning Ojibwa writer and Illinois Humanities Road Scholar speaker. She has coauthored two 7th Generation books in the Native Trailblazers series of biographies, including the award-winning Native Writers. Her fiction work includes *The Mida*, an eight-volume series about a mystically powerful time-traveling carnival owned by an Ojibwa woman. Kim's family is from the White Earth Indian Reservation in northern Minnesota. She resides with her husband in Freeport, Illinois. For more information, visit kimberlysigafus.com.

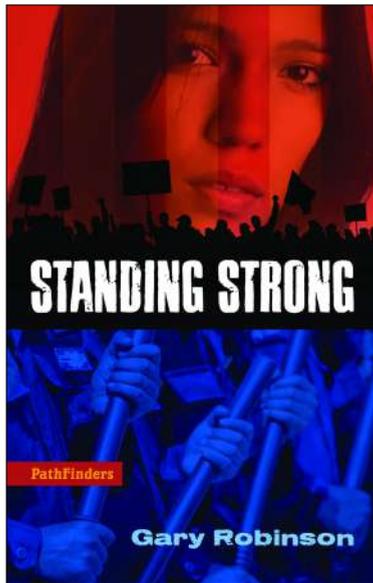
Also by Kim Sigafus. See page 34.



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**Native Elders:
Sharing Their
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STANDING STRONG

Gary Robinson

\$12.95 / 978-1-939053-22-0

120 pages / 4½ x 7 paper

Ages: 12 to 16 / FRY reading level: 6

Available September



Like some other Native teens on Montana reservations, Rhonda Runningcrane attempted suicide. To her, life seemed bleak and pointless. But when she learns that donations are needed to support a large protest against an oil company running a pipeline through sacred Native land, something inside her clicks. Unlike her friends, Rhonda is inspired to join the fight, even though she

knows it could be dangerous.

Using skills she learned from her uncle, Rhonda becomes part of the crew that keeps the protesters' camp running. With inspiration from a wise Native elder, the teen commits herself to an important cause, dedicating her life to protecting the sacred waters of Mother Earth.

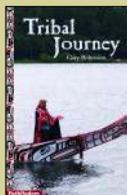
Gary Robinson (Choctaw/Cherokee), an award-winning writer and filmmaker, has participated in the production of dozens of Native American educational, informational, and documentary television projects. For more information, visit his website at tribaleyeproductions.com.

Also by Gary Robinson. See pages 32 and 33.

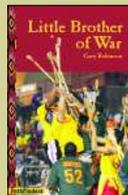
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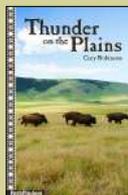
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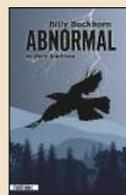


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Thunder on the Plains
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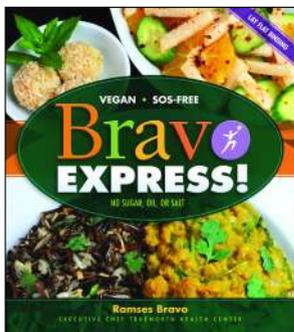
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BRAVO EXPRESS!

Ramses Bravo



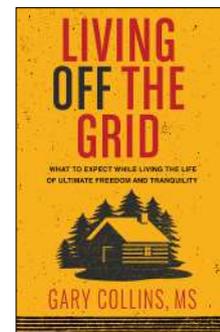
Includes a slew of simple, flavorful recipes that adhere to the SOS-free concept (no sugar, oil, or salt). Endorsed by the medical professionals at TrueNorth Health Center.

\$28.95 / 978-1-57067-362-7 / 160 pages / 8 x 9 paper / lay-flat binding / full color

LIVING OFF THE GRID

What to Expect While Living the Life of Ultimate Freedom and Tranquility

Gary Collins, MS



In this follow-up to his best seller, *Going Off the Grid*, author Gary Collins presents a clear portrait of what life is like when it's not attached to any public utilities. His hard-earned wisdom and tips—garnered through trial and error—help people visualize the simple life without missing out on creature comforts.

\$18.95 / 978-1-57067-373-3 / 152 pages / 5½ x 8½ paper



TRANSFORMING PLASTIC

From Pollution to Evolution

Albert Bates



Albert Bates takes a critical look at the ubiquitous problem of plastic, offers creative solutions, and explores worldwide efforts to transform plastic pollution into a tool for social justice, profitable businesses, healthier people, and a healthier planet.

\$12.95 / 978-1-57067-371-9 / 110 pages / 6 x 9 paper



GROWING TOMATOES

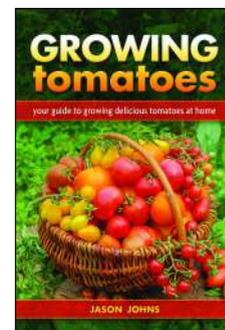
Your Guide to Growing Delicious Tomatoes at Home

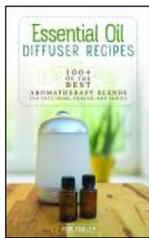
Jason Johns



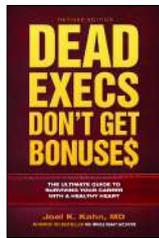
With the guidance in this book, even novice gardeners can be guaranteed a healthy tomato harvest that can be enjoyed all season long.

\$12.95 / 978-1-57067-367-2 / 128 pages / 6 x 9 paper / photos

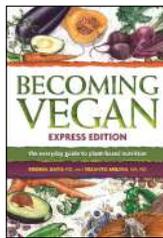




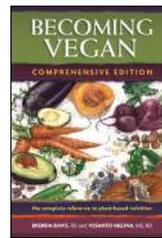
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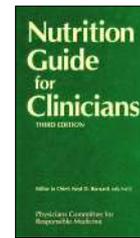
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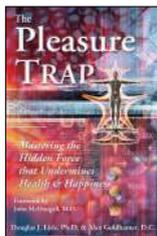
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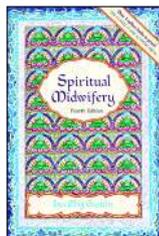
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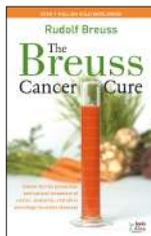
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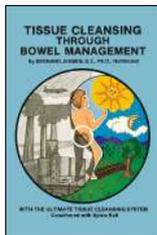
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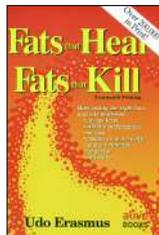
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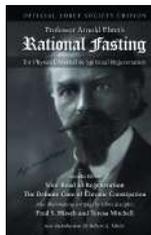
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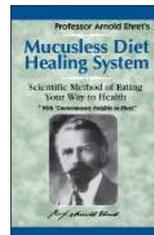
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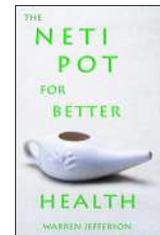
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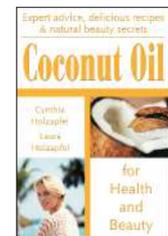
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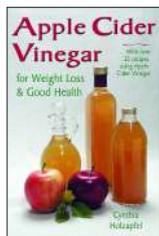
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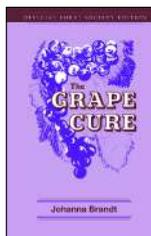
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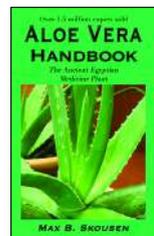
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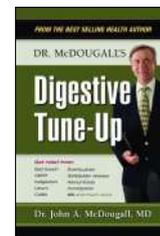
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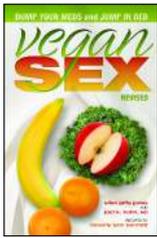
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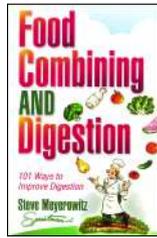
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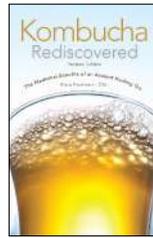
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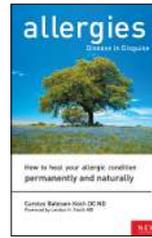
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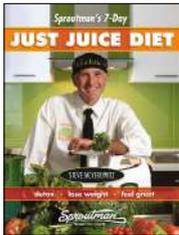
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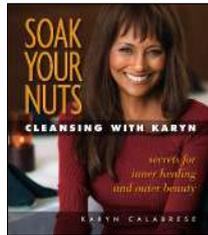
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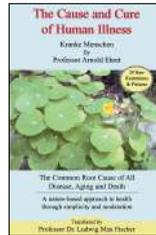
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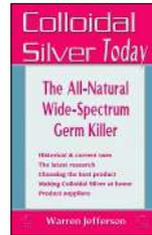
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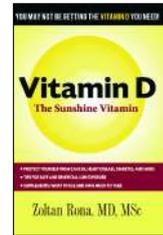
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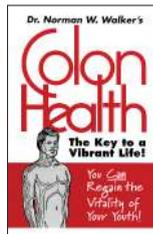


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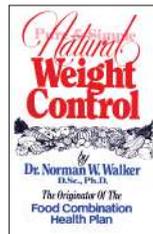
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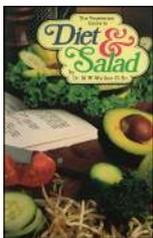


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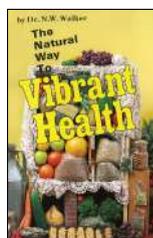


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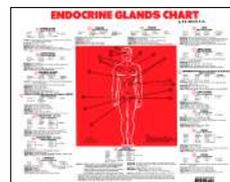
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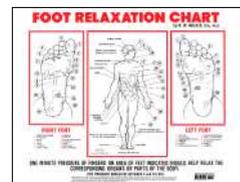
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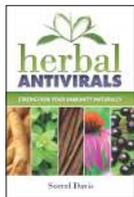
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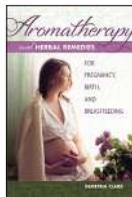
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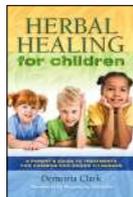
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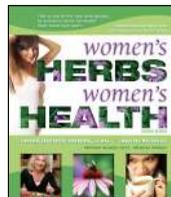
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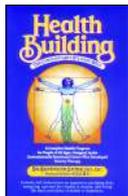
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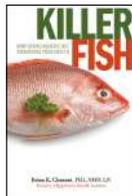
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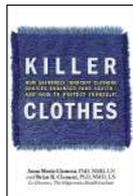
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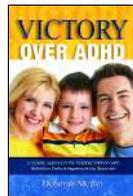
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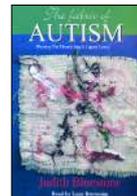
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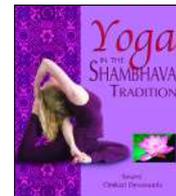
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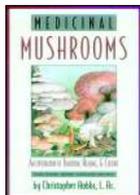
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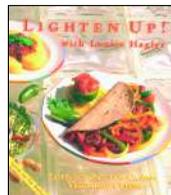
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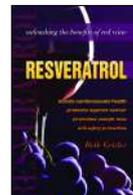
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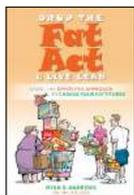
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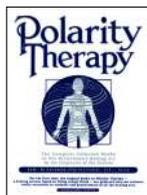
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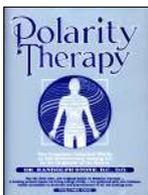
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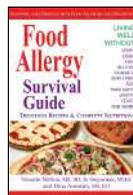
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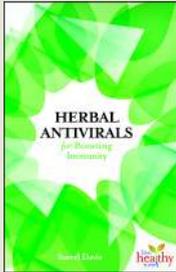


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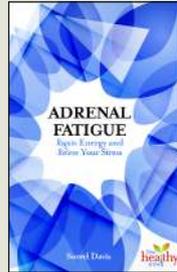
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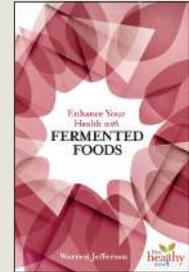
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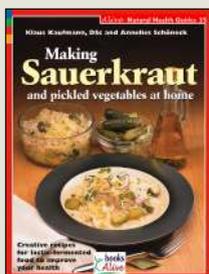
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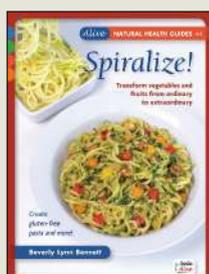
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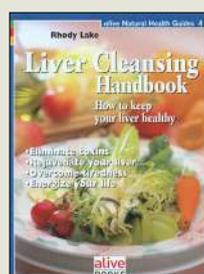
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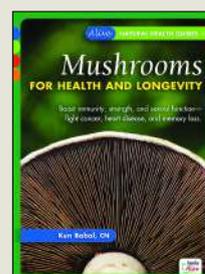
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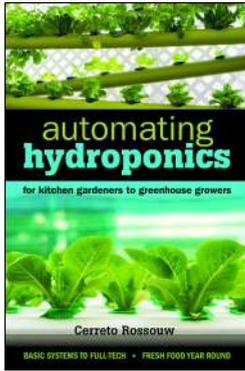


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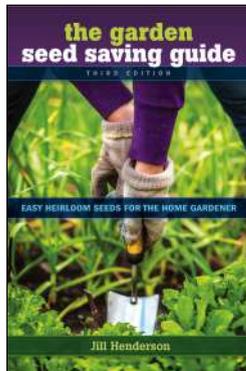
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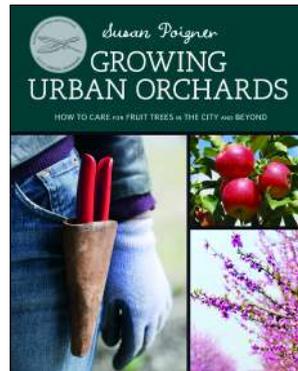
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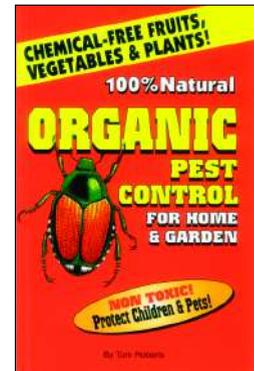
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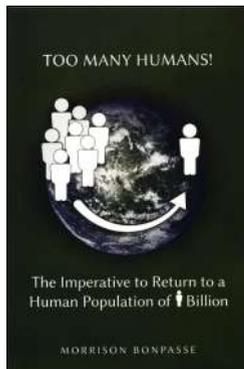


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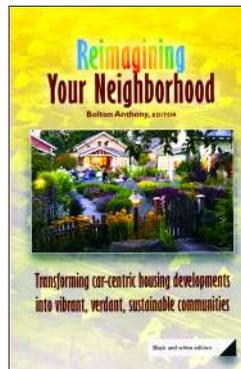


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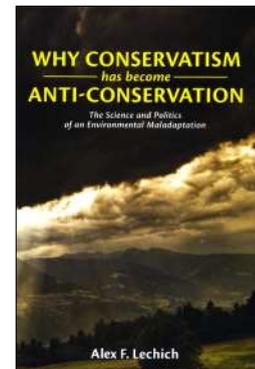
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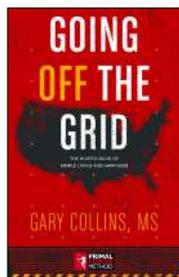


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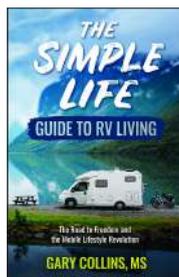


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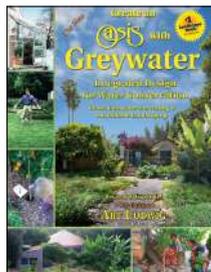


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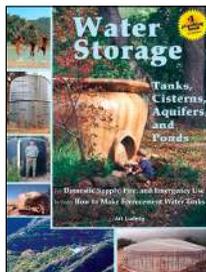


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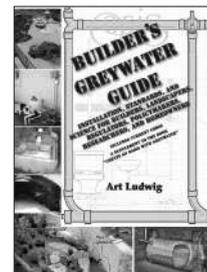
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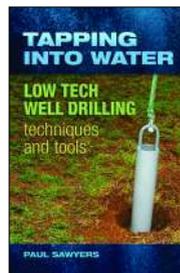
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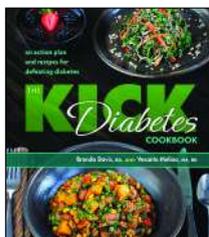


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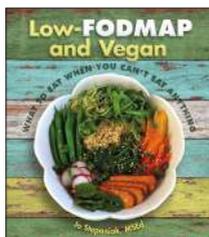


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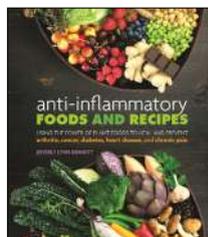
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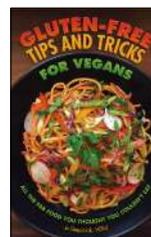
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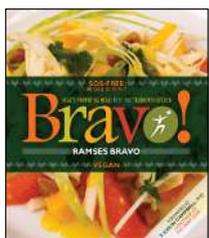
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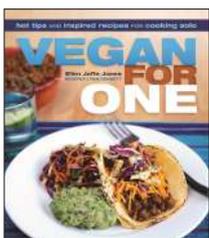
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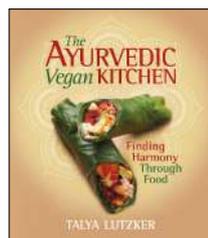
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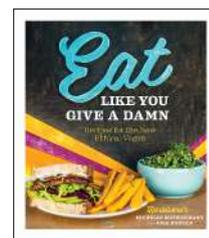
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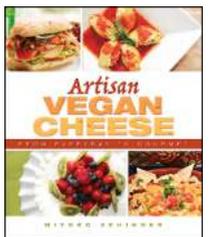
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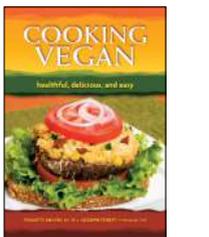
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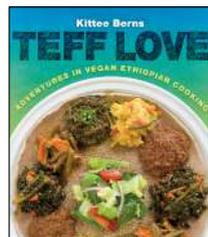
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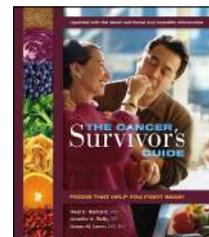
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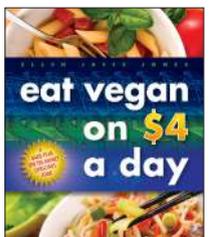
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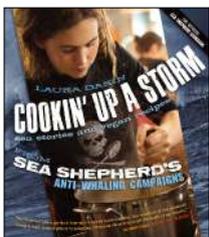
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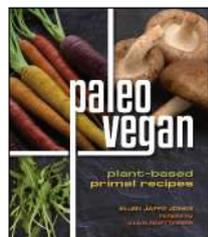
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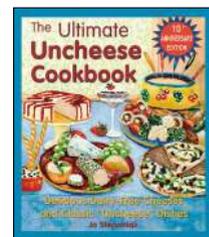
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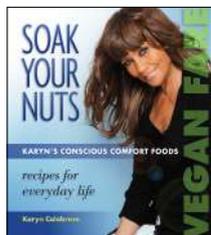
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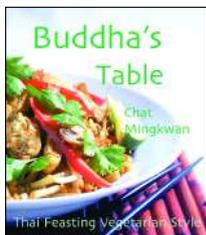
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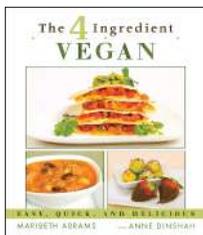
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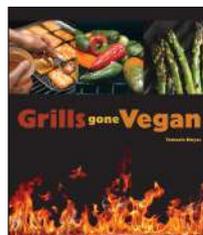
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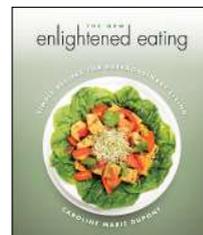
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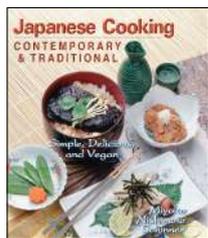
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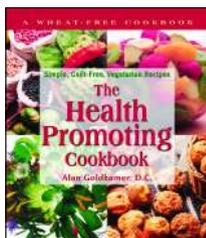
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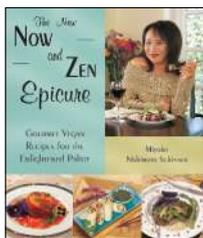
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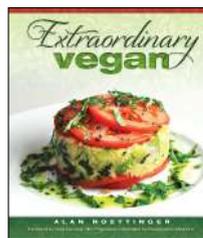
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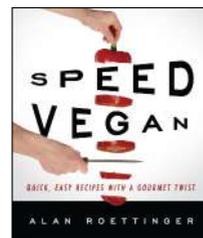
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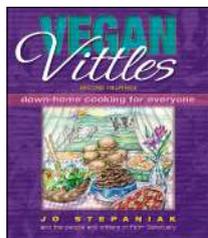
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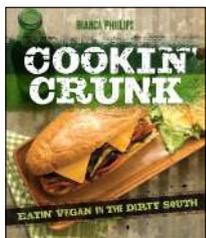
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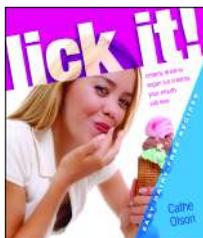
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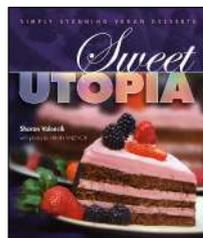
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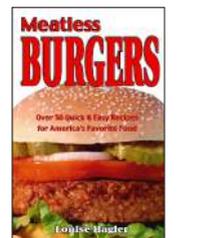
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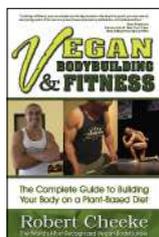


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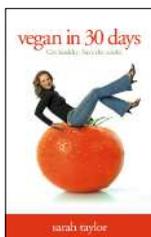
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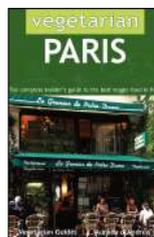
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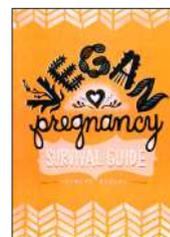
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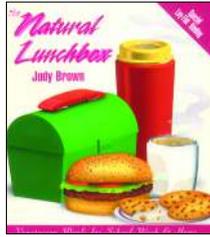


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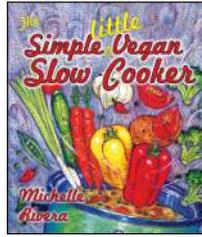
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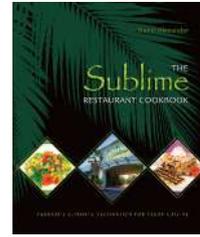
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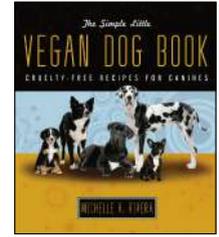
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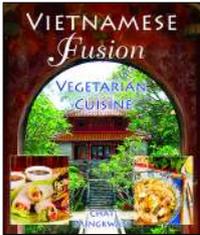
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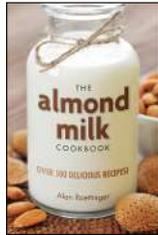
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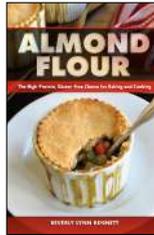
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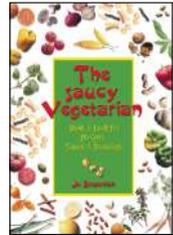
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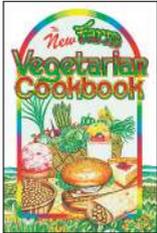
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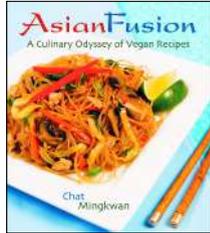
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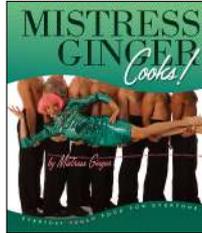
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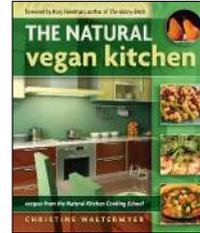
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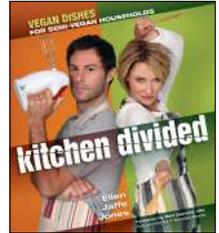
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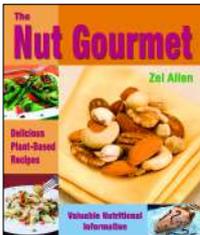
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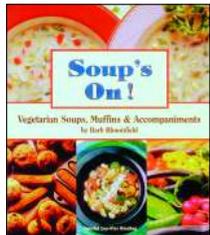
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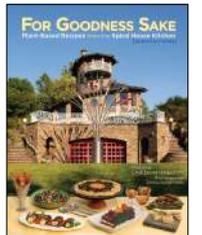
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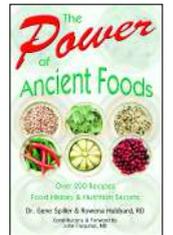
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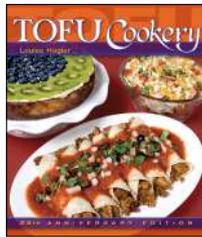
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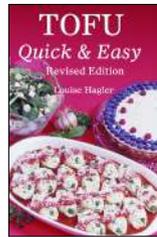
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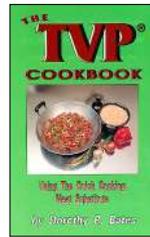
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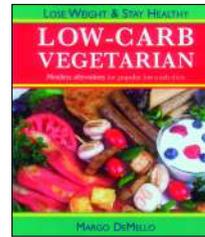
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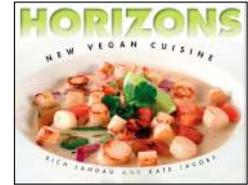
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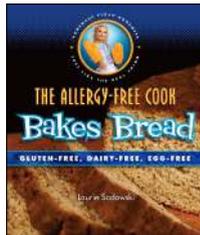
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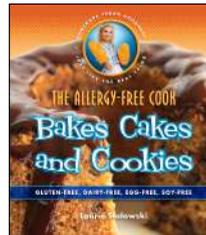
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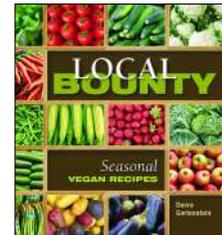
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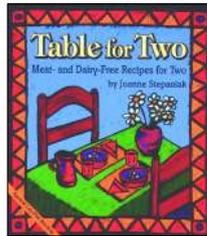
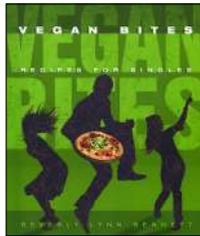
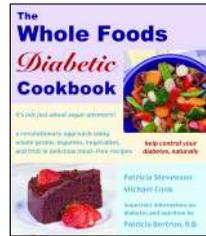


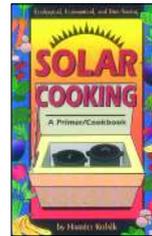
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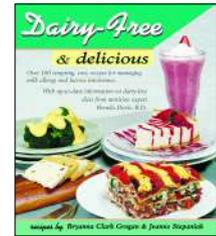
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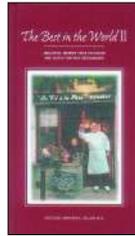
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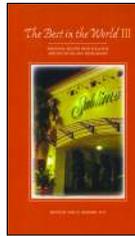
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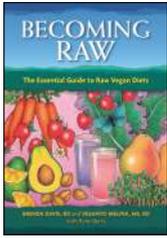


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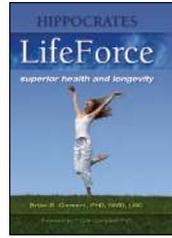


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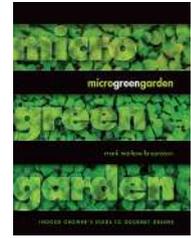
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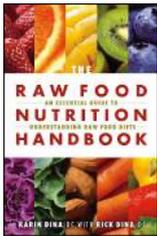
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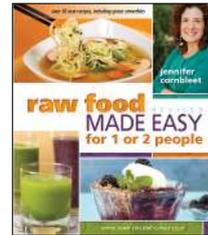
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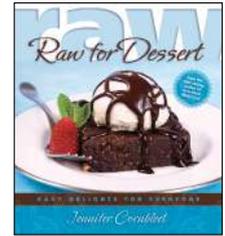
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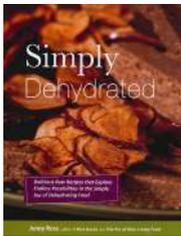
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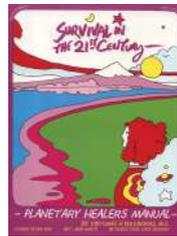
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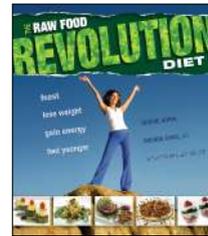
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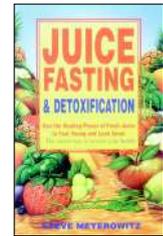
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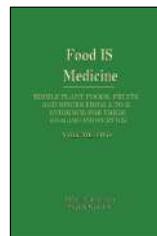


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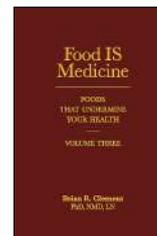
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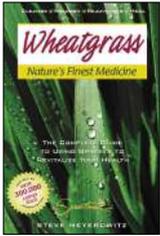


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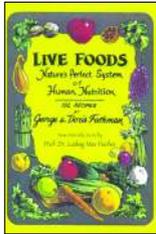
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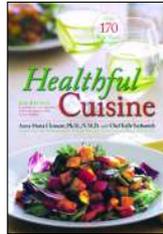
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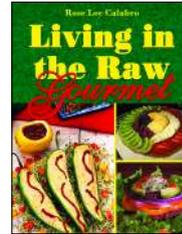
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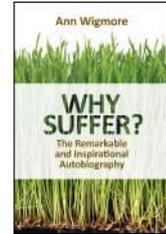
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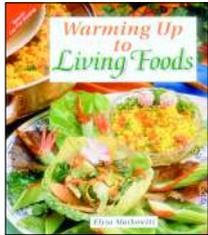
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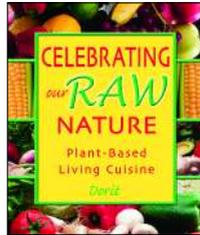
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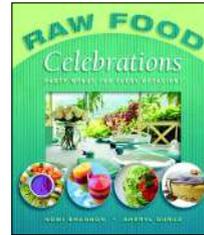
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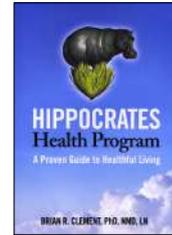
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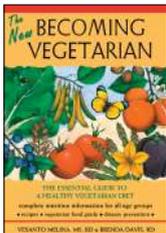


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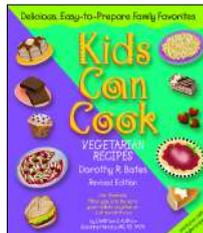


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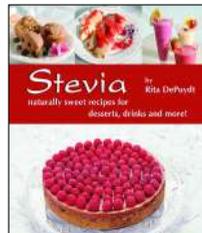
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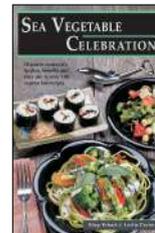
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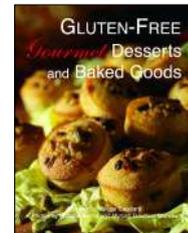
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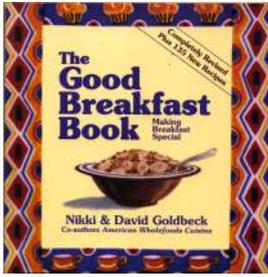


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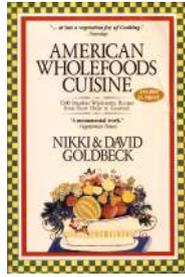


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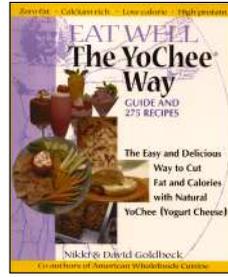
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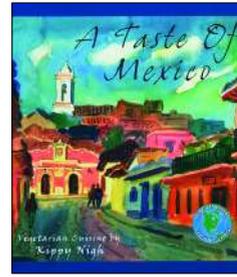
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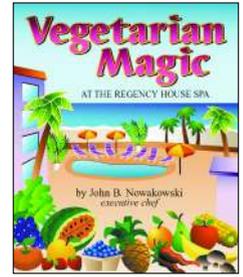
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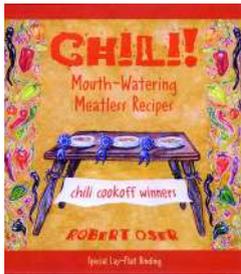
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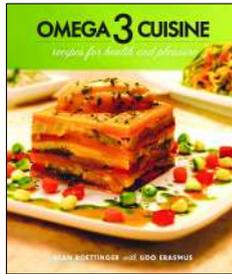
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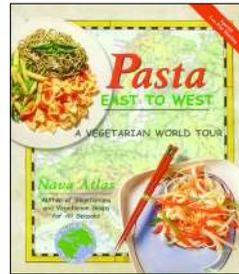
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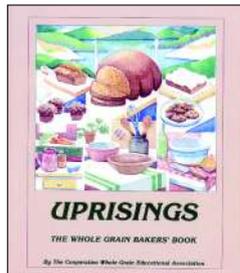
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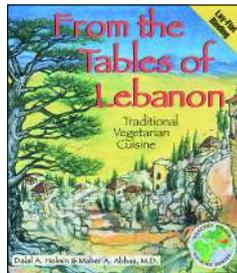
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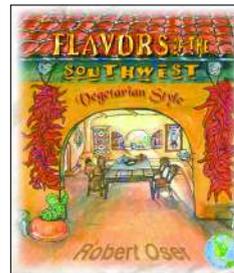
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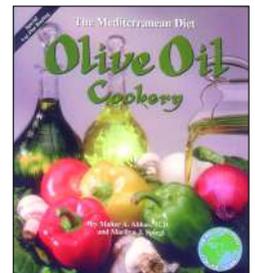
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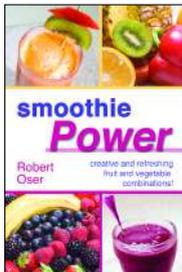
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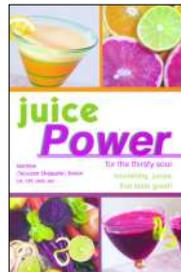
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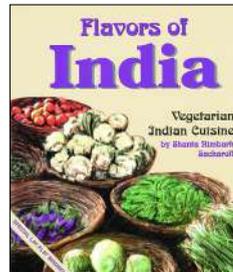
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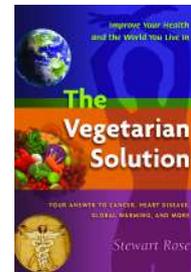
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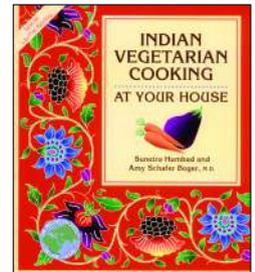
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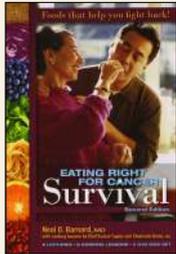
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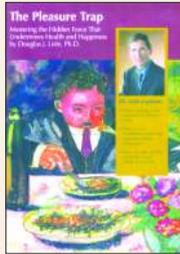
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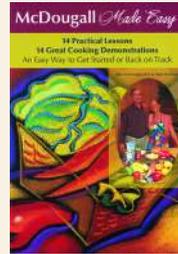
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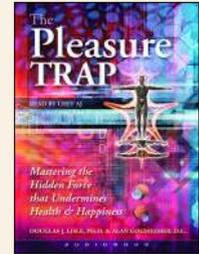
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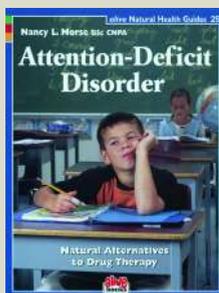
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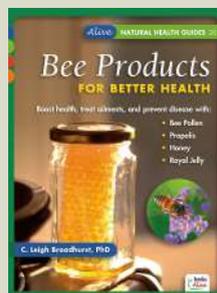
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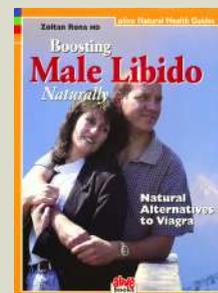
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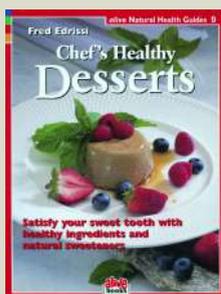
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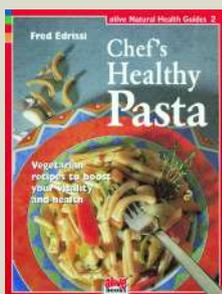
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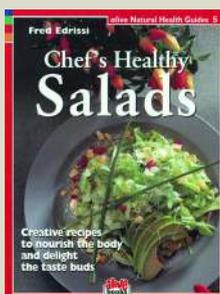
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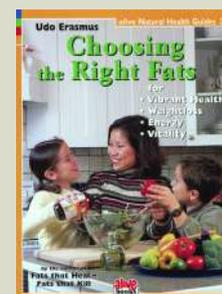
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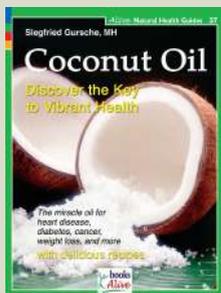
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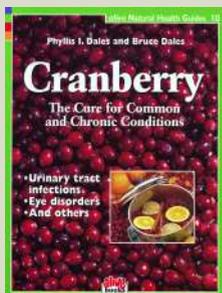
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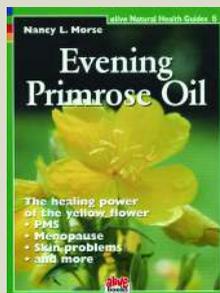
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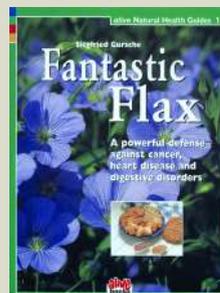
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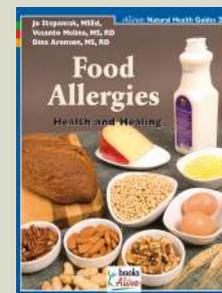
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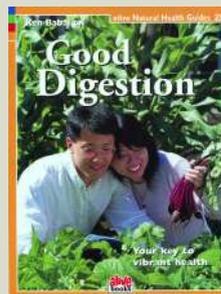
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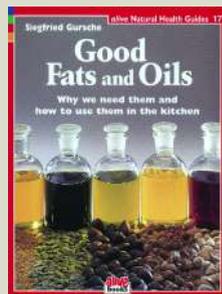
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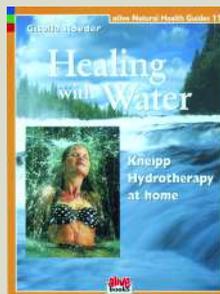
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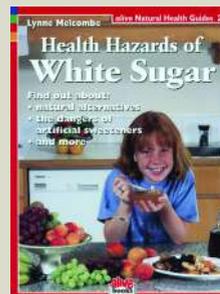
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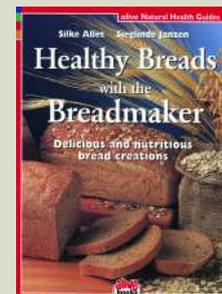
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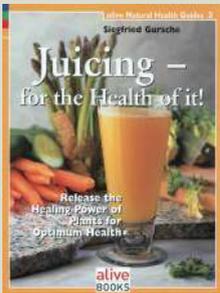
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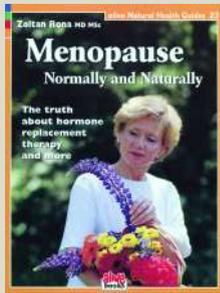
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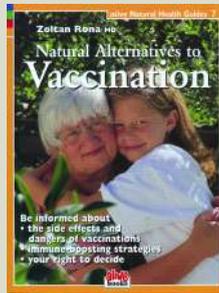
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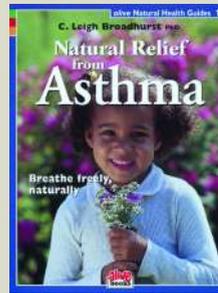
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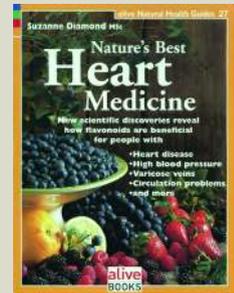
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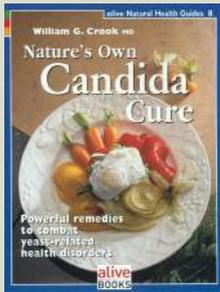
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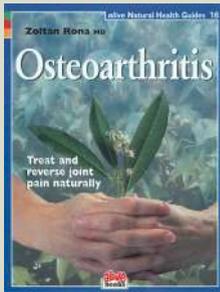
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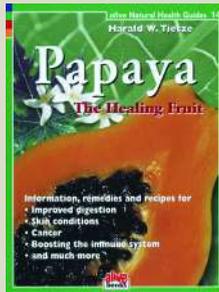
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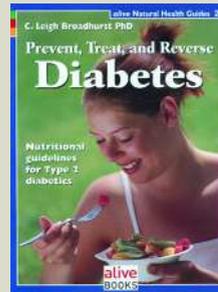
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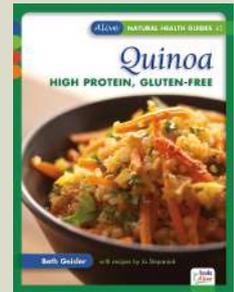
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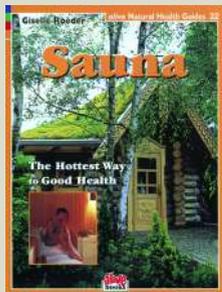
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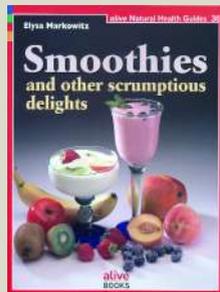
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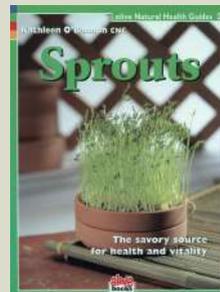
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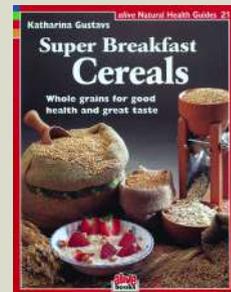
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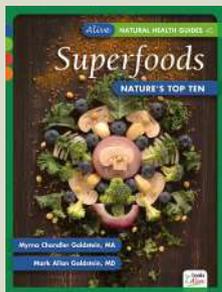
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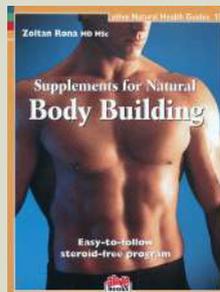
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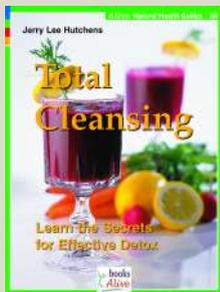
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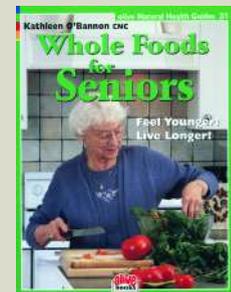
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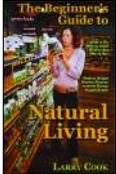
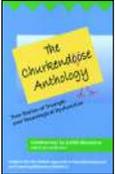
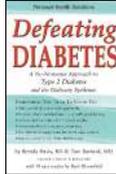
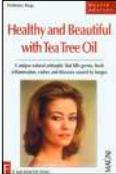
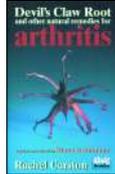
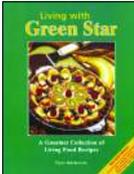
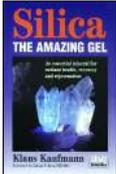
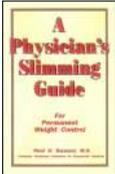
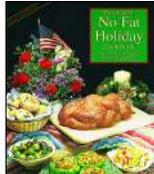
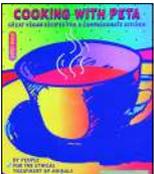
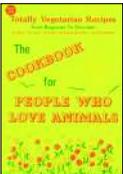
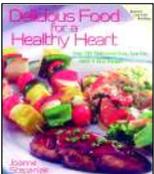
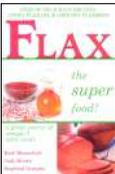
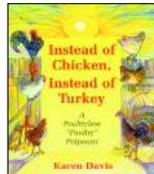
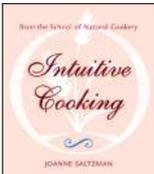
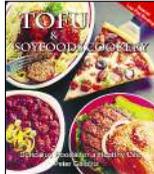
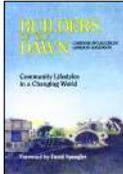
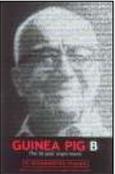
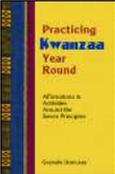
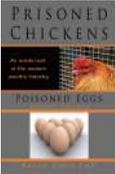
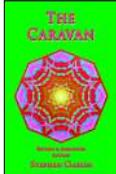
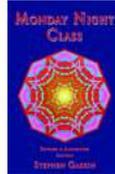
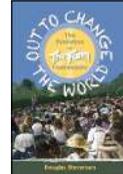


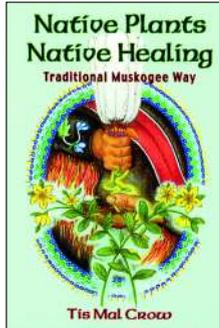
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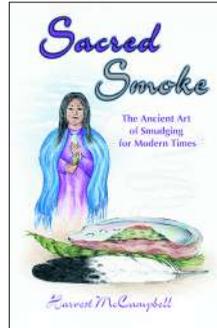
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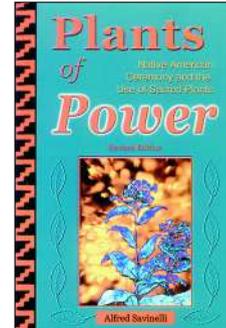
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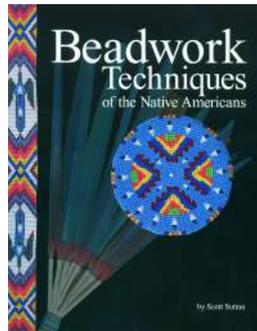
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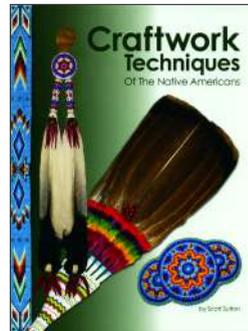
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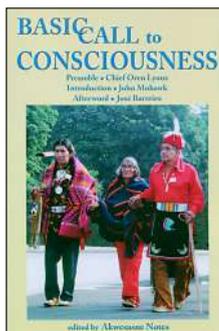
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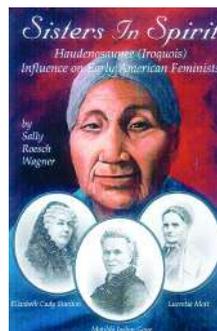
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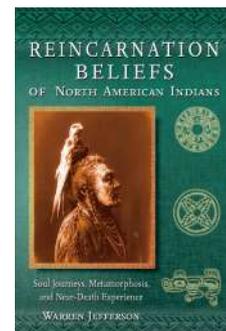
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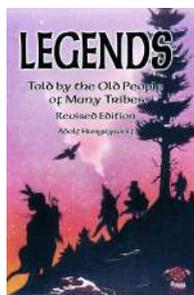
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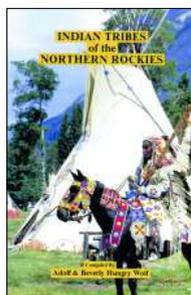
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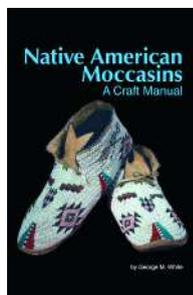
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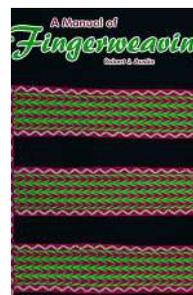
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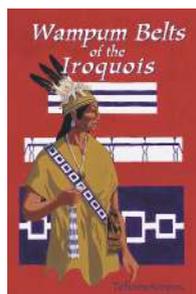
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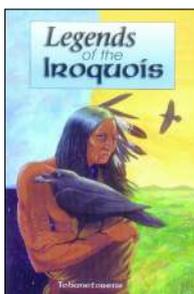
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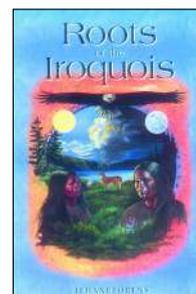
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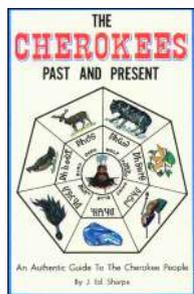


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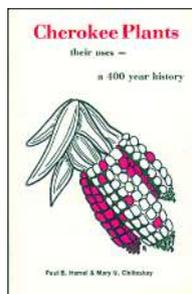


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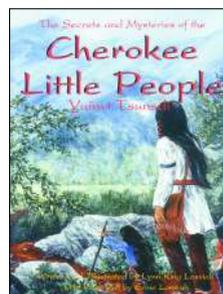
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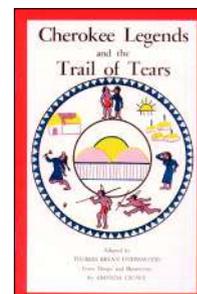
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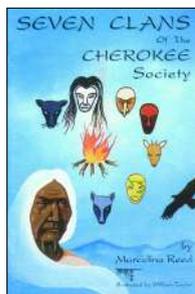
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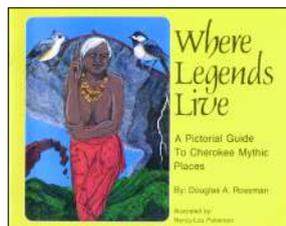
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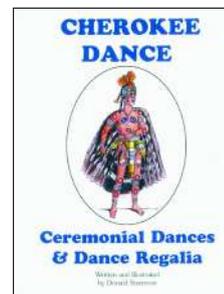
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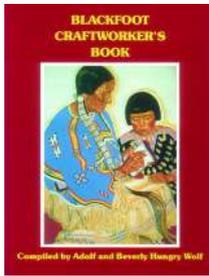
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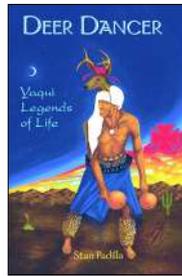
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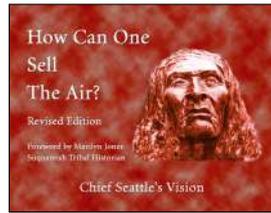
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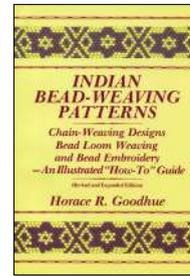
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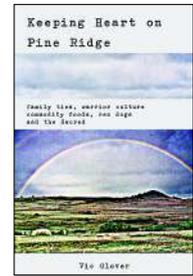
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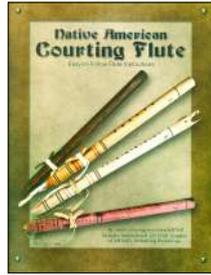
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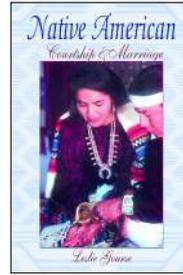
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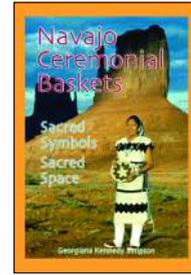
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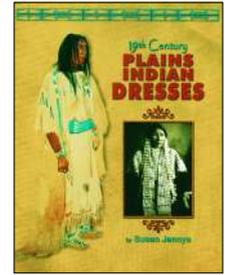
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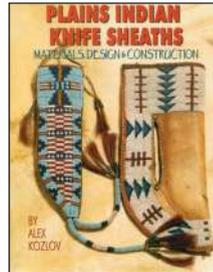
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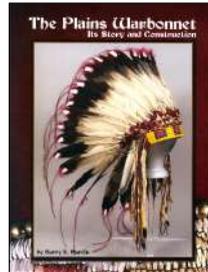
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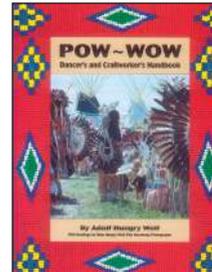
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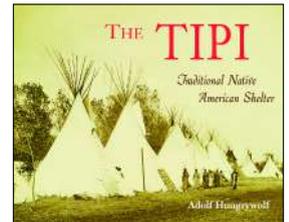
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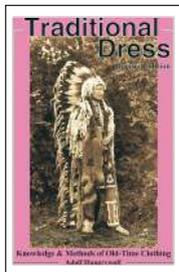
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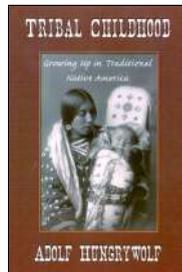
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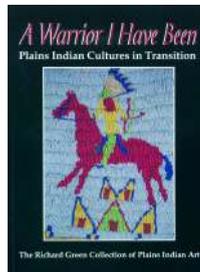
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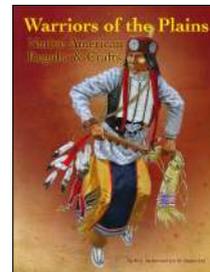
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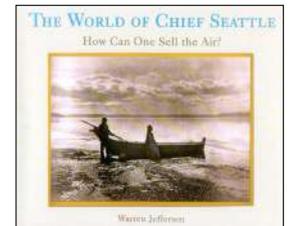
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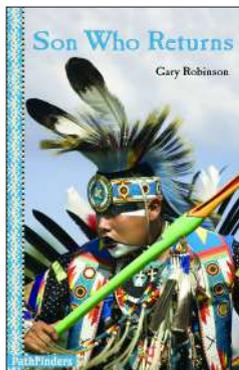


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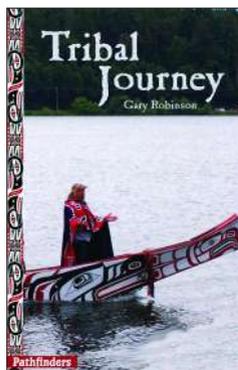
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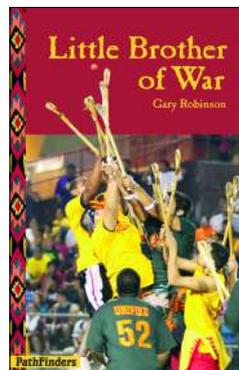
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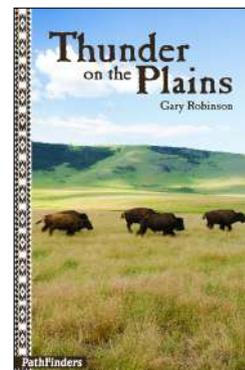
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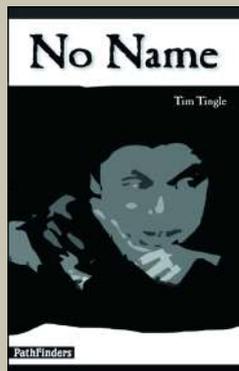
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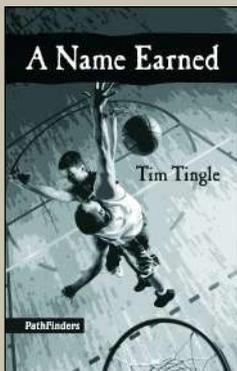
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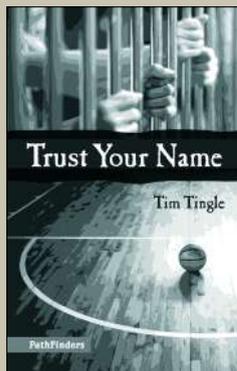
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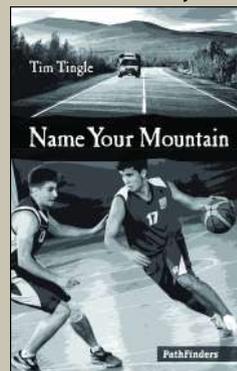
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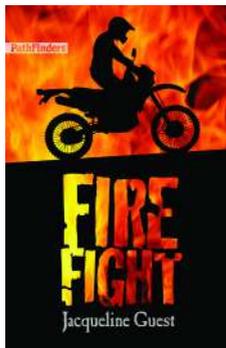


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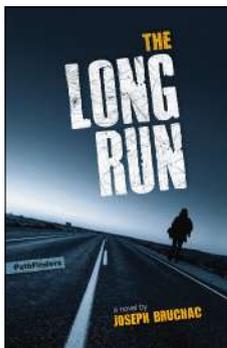


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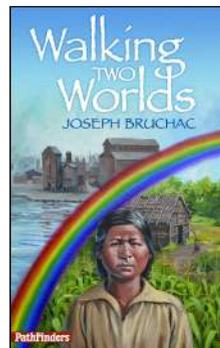
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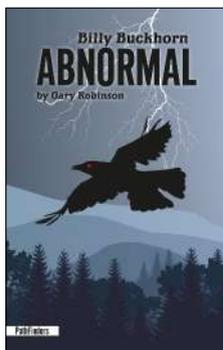


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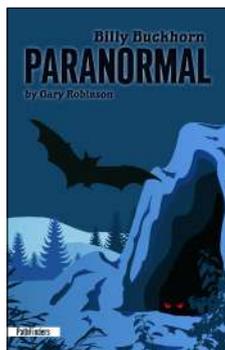


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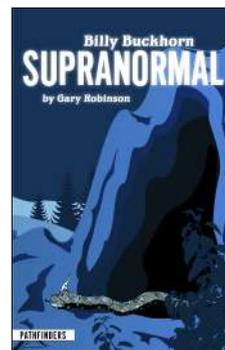
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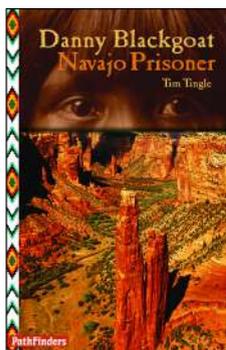


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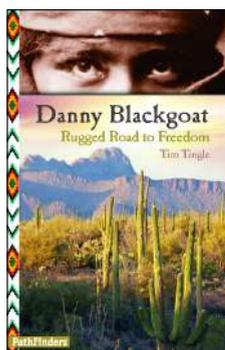


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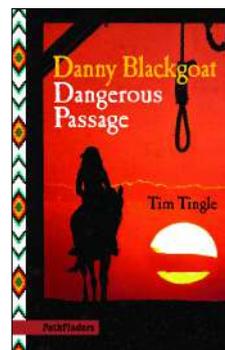
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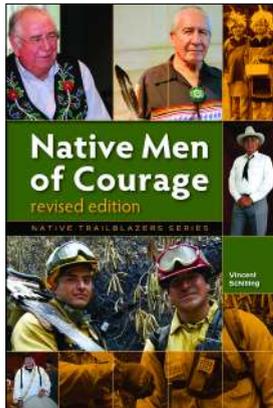
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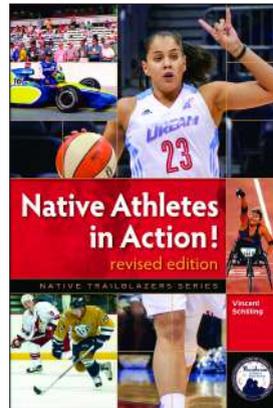
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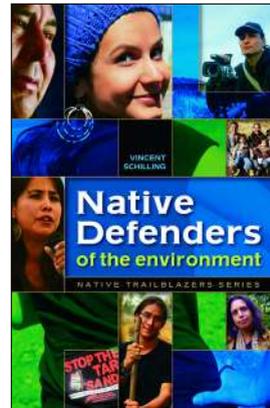
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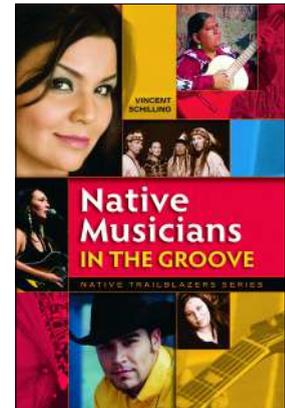
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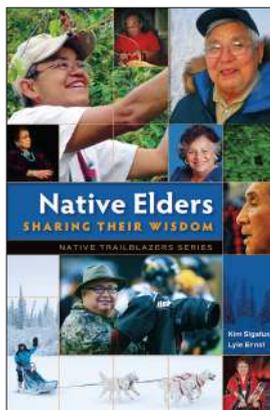
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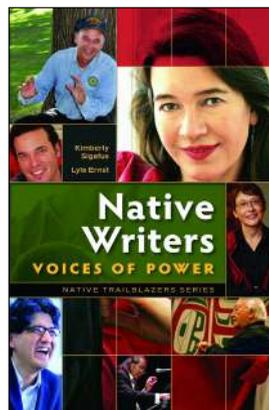
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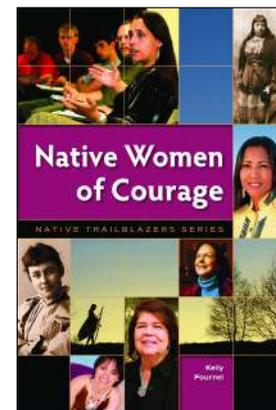
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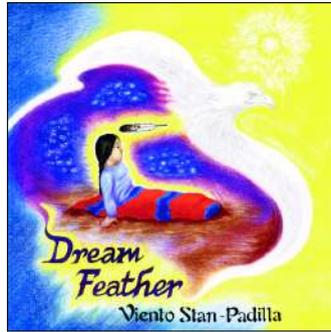
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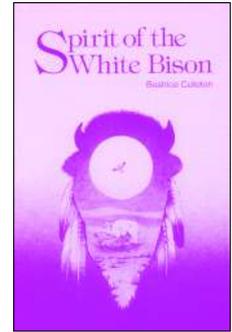
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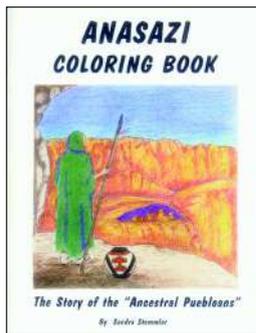
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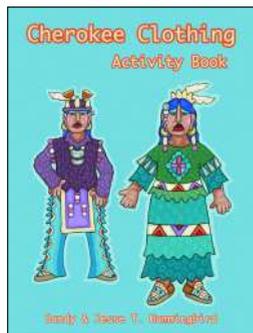
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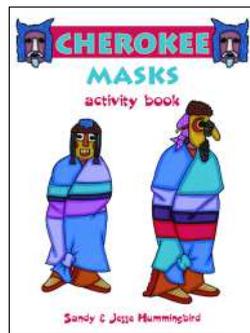
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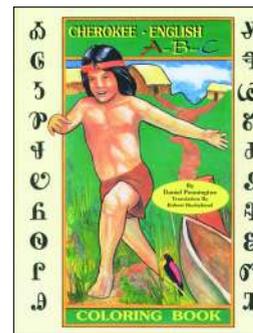
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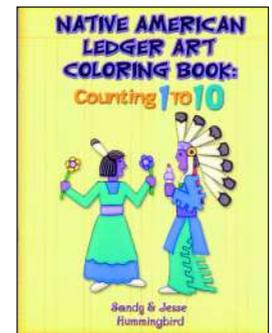
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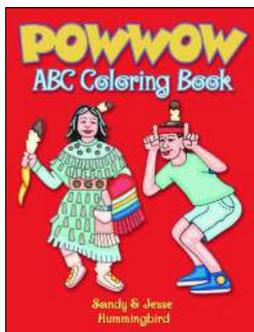
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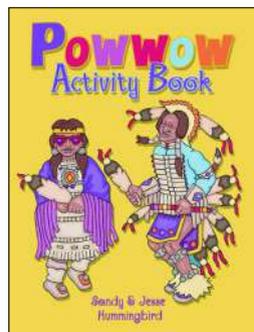
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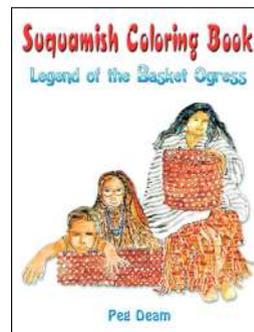
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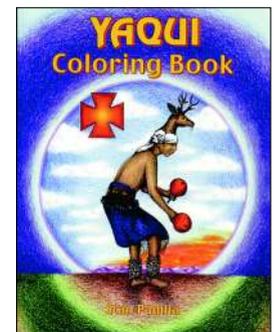
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