BPC PUBLICATIONS 2022 Fall







Books that educate, inspire, and empower.

BPC was founded in 1974 as Book Publishing Company and is owned by The Farm, an intentional community in Summertown, Tennessee. We are dedicated to publishing books that help create a more ecologically and socially conscious society. Since the 1970s, BPC authors have been pioneers in plant-based cooking and nutrition.

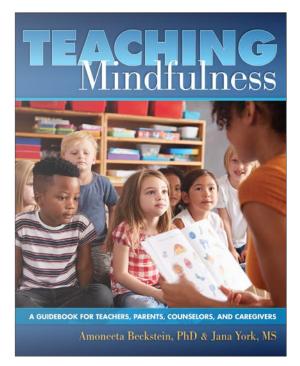
Our imprints—**Healthy Living**, **Books Alive**, **Norwalk Press**, and **Ehret Literature**—offer both contemporary and legacy titles on natural wellness solutions. **Native Voices** pays homage to Indigenous nations, while our **7th Generation** imprint publishes quality fiction and nonfiction for children and young adults authored by Native writers. **GroundSwell Books** features topics that support a sustainable planet, while two series—**Planet in Crisis** and **Planetary Solutions** (for tweens)—are dedicated to addressing our planet's environmental crisis.

All our books are printed on stock certified by the Forest Stewardship Council.



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◆ AVAILABLE SEPTEMBER 2022 978-1-93905-341-1 / \$19.95 120 pages / trade paper / 8 x 10 full color

TEACHING MINDFULNESS: A Guidebook for Teachers, Parents, Counselors, and Caregivers

Amoneeta Beckstein, PhD & Jana York, MS

- Presents an exciting new paradigm in education
- A quantum leap for teaching children academic and social skills

Children today face an unprecedented amount of stress due to our fast-paced society, the influence of social media, and the threat of global pandemics and climate change. Instructors also face new challenges with helping kids focus on what they need to learn. Including mindfulness as part of the curriculum has been shown to help students improve both their academic and social skills. With greater awareness of their feelings and surroundings, children will be more relaxed, creative, and self-confident.

Psychologist Amoneeta Beckstein and mindfulness educator Jana York pooled their knowledge and experience to compile this time-friendly program that both teachers and caregivers can implement easily. Designed for kids aged five to eleven, the program can be readily adapted for younger children or teens and is applicable in the classroom or in homeschool settings.

Lesson plans are based on the use of vowels (including Y for You) as a mnemonic device. Each letter represents an idea that helps students develop present-moment awareness: Attention, Experience, Investigate, Observe, and Understand. Empirically based exercises include discussion questions that enhance critical thinking skills, and engaging activities and games help children put into practice the concepts they learn.

Mindfulness education fosters a new skill set that can last a lifetime. And, as a bonus, it is equally beneficial for instructors!

Amoneeta Beckstein, PhD is currently a professor of psychology at Fort Lewis College in Durango, CO, and an adjunct faculty member and clinical supervisor in the counseling psychology program at Assumption University in Thailand.



Jana York, MS has been a children's mindfulness educator and mindfulness practitioner for more than a decade. She is the author of *U Is for Understanding: Claire's Journey toward Mindfulness*, a chapter book designed to introduce mindfulness and social-emotional learning to children.



Health **NEW**

PREVENTING PROSTATE CANCER: Reduce Your Risk with Simple, Proactive Choices

Benny Gavi, MD, and Maya Eylon

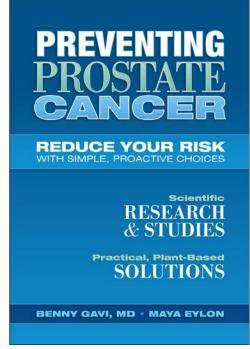
- One in eight men worldwide will be diagnosed with prostate cancer.
- In Canada, an average of 66 men daily are diagnosed with prostate cancer.

More than half of all men will develop prostate problems during their lifetimes, while one in eight will be diagnosed with prostate cancer. Even when prostate cancer is successfully treated, the side effects from the treatments (such as urinary incontinence, erectile dysfunction, fatigue, and sepsis) can be devastating.

Dr. Gavi, Clinical Assistant Professor of Medicine at Stanford University, teamed up with researcher Maya Eylon to compile more than 100 recent, reliable, and relevant international studies on the effects of diet on prostate health. The good news is that scientific research has confirmed that 50 percent of prostate cancer cases can be prevented by making simple dietary changes, along with screening for precursors, maintaining a healthy weight, and exercising adequately. Dr. Gavi summarizes these findings in easy-to-understand terminology with each study fully referenced.

Readers discover how key compounds in specific foods work to prevent cancer cells from forming. Cruciferous vegetables (glucosinolates), tomatoes (lycopene), soy foods (isoflavones), and green tea (catechins) are the superfoods that make a difference. Recommendations are provided for the optimal way to prepare these foods and for how much of each food is needed to reap the greatest health benefits.

The two types of prostate check-ins (screening and diagnostic tests) are also discussed, and a prostate cancer self-screening checklist is provided. The findings and information presented are powerful tools that can empower men to make vital lifestyle changes that will have a significant impact on their health.



◆ AVAILABLE SEPTEMBER 2022 978-1-57067-409-9 / \$22.95 120 pages / trade paper / 6 x 9 full color

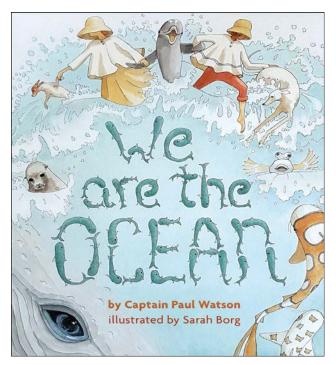
Benny Gavi, MD is a graduate of Harvard Medical School and is currently Clinical Assistant Professor of Medicine at Stanford University. He is a strong advocate for and expert on health improvement and disease prevention through nutrition and other lifestyle factors.



Maya Elon is currently in medical school at Central Michigan University College of Medicine. A clinical researcher, she has conducted research with Hadassah Medical Center and Stanford School of Medicine.



NEW



AVAILABLE SEPTEMBER 2022
 978-1-93905-346-6 / \$19.95
 32 pages / hardcover
 8½ x 8½ / full color / Ages 3-5

WE ARE THE OCEAN

Author: Captain Paul Watson Illustrator: Sarah Borg

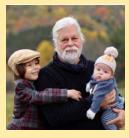
- Helps children discover their intrinsic ties to the ocean
- Explains the cycle of water and how it sustains all life on this planet

We Are the Ocean helps children develop a personal connection to the water. The author eloquently describes the importance of the ocean and its role in sustaining all life on Earth. Children, along with their doggie companions, discover the answer to the question, What is the ocean?

Captivating illustrations show the continuous cycle of water on Earth and teach youngsters that water is in the cells of all living plants and animals, including the cells of their own bodies. Readers will be surprised to discover water was even once in the bodies of dinosaurs!

When children learn about their connection to the ocean, they are more motivated to appreciate and take care of it as they grow older. Charming pictures by British artist Sarah Borg and kid-friendly language make this story a joy to read.

Captain Paul Watson is a Canadian American marine conservation activist who founded the direct-action group Sea Shepherd Conservation Society in 1977. Watson's other recent releases include Defending Orcas (2022), Urgent! (2021), Death of a Whale (2021), and Orcapedia (2020).



Sarah Jane Borg has been a professional artist for 40 years. Born in Devon, England, Sarah helped set up Sea Shepherd UK in 1985. Concerned about children growing up in a doomsday scenario, she was delighted to team up with Paul Watson to help youngsters understand the importance of the ocean.



HOW THE OCEANS CAME TO BE

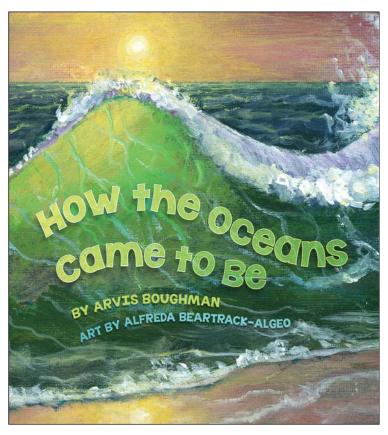
Author: Arvis Boughman
Illustrator: Alfreda Beartrack-Algeo

- A traditional Lumbee Nation story
- Imaginative mystery involving woodland creatures
- Teaches children to be resourceful and creative

A long time ago, Turtle Island rested on the back of a gigantic snapping turtle. One of her hatchlings grew to be very large and was called the Great Snapping Turtle. It made its home at the mouth of the mother spring.

When Rabbit discovered that Muskrat and Beaver could not find water, he decided to solve the mystery. What he found was the Great Snapping Turtle blocking the water of the mother spring. When the stubborn turtle refused to move, Rabbit figured out a way to let the water flow.

So much water flowed out that the streams became the Lumbee River, which, together with other rivers, formed giant pools, or oceans, that surround Turtle Island



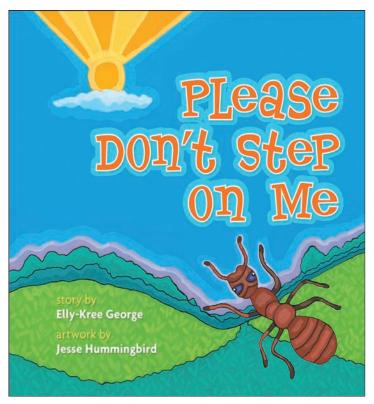
AVAILABLE SEPTEMBER 2022
 978-1-93905-344-2 / \$18.95
 40 pages / trade paper / 8 x 10
 full color / Ages 3-5

Alfreda Beartrack-Algeo is a storyteller, poet, artist, and illustrator. She is a member of the Lower Brule Lakota Nation. She is the author of *The Day the Earth Rose Up* and *The Land Grab*.



Arvis Boughman, an enrolled member of the Lumbee Indian tribe of North Carolina, works with adults and children as an elementary schoolteacher and a speech/language pathologist. He has worked with children from many different Indigenous Nations. Arvis currently lives in the Great Smoky Mountains of North Carolina with his family.





◆ AVAILABLE SEPTEMBER 2022 978-1-93905-343-5 / \$18.95 40 pages / trade paper / 8½ x 8½ full color / Ages 3-5

Elly-Kree (McKay) George (1924-2003) was of Scottish-Cherokee descent and grew up in Ohio. From an early age she loved all facets of nature. Later, as a Girl Scout leader and an Audubon Jr. Club leader, she was able to instill a respect of the natural world in both her own children and neighborhood kids.

After observing her grandchildren taking nature walks, Elly-Kree wrote *Please Don't Step on Me* to remind them and others to be kind to all creatures. Elly-Kree's husband was artist Edwin George, a member of the Eastern Band of Cherokee Indians. They lived on the Cherokee reservation in North Carolina.



PLEASE DON'T STEP ON ME

Author: Elly Kree-George Illustrator: Jesse Hummingbird

- A great introduction to ecology
- Encourages compassion towards even the smallest species

This delightful story teaches children that many bugs are "helpful insects" and enables the reader to develop a positive and protective attitude toward them. Willie the Worm introduces his insect friends and inspires the young reader to discover a fresh interest in "bugs" and to realize many of them are indeed their friends too.

Included are a series of questions and recommended activities to help parents and teachers engage children to learn even more about these little helpers

Jesse T. Hummingbird (1952-2021) was an award-winning Cherokee artist known for using a traditional flat style. In 2017 Jesse was named a Cherokee National Treasure, an honor given by the tribe to those who are helping keep Cherokee art and culture glive.

Jesse is also the illustrator of Native American Twelve Days of Christmas, Native American Night Before Christmas, and five children's Indigenous activity and coloring books.

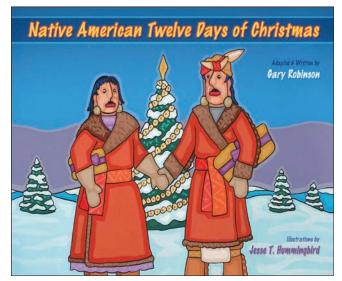
NATIVE AMERICAN TWELVE DAYS OF CHRISTMAS

Author: Gary Robinson
Illustrator: Jesse T. Hummingbird

The beloved traditional English Christmas carol, "The Twelve Days of Christmas," has been delightfully adapted to reflect aspects of the richly varied cultures and traditions of Native American tribes from different parts of the US.

Author Gary Robinson presents a cultural background for each day's gift in an easy-to-understand manner, placing the adapted song lyrics in the context of these tribal cultures. Jesse Hummingbird's vibrant illustrations capture the imagination.

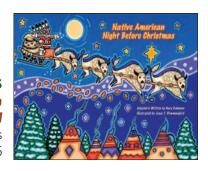
As a companion to the popular book *Native American Night Before Christmas* by the same author and illustrator, these editions are wonderful additions to holiday books for children.



◆ AVAILABLE SEPTEMBER 2022 978-1-93905-345-9 / \$18.95 32 pages / hardcover / 11½ x 8½ full color / Ages 3-5

NATIVE AMERICAN NIGHT BEFORE CHRISTMAS Gary Robinson

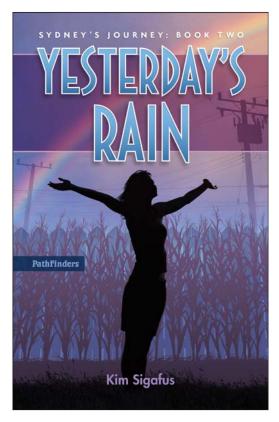
Illustrated by Jesse T. Hummingbird 978-1-93905-330-5 / \$19.95 / 40 pages hardcover / 11½ x 8½ / full color / Ages 3–5



Gary Robinson (Choctaw/Cherokee descent) is an award-winning writer and filmmaker who has dedicated his life to presenting accurate accounts of the cultures of America's Indigenous people. Among his written works are eight PathFinders novels, including *Standing Strong* and the Billy Buckhorn series. Visit his website at tribaleyeproductions.com.

Tribute to Jesse Hummingbird: "Honored nationally by many in the world of art and recognized by his Cherokee tribe as a cultural treasure, Jesse Hummingbird was loved by all who knew him, and deservedly so. The depth of his giving soul was apparent to anyone who worked or interacted with him, however briefly." —Gary Robinson





◆ AVAILABLE SEPTEMBER 2022 978-1-93905-342-8 / \$12.95 124 pages / trade paper / 4½ x 7 Ages 12+ / FRY RL: 3

YESTERDAY'S RAIN

Kim Sigafus

- High school bullying continues to be a huge social problem.
- The story examines the effects of bullying on teens and emphasizes acceptance of those who are different.
- Book Two of a new PathFinders series, Sydney's Journey.

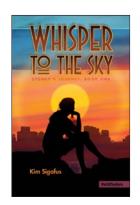
Sydney is still working through her guilt over being a bully at her previous school on the White Earth Reservation. When she accidently takes a punch in the face that was aimed at her gay friend, everyone expects her to fight back, but her response is totally unexpected.

Bullies can change, as Sydney proves at her new school. Can Sydney help her best friend heal an old friendship by demonstrating forgiveness?

BOOK ONE

WHISPER TO THE SKY Kim Sigafus

978-1-93905-338-1 / \$12.95 118 pages / trade paper / 4½ x 7 Ages 12+ / FRY RL: 4





Kim Sigafus is an award-winning Ojibwa writer and photographer whose family is from the White Earth Indian Reservation in northwest Minnesota.

She is also the author of three PathFinders novels, Nowhere to Hide, Autumn's Dawn, and Finding Grace, and the coauthor of Native Writers: Voices of Power and Native Elders: Sharing Their Wisdom.

GOING OFF THE GRID

Revised Edition

The How-To Book of Simple Living and Happiness

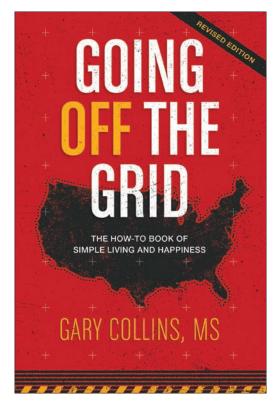
Gary Collins, MS

Going off the Grid unpacks a step-by-step series of eye-popping insights on what it really takes to live off-the-grid while still enjoying the creature comforts of modern living. Get practical guidance straight from someone who has been there, done that, and still is.

Discover how to:

- Downsize your current living conditions and prepare for peaceful, clutter-free living in your own private paradise.
- Save tens of thousands of dollars (or more) in your search for the perfect off-grid property.
- Leap over the landmines of hiring and managing general contractors while building your off-grid home.
- Stay connected to the "real world" without blowing thousands on clunky tech gadgets that may or may not work.

Collins' "dirt under your fingernails" advice about how to find, plan, build, and maintain your own off-the-grid sanctuary is entertaining and informative with lessons to be learned from his own wildly humorous stories of off-grid adventures.

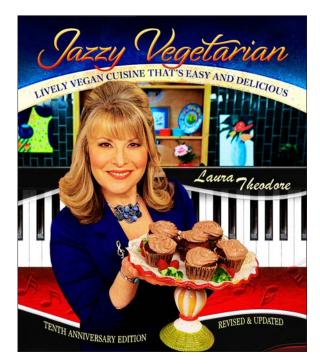


◆ AVAILABLE SEPTEMBER 2022 978-0-98392-988-8 / \$25.95 192 pages / trade paper 5½ x 8½

"Gary Collins' compelling background includes military intelligence, Special Agent for the US State Department Diplomatic Security Service, US Department of Health and Human Services, and US Food and Drug Administration. Gary brings a much-needed perspective to today's areas of simple living, health, nutrition, entrepreneurship, self-help, and being more self-reliant. Included among his other books are *Living Off the Grid* and The Simple Life book series." His website is www.thesimplelifenow.com.



NEW



◆ AVAILABLE OCTOBER 2022
ISBN 978-1-99654-753-6 / \$34.95
224 pages / trade paper / 8 x 9¼
full color

JAZZY VEGETARIAN:

Lively Vegan Cuisine That's Easy and Delicious 10th Anniversary Edition

Laura Theodore

- Laura Theodore is a public television personality, podcast radio host, celebrity PBS vegan chef, and Grammy- nominated jazz singer.
- This edition coincides with the 10th season of the Jazzy Vegetarian cooking series on Public Broadcasting Service stations.

Featuring healthy and delicious recipes that are easy to prepare, this book is the perfect choice for anyone starting a plant-based diet or for omnivores on the lookout for exciting vegan options. A full range of menu ideas for brunch, informal and formal party fare, and holiday meals are all accompanied by sumptuous photographs of finished dishes and the steps to prepare them.

This 10th anniversary edition with brand-new recipes along with updated originals, revised ingredients, modern cooking methods, and 30 additional photos make this book a must-have. Viewers will be able to recreate their favorite meals from the new season and access dishes featured on all the past shows as well. Laura's distinctive style and flair infuse each page of the book and every jazzy recipe.



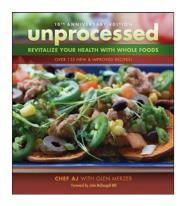
Laura Theodore is a brand name. Her television series, Jazzy Vegetarian, is a three-time winner of the TASTE Awards "Best Health and Fitness Program (Food and Diet)." She is host of The Laura Theodore Podcast, which focuses on easy-to-prepare, plant-based recipes, eco-entertaining tips, and celebrity interviews. And she is the star of Jazzy Vegetarian TV, an online subscription-based streaming network. Her six cookbooks include Easy Vegan Home Cooking, Vegan for Everyone, Jazzy Vegetarian's Deliciously Vegan, Laura Theodore's Vegan-Ease, Jazzy Vegetarian Classics, and Jazzy Vegetarian. She received a Grammy nomination for "Golden Earrings", a song she recorded with Joe Beck. Visit jazzyvegetarian.com for more information.

RECENT

UNPROCESSED, 10th Anniversary Edition: Revitalize Your Health with Whole Foods

978-1-57067-408-2 / \$29.95 / 196 pages / trade paper / 8 x 9 / full color

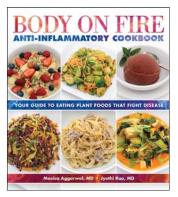
Chef AJ, host of a daily broadcast on YouTube titled Live with AJ!, showcases her flair for combining whole plant foods into outrageously delicious dishes. Gluten-free recipes (with no added salt, oil, or sugar) illustrate how dishes made with nutrient-rich ingredients compared to calorie-dense ingredients have superior nutrition and taste.



BODY ON FIRE ANTI-INFLAMMATORY COOKBOOK: Your Guide to Plant Foods that Fight Disease Monica Aggarwal, MD, and Jyothi Rao, MD

978-1-57067-407-5 / \$29.95 / 192 pages / trade paper / 8 x 9 / full color

The right food choices can make a crucial difference in fighting inflammation and preventing chronic disease. This collection of recipes combines nutritious foods and spices that both support your health and deliver the flavors you love while keeping inflammation at bay.



THE DAY THE EARTH ROSE UP

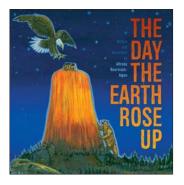
Written and illustrated by Alfreda Beartrack-Algeo

978-1-93905-339-8 / \$18.95 / 40 pages / trade paper / 8½ x 8½ / full color / Ages 4-8

A captivating Lakota version of how the Pleiades or Seven Sisters star formation came to be.

"Full of descriptive tidbits about the traditional Lakota way of life. Beartrack-Algeo's love and pride of her culture and the land shines throughout the story."

—School Library Journal, 2021

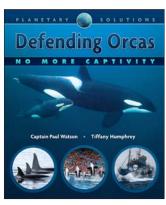


DEFENDING ORCAS: No More Captivity Captain Paul Watson, Tiffany Humphrey

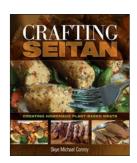
978-1-93905-336-7 / \$18.95 / 48 pages / trade paper / 8 x 9½ / full color / Ages 9-12

Kids discover facts about orcas, one of the most magnificent creatures in the ocean, and then learn about the mental and physical stress orcas endure while in confinement at marine parks worldwide. Includes beautiful color photos throughout and resources on conservation groups.

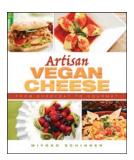
Book Three: Planetary Solutions Series



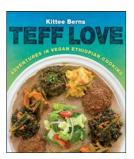
• BEST SELLERS •



CRAFTING SEITAN: Creating Homemade Plant-Based Meats Skye Michael Conroy 978-1-57067-396-2 / \$29.95 208 pages / 8 x 9 / full color

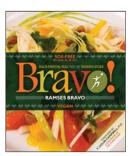


ARTISAN VEGAN CHEESE: From Everyday to Gourmet Miyoko Schinner 978-1-57067-283-5 / \$29.95 192 pages / 8 x 9% / full color

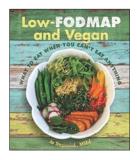


TEFF LOVE: Adventures in Vegan Ethiopian Cooking Kittee Berns 978-1-57067-311-5 / \$28.95 192 pages / 8 x 9 / full color

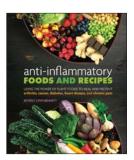
• FABULOUS FOOD FOR ALL DIETARY NEEDS •



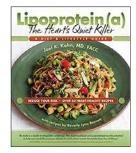
BRAVO! Ramses Bravo978-1-57067-269-9 / \$25.95
192 pages / 8 x 9½ / full color



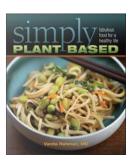
LOW-FODMAP AND VEGAN: What to Eat When You Can't Eat Anything Jo Stepaniak, MSEd 978-1-57067-337-5 / \$28.95 144 pages / 8 x 9 / full color



ANTI-INFLAMMATORY FOODS
AND RECIPES: Using the Power of Plant
Foods to Heal and Prevent Arthritis, Cancer,
Diabetes, Heart Disease, and Chronic Pain
Beverly Lynn Bennett
978-1-57067-341-2 / \$25.95
128 pages / 8 x 9 / full color

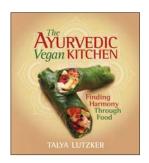


LIPOPROTEIN(A): THE HEART'S QUIET KILLER: A Diet Lifestyle Guide Joel K. Kahn, MD, FACC Recipes by Beverly Lynn Bennett 978-1-57067-387-0 / \$29.95 160 pages / 8 x 9 / full color



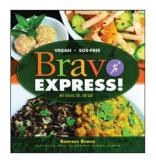
SIMPLY PLANT BASED: Fabulous Food for a Healthy Life Vanita Rahman, MD 978-1-57067-404-4 / \$28.95 176 pages / 8 x 9 / full color

COOKING



THE AYURVEDIC VEGAN KITCHEN Talya Lutzker

978-1-57067-286-6 / \$28.95 192 pages / 8 x 9 / full color



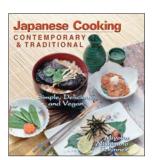
BRAVO EXPRESS!
Ramses Bravo

978-1-57067-362-7 / \$29.95 160 pages / 8 x 9 / full color



COOKIN' UP A STORM Laura Dakin

978-1-57067-312-2 / \$31.95 160 pages / 8 x 9 / full color



JAPANESE COOKING: CONTEMPORARY & TRADITIONAL

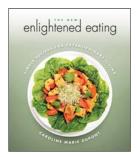
Miyoko Nishimoto Schinner 978-1-57067-072-5 / \$18.95 176 pages / 7 x 8 / full color



KIDS CAN COOK, Revised Ed.

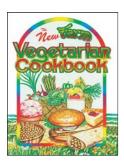
Dorothy R. Bates

Suzanne Havala, MS, RD, FADA 978-1-57067-086-2 / \$17.95



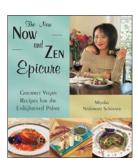
THE NEW
ENLIGHTENED EATING
Caroline Marie Dupont

978-0-92047-083-1 / \$25.95 224 pages / 8 x 9 / full color



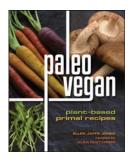
THE NEW FARM
VEGETARIAN COOKBOOK
Louise Hagler and

Dorothy Bates, Editors 978-0-91399-060-5 / \$18.95 224 pages / 6 x 9



THE NEW NOW
AND ZEN EPICURE
Miyoko Nishimoto Schinner

978-1-57067-114-2 / \$25.95



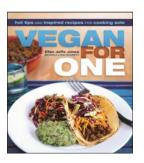
PALEO VEGAN
Ellen Jaffe Jones
Recipes by Alan Roettinger
078, 1670/67, 206, 4 / \$17.06

978-157067-305-4 / \$17.95 144 pages / 8 x 9 / full color



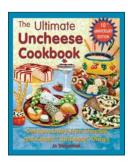
THE SEITANIC SPELLBOOK Brian Manowitz

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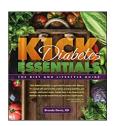


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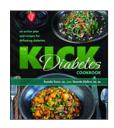
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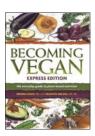
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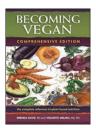
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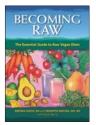
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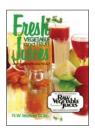


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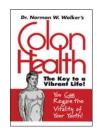
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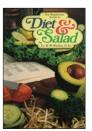
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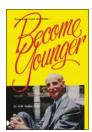
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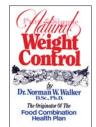
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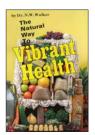
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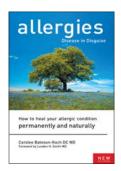
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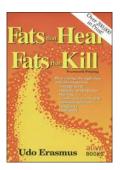
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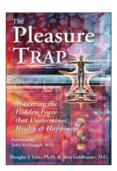
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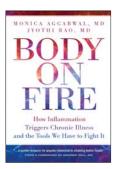
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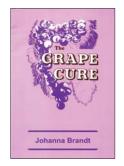
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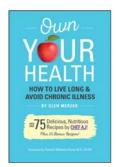
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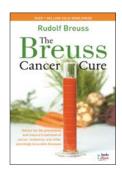
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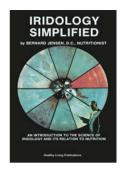
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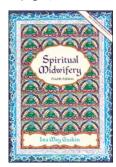
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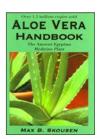


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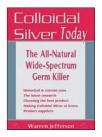
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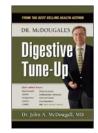
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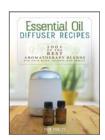
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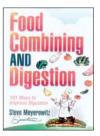
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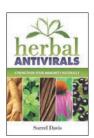
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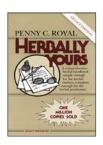
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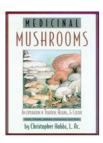
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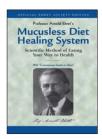
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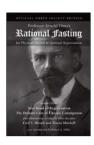
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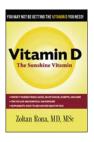
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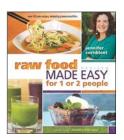


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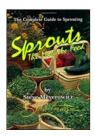
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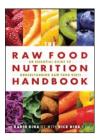
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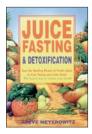
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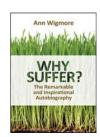
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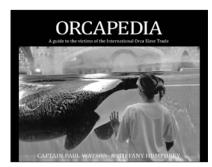
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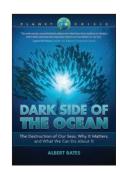


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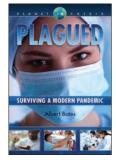
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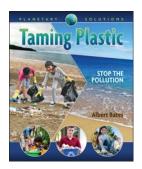
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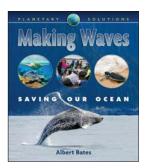
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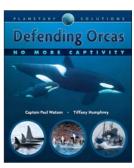
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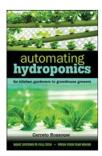
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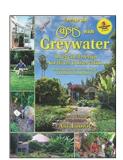
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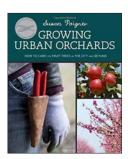
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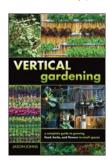
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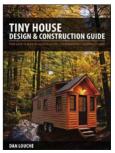


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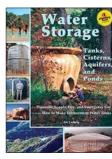
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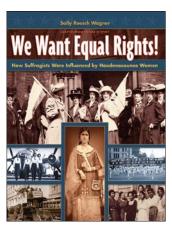
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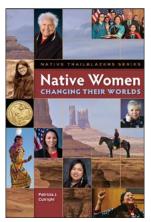


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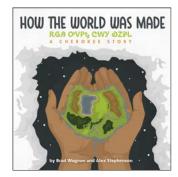
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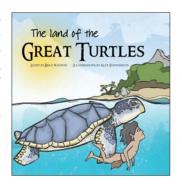


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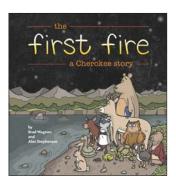


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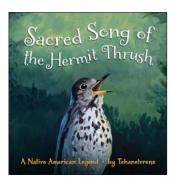
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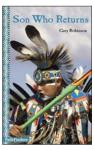
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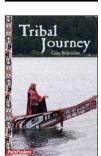
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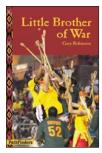
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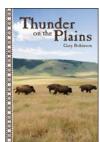
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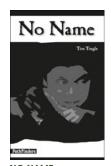


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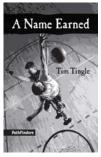
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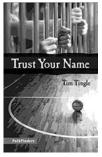
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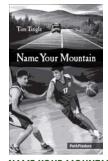
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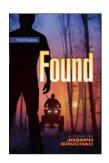


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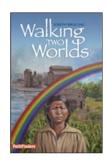
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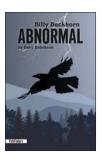
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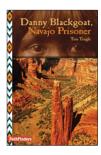


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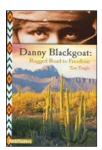
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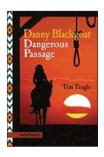
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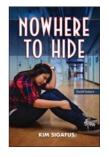


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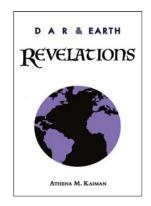
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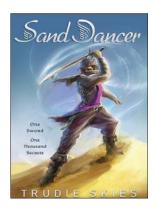


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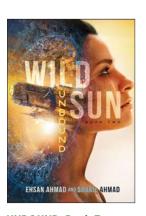
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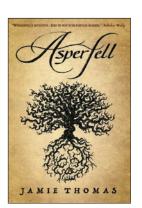


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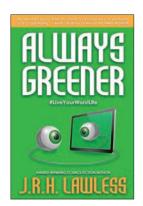
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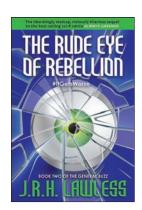
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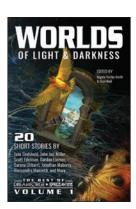
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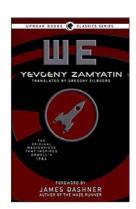


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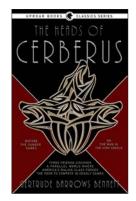
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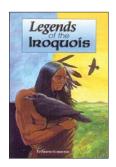
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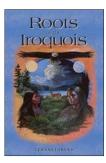
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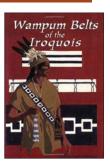
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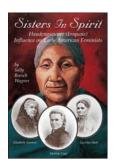
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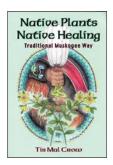


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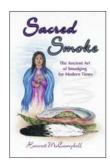


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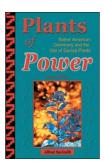
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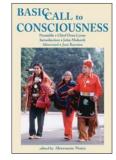
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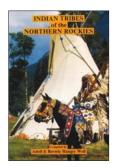
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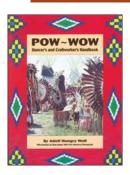
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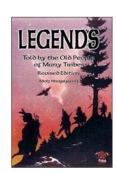
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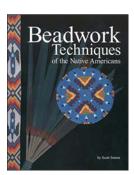
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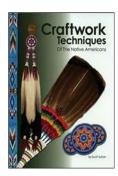
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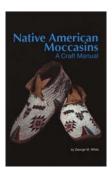
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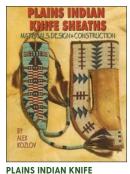
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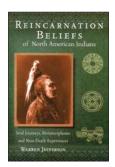


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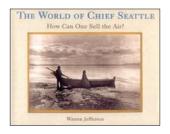
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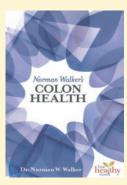
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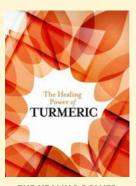
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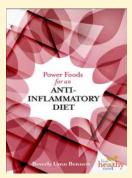
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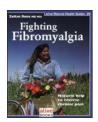
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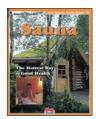
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