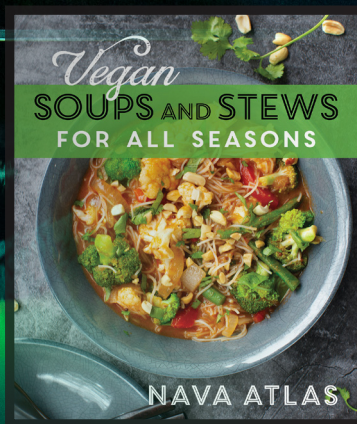
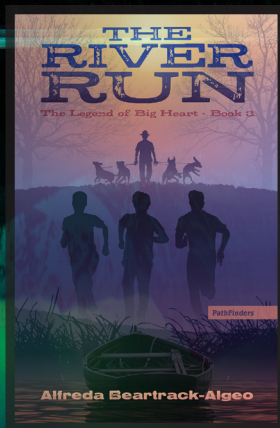


# BPC PUBLICATIONS

## 2024 Winter





BPC (founded in 1974 as Book Publishing Company) is owned by The Farm, an intentional community in Summertown, Tennessee. For more than 50 years we have been dedicated to publishing books that:

- Help people enjoy a healthy, sustainable lifestyle.
- Present authentic works of fiction and nonfiction on Indigenous cultures.

We are delighted to release the 5th Edition of **VEGAN SOUPS AND STEWS FOR ALL SEASONS** by bestselling cookbook author Nava Atlas. What could be more comforting in these chilly months ahead than a warm bowl of savory soup?

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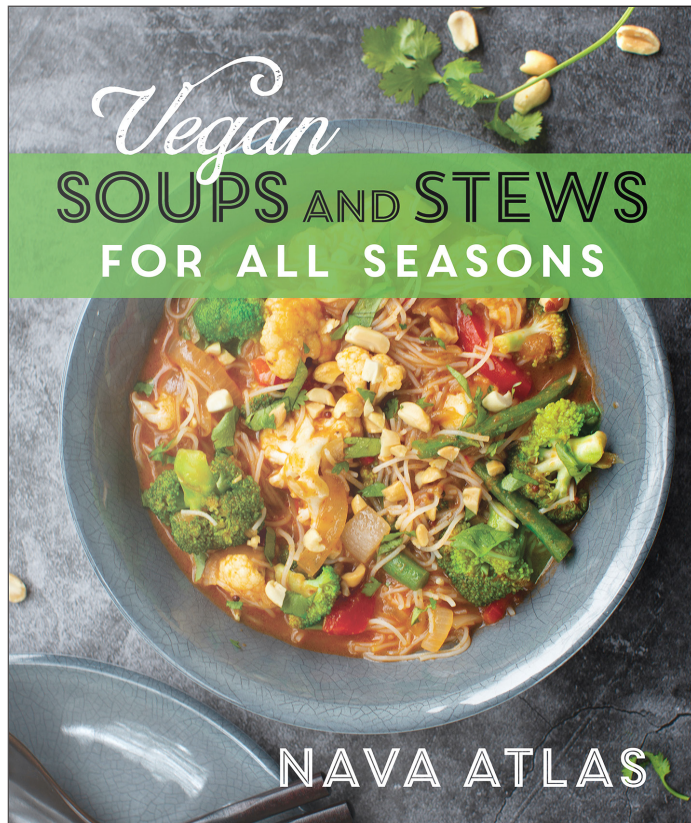
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◆ AVAILABLE FEBRUARY 2024

978-1-7371334-1-4 / \$29.95  
212 pp / trade paper / full color / 8 x 10

## VEGAN SOUPS AND STEWS FOR ALL SEASONS

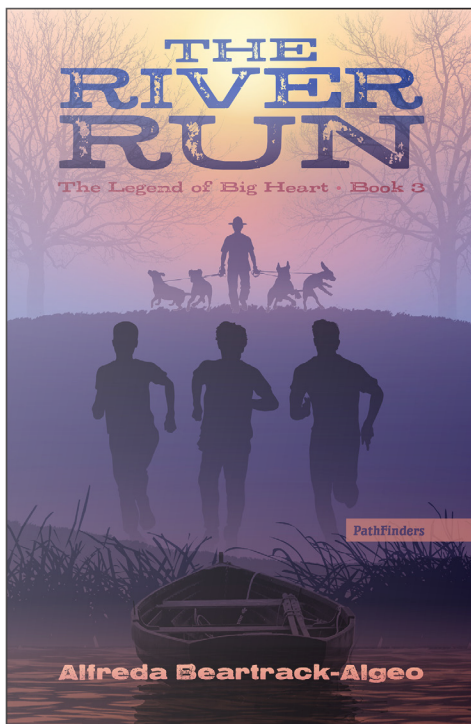
*Nava Atlas*

Revised and updated with new recipes and dozens of gorgeous full-color photos, bestselling author Nava Atlas presents the fifth and ultimate edition of *Vegan Soups and Stews for All Seasons*. Starting its life as a diminutive hand-illustrated vegetarian cookbook in 1992, it gradually went vegan, as Nava did.

The book's staying power is a testament to the universal love for soups. A good bowl of soup evokes warmth and comfort. With a bit less liquid and a tad more chunkiness of texture, the result is stew—a savory and satisfying one-pot meal. From hearty, warming stews to fruity dessert soups, Nava ladles out more than 120 delectable recipes.

Each chapter highlights the best produce available in its season. Fall celebrates the harvest, winter focuses on heartiness, spring lifts the palate, and summer is all about freshness. Whether you are looking for a colorful global stew or a refreshing cold elixir, there is something for every soup lover on these pages.

**Nava Atlas** is a vegan cooking expert and the author of many bestselling cookbooks, including *5-Ingredient Vegan*, *Vegan on a Budget*, *Wild About Greens*, and *Vegan Holiday Kitchen*. Nava also creates visual books on women's issues and runs two websites, [TheVeganAtlas.com](http://TheVeganAtlas.com) and [LiteraryLadiesGuide.com](http://LiteraryLadiesGuide.com). She lives in the Hudson Valley region of New York State with her family.



## THE RIVER RUN

The Legend of Big Heart: Book Three

**Alfreda Beartrack-Algeo**

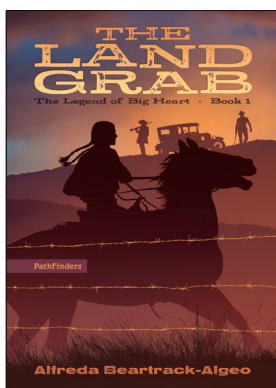
This is the exciting conclusion to the hi-lo historical fiction series, The Legend of Big Heart. To fulfill the government’s policy to “destroy the Indian and save the man,” Alfred Swallow and his friends Orson and Junior are forced to leave their families and homes to attend a residential mission school.

The students’ beautiful long hair is cut, and they are forbidden to speak their native language. Even the slightest infraction is severely punished. At the height of hopelessness, Alfred gets a ghostly visit from beyond the grave, telling him to run to the river. With a bounty on their heads, Alfred and his friends Orson and Junior plunge into a harrowing quest for freedom.

The boys must rely on their instincts and intelligence as their journey takes them to Sioux City, Iowa. Here they find work at a carnival, but their jobs lead them into the underground world of gangsters and crime, and ultimately to Alfred’s missing parents.

The Legend of Big Heart Series takes place during the early twentieth century amid the forced assimilation of Native tribes into mainstream America. The series follows the exciting adventures of young Alfred Swallow as he matures into a man and helps his family survive and prosper on the Lower Brule Lakota Reservation in South Dakota.

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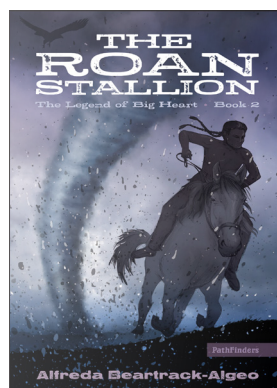


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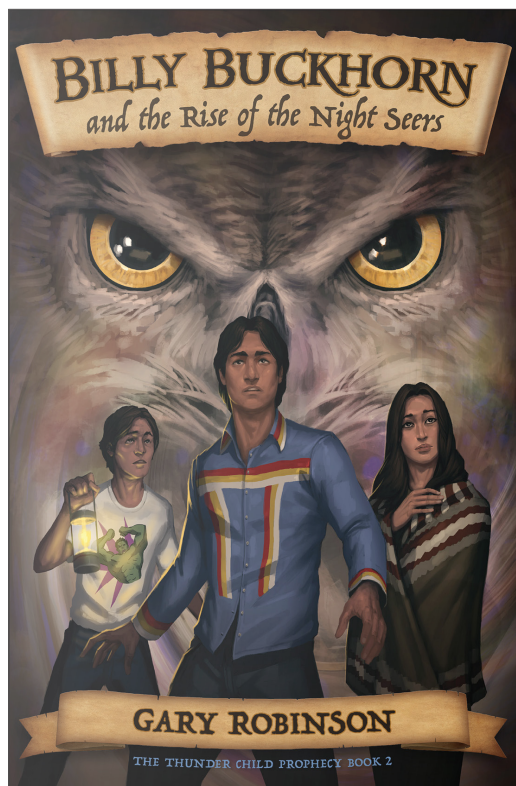
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**Alfreda Beartrack-Algeo** is a storyteller, poet, and artist. She is a member of the Lower Brule Lakota Nation, Kul Wicasa Oyate, Lower Brule, South Dakota. Alfreda uses various art forms to tell her stories. She is also the author and illustrator of three children’s picture books, *The Cottonwood Sings*, *Father Eagle and the Hunter*, and *The Day the Earth Rose Up*. Currently, she lives in beautiful Palisade, Colorado where she manages her studio and art gallery, Mato Nunpa, LLC.



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As Billy comes to accept his prophesied new role, he must also learn to accept that he and his loved ones are now targets of the most powerful shape-shifting Native American witches and sorcerers on Turtle Island. Known as the Night Seers of the Owl Clan, Billy must use old Indigenous ways, intertwined with new technology, to fight and defeat this evil force.

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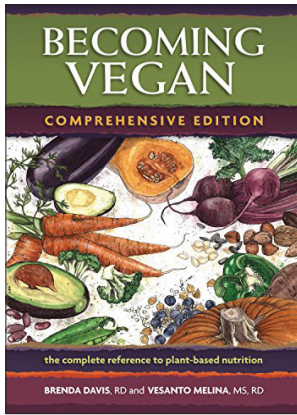


Award-winning writer and filmmaker **Gary Robinson** (Choctaw/Cherokee descent) has worked most of his life to create content for dozens of Native American educational, informational, and documentary television projects. He is the author of more than twenty books for teens and children, including the new Thunder Child Prophecy series. He lives in Santa Ynez, California.



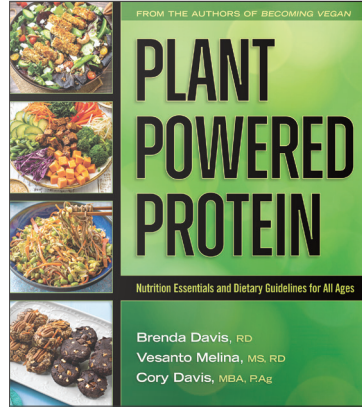
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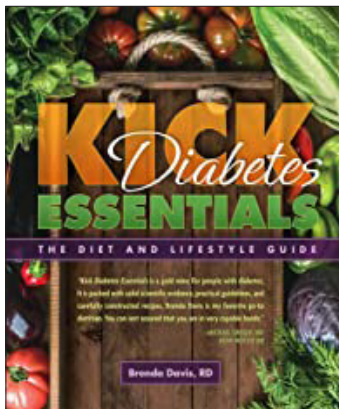
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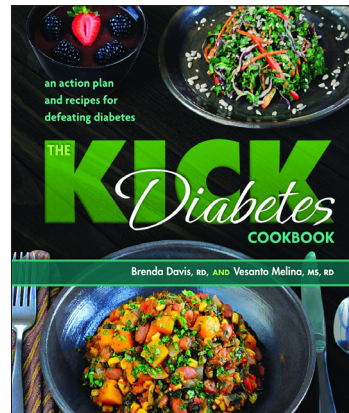
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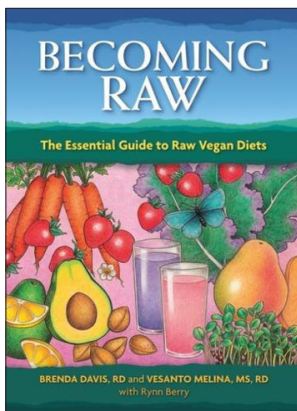
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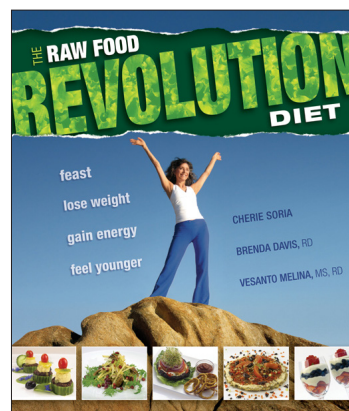
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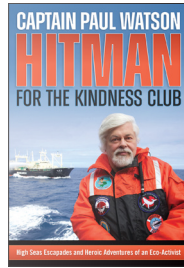
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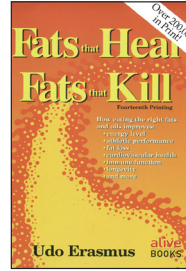


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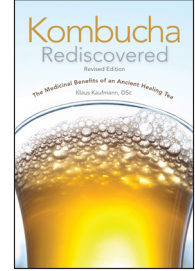
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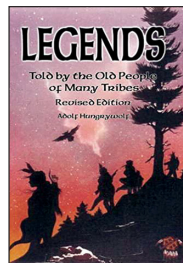
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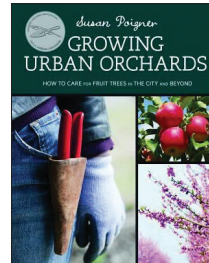


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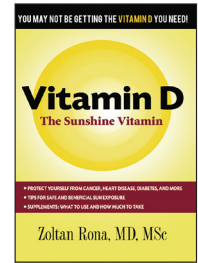


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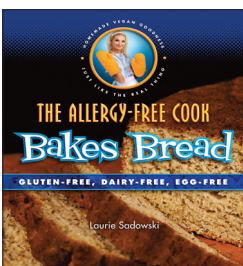
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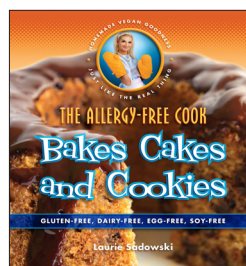
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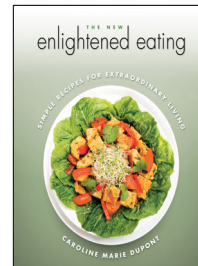
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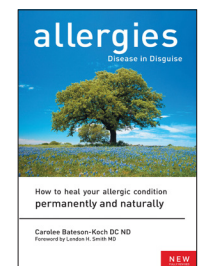
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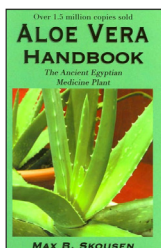
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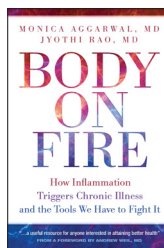
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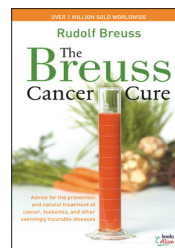
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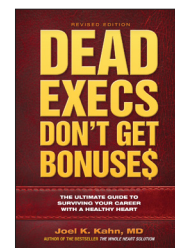
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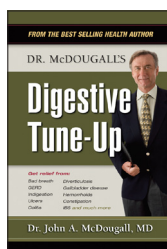
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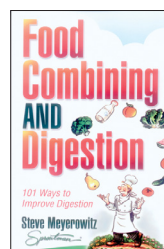
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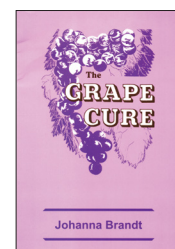
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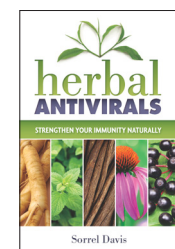
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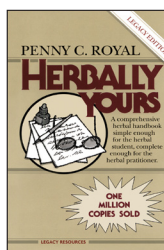
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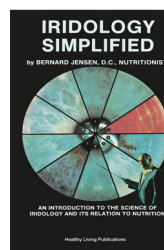
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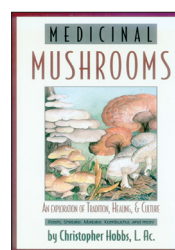
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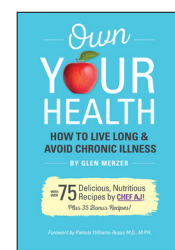
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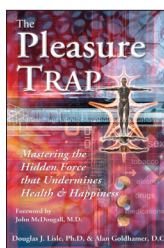
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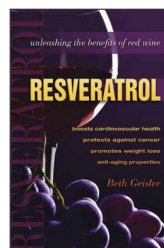
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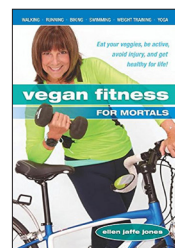
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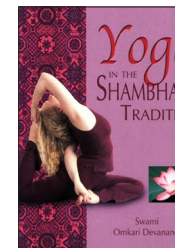
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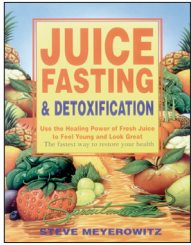
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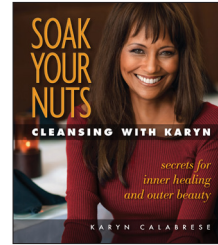
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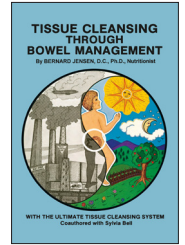
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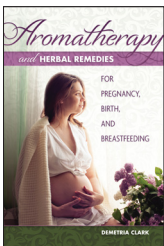


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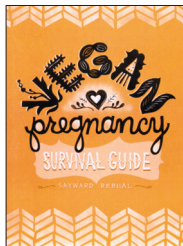


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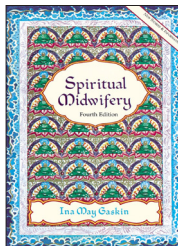
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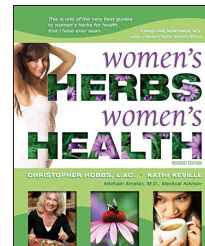
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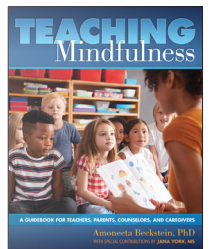


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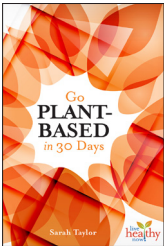
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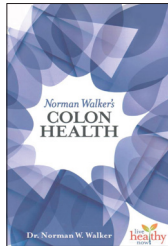


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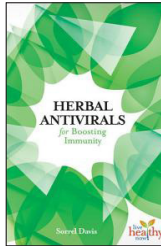
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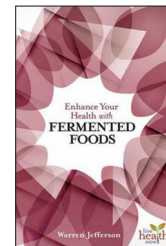
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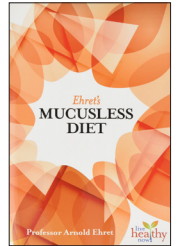
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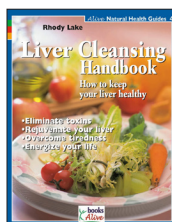


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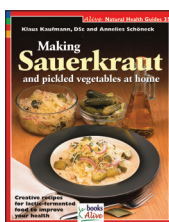
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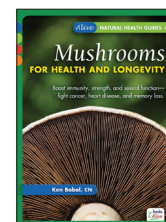
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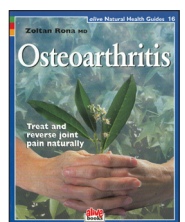
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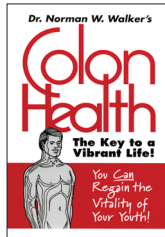
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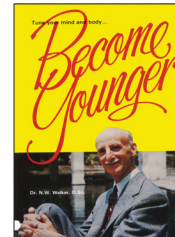
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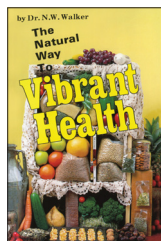


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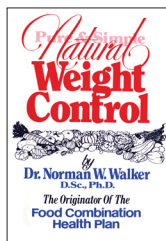


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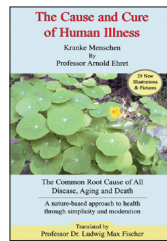
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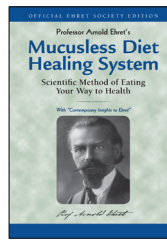
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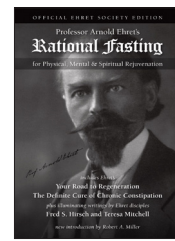
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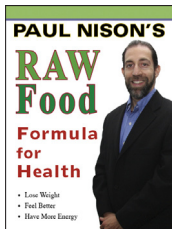


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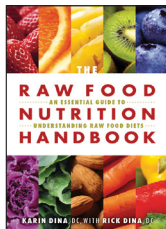


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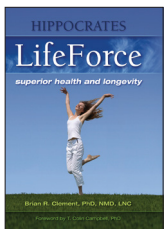
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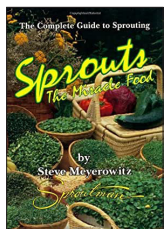
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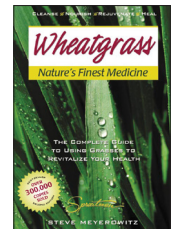
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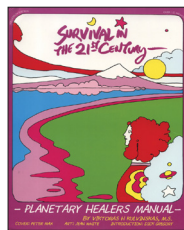


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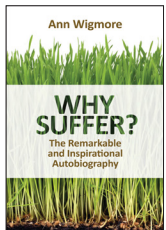


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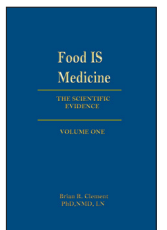
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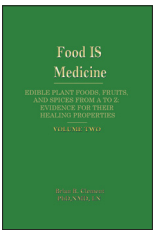
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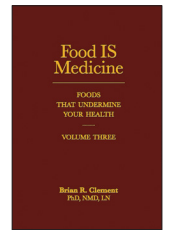
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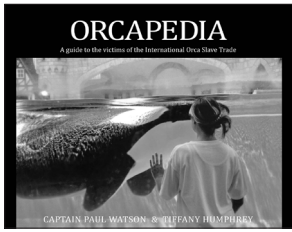


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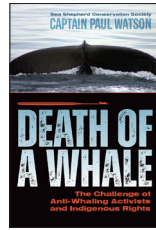
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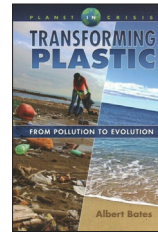
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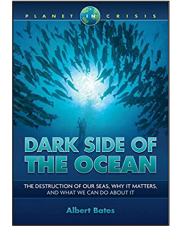
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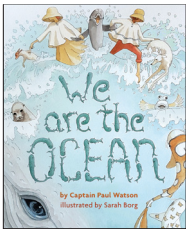
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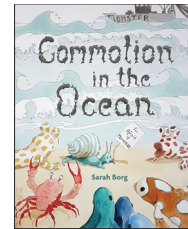
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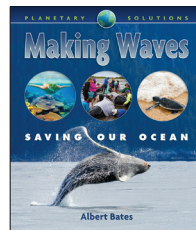
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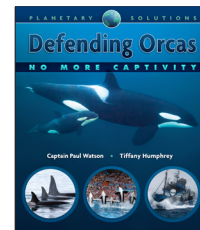
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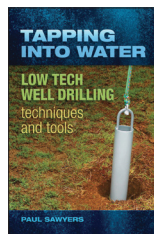
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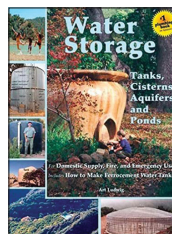
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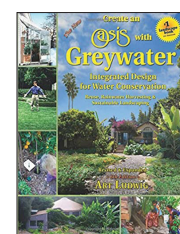
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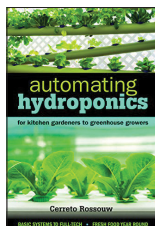
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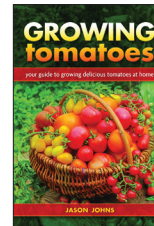
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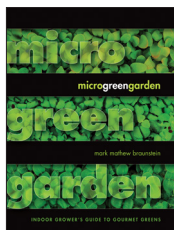
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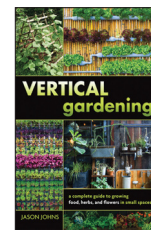
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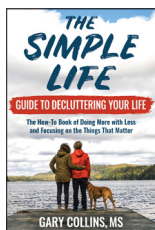
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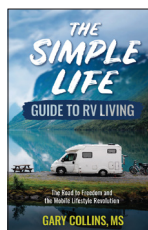
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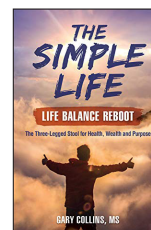
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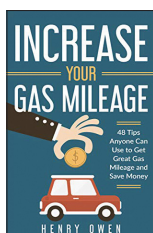
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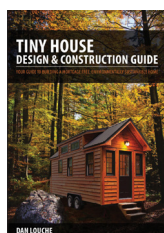
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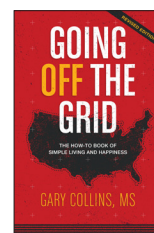
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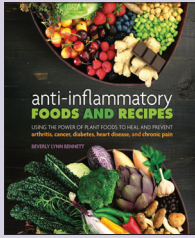
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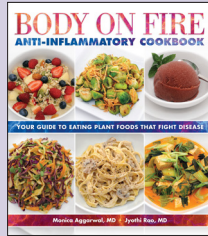
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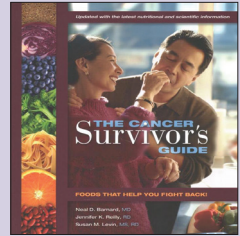
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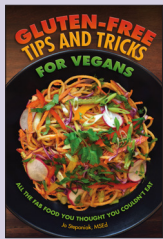
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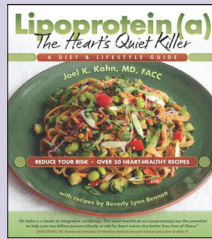
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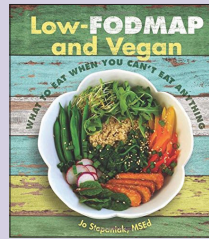
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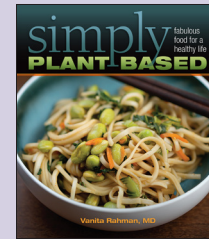
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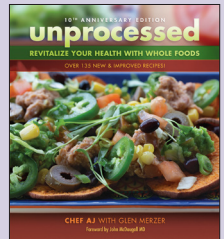
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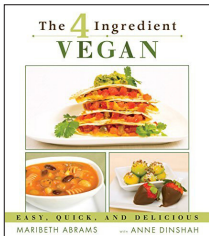
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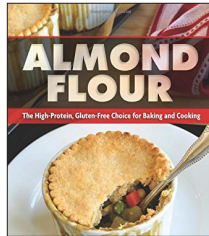
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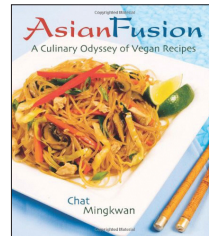
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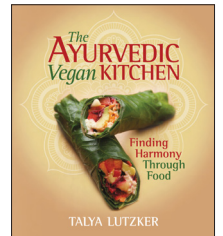
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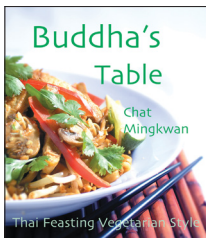
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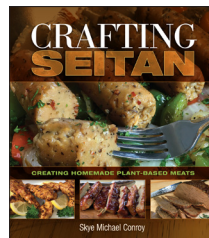
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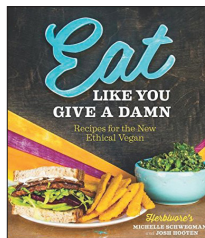
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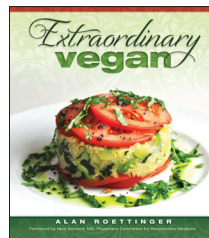
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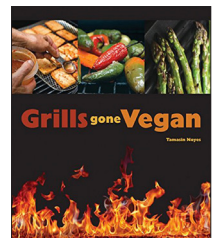
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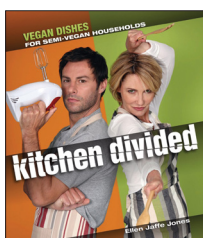
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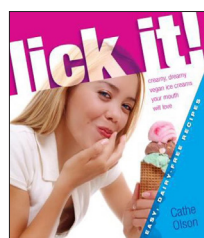
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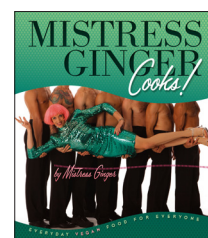
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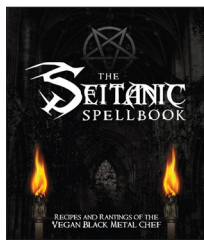
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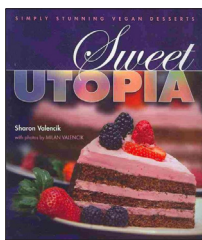
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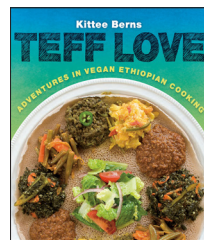
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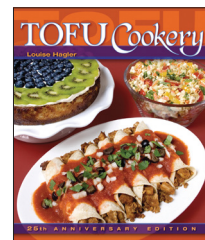
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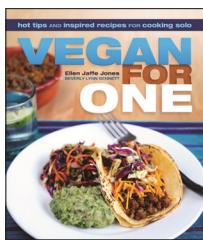


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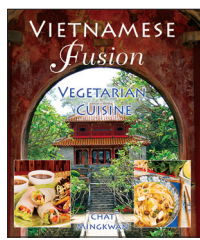


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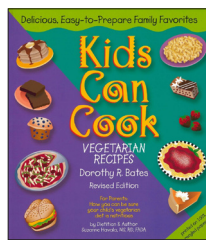
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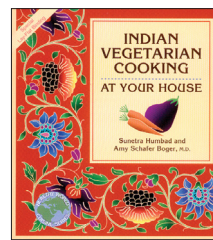
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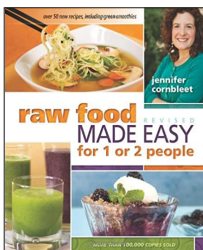


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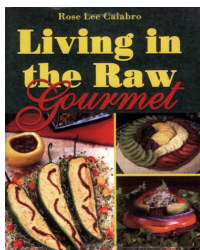


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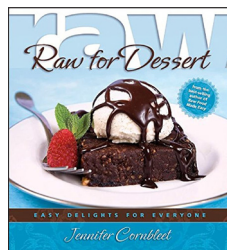
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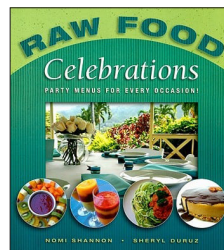
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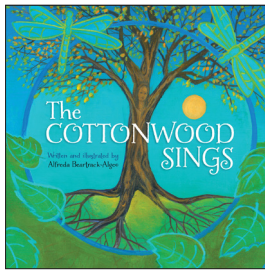


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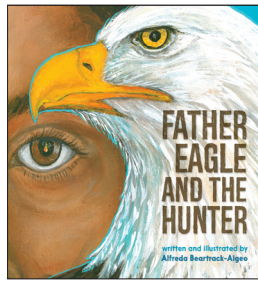
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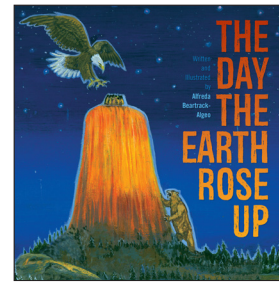
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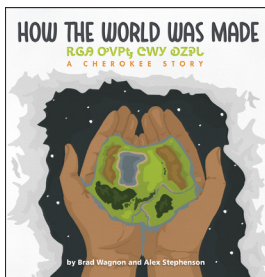
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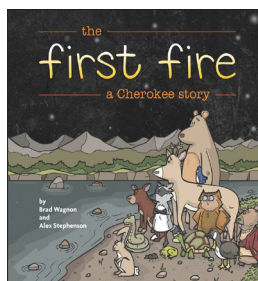
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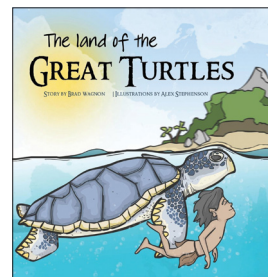
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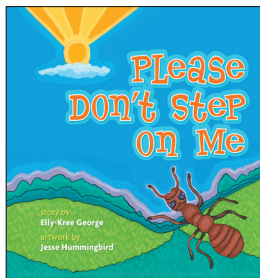
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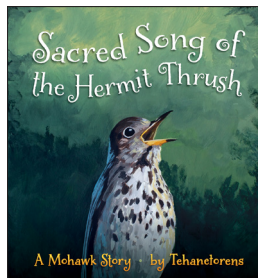
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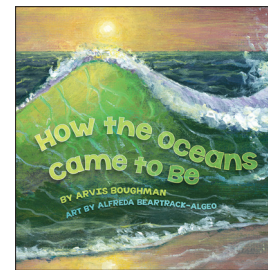
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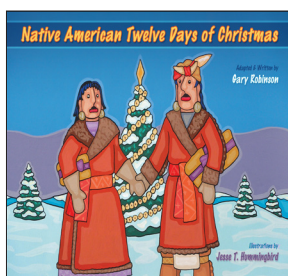
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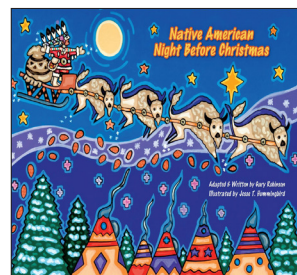
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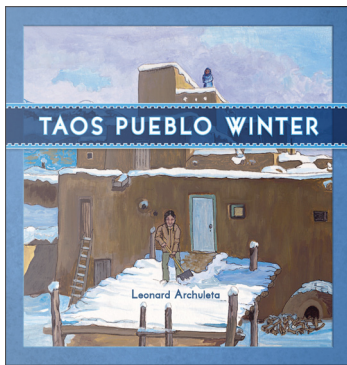
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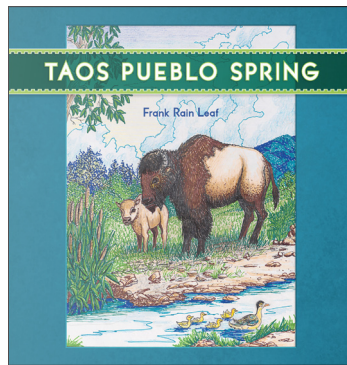
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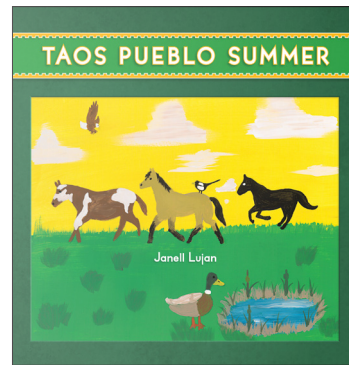
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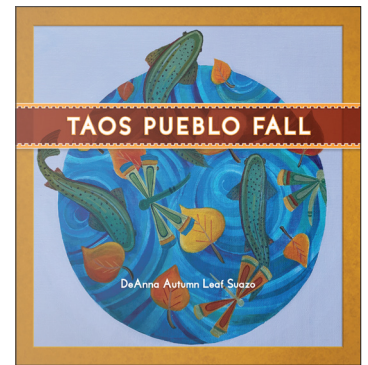
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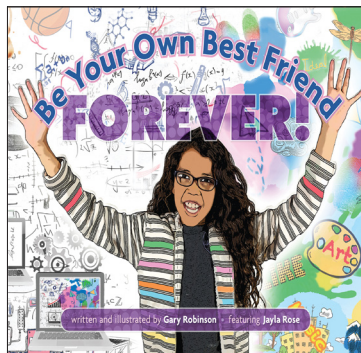


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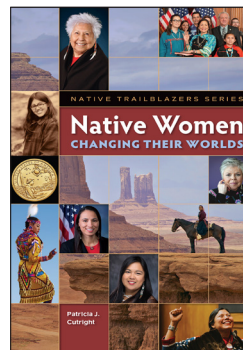


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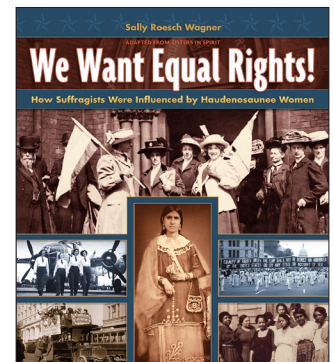
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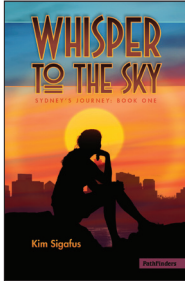
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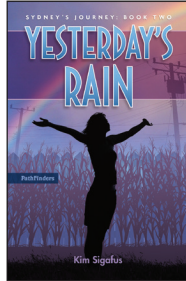
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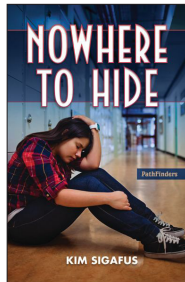


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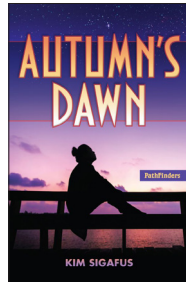


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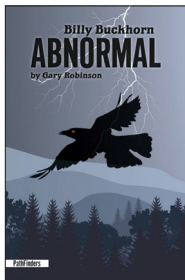


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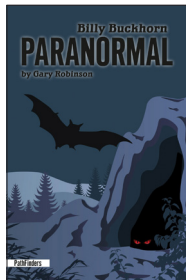


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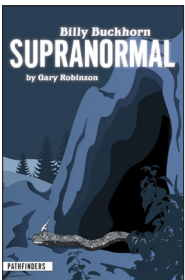
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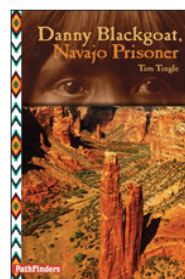


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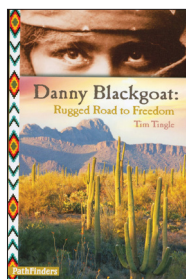


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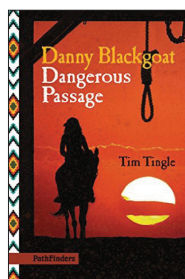
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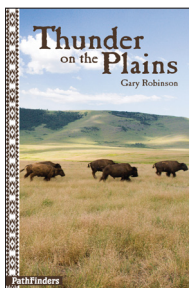


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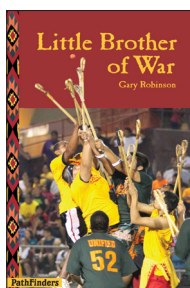


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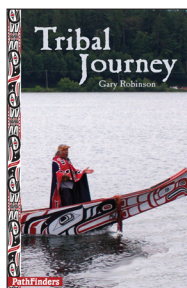
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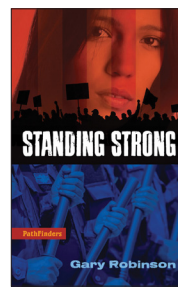
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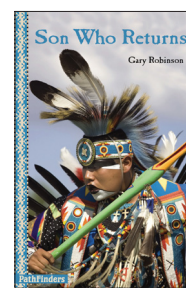
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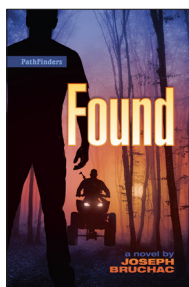


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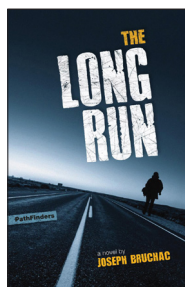


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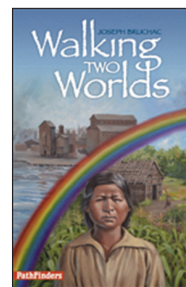
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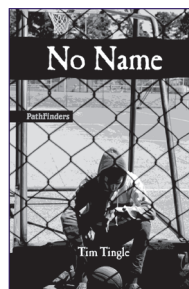


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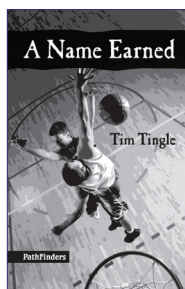
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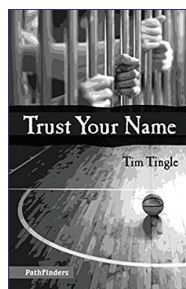
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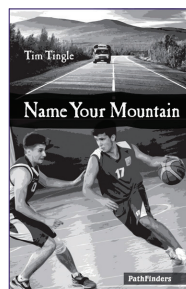
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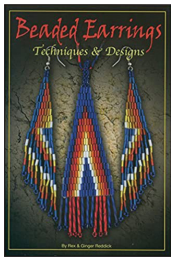


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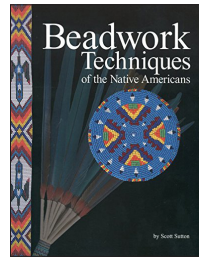
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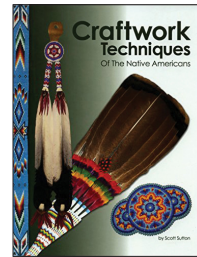
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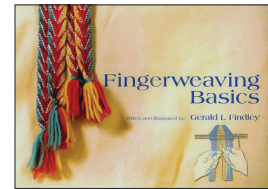
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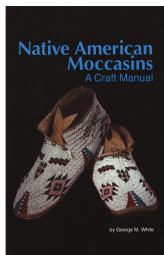
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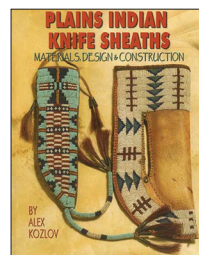
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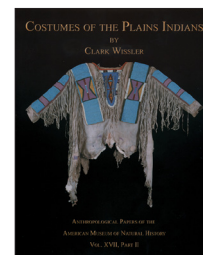
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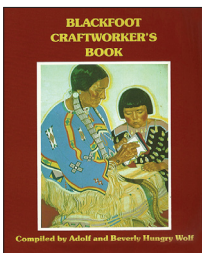
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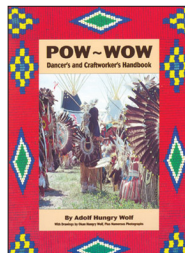
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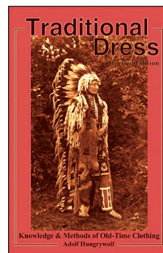
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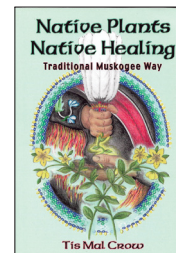
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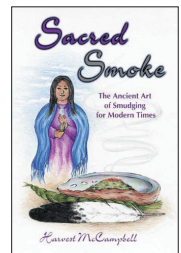
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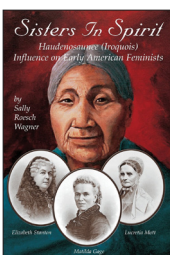
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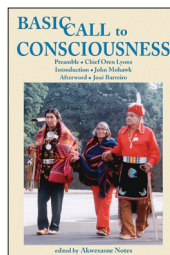
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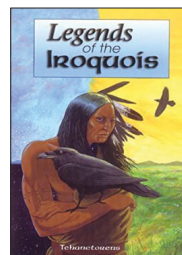
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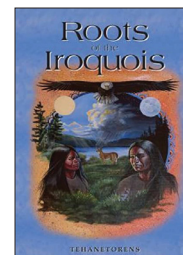
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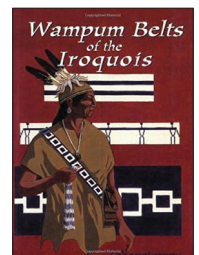
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