

# 22

—  
SPRING /  
SUMMER  
CATALOG



MOUNTAINEERS BOOKS



recreation • lifestyle • conservation

**Mountaineers Books is an independent nonprofit publisher**



**MOUNTAINEERS BOOKS** is the publishing division of The Mountaineers, a nonprofit membership organization that has been a leader in outdoor education for more than 100 years. Mountaineers Books publishes regional activity guidebooks, sports instructional texts, and nonfiction adventures.



Photo of Josie McKee, by Drew Smith, from *Valley of Giants*, page 6.

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**SKIPSTONE** is our imprint for people striving to live a sustainable lifestyle, which for us means digging in the garden, thinking about what we eat, treating all creatures with respect, and finding ways to reduce our carbon footprint.

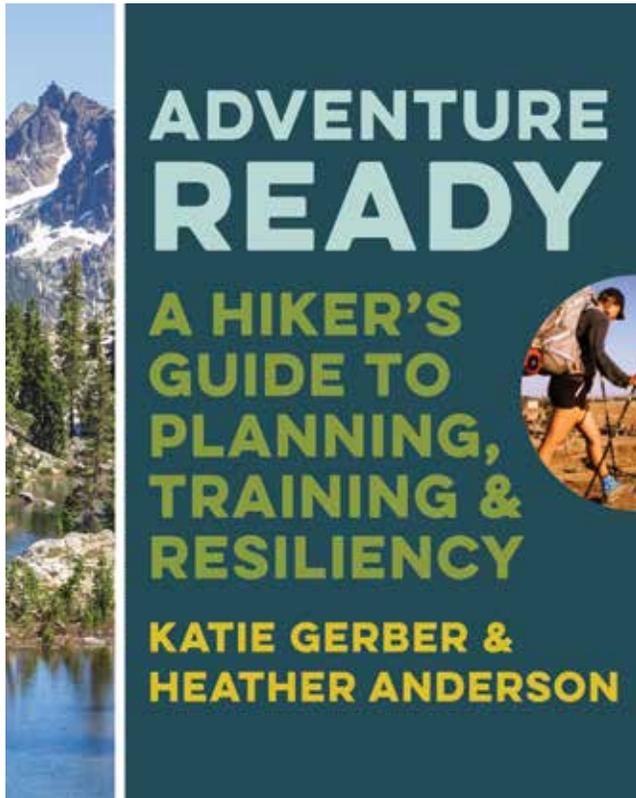


**BRAIDED RIVER** features our conservation titles, which use the emotive power of books as key tools in advocacy campaigns. We work with well-known nonprofit partners and reach millions of passionate citizens with messages for solving problems to make the world a better place for present and future generations.

## ADVENTURE READY

*A Hiker's Guide to Planning, Training, and Resiliency*

KATIE GERBER AND HEATHER ANDERSON



208 pages | 7 x 8½ | \$24.95 | paperback

50 full-color photographs

ISBN 978-1-68051-544-2 | ebook 978-1-68051-545-9

Outdoors/Hiking/Training | Rights: World

**A step-by-step guide to planning, training, movement, nutrition, and recovery for backpackers and thru-hikers of all levels**

- The perfect guide for anyone considering the PCT, AT, CDT, JMT, or other long-distance hikes
- Tips based on the authors' extensive on-the-ground experiences
- Interest in hiking and long-distance trails continues to boom

In *Adventure Ready*, renowned hikers Katie “Salty” Gerber and Heather “Anish” Anderson take what they’ve learned both on the trail and through teaching their online Adventure Ready classes to a new level: preparing long-distance hikers for all the challenges—physical, emotional, and mental—they may encounter while on the trail for weeks or months. This clear and comprehensive guide sets backpackers up for success with detailed information about everything from the basics of gear selection, navigation, safety, and trip planning to nutritional and physical preparation and body resiliency to how to readjust after returning home. Worksheets and checklists make it easy to stay on top of all the planning a long-distance hike requires, while thoughtful prompts to address the “Why” of the adventure help keep hikers motivated.

*Adventure Ready* empowers both men and women to create goals, face challenges, and be stronger and smarter on the trail.

### ABOUT THE AUTHORS



**KATIE GERBER** is a certified holistic health and nutrition coach, wilderness instructor, guide, and writer. She is a seasoned long-distance hiker who has logged thousands of miles on trails and routes including the CDT, the PCT, the Colorado Trail, and the Oregon Desert Trail. She lives and adventures in the mountains of Colorado.

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ADAM LINT

National Geographic Adventurer of the Year, **HEATHER ANDERSON** is the first woman to complete a Calendar Year Triple Crown, hiking the AT, PCT, and CDT in 2018. She holds the overall self-supported Fastest Known Time (FKT) on the PCT, the AT, and the Arizona Trail. She is the author of *Thirst* and *Mud, Rocks, Blazes*. Anderson divides her time between the East and the mountains of the West.

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## 44 GEAR SELECTION

knee-high gaiters were swapped out for low-cut trail runners, shorts, and a sun umbrella!

### RESUPPLY AND WATER ACCESS FREQUENCY

Resupply frequency (and type of resupply available) will primarily influence your pack type and size, as well as your choice of food preparation. As you develop your strategy for resupplying, you will get a stronger sense of the capacity requirements of your backpack. A good rule of thumb is to choose the pack that will work for 95 percent of the projected resupplies. It's usually not worth it to carry a lot of empty backpack most of the time when you can just strap bags of chips or a bear canister onto the outside of a smaller pack for the few days that space is a concern.

Your access to water is also a determining factor for pack capacity. On very dry trails such as the Arizona Trail, you may need to carry the same capacity backpack you use for longer food-carry hikes, even if you have shorter resupply intervals. Water takes up a lot of space inside your backpack, in addition to being heavy. In the gear-list portion of this chapter, we share our specific gear choices and notes on why we chose some of them.

### EVALUATING, CHOOSING, AND TESTING GEAR

The best method for evaluating whether a particular piece of gear works for you is to use it in the field. Nothing is more telling than a few days

**Heather Tip**

*While I am just on the fringe of ultralight (my base weight is 9 to 12 pounds), the concept of choosing the lightest piece that will function for me is prevalent in my decision-making. This helps ensure that my pack weight doesn't swell out of control (except with food!).*

**Katie Tip**

*I began my first long-distance hike with a thrifted external-frame backpack, a 4-pound sleeping bag, and several pieces of borrowed gear. My pack weighed 55 pounds! Slogging up and down those mountains in the first 30 miles to Neel Gap on the AT had me questioning whether I could really sustain that level of effort for hundreds of miles. My shoulders were killing me, and an old tendinitis injury in my knees flared up. When I hobbled into Mountain Crossings, the outfitter conveniently located right on the AT, I was more than ready to invest in lightweight gear! By swapping out my big three and mailing several items home, I hiked out with a 20-pound pack, feeling lighter—physically and mentally—about what lay ahead.*

on trail with an article of clothing or gear item. Things that are comfortable in the store can quickly become loathed when you're sweating up a major climb. I (Heather) have dealt with more blisters than I care to admit due to shoes and boots that fit well in the store but became painfully small as soon as I was carrying a full pack and trail pronation set in!

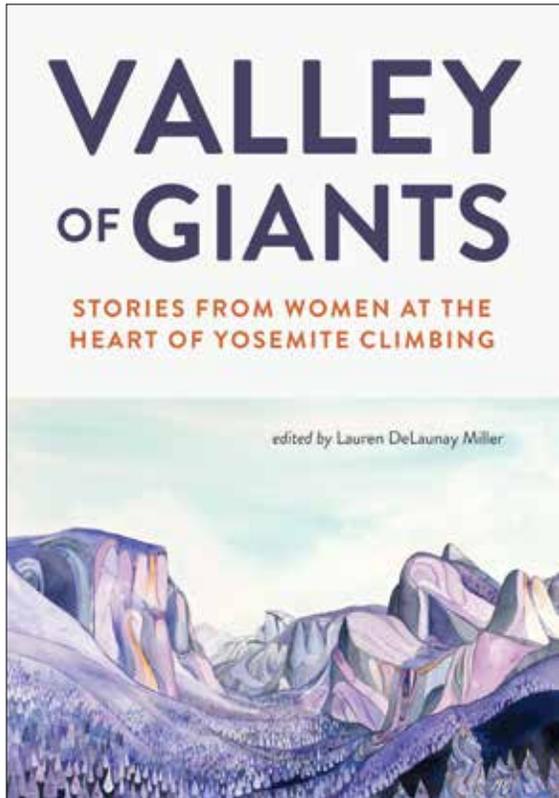
Especially if you're new to backpacking, or if you're using a new item for the first time, it's best to test your gear before your trip. Do this in a low-stakes environment, such as your backyard or a local park. Take a few shakeout hikes, where you mimic expected trip conditions as closely as possible. Pack all the items you plan to carry on your trip. Practice packing your pack. Get used to adjusting it and carrying it with a load. Pay attention to how it feels and if there are any irritating spots. Even if you're a seasoned backpacker, whenever possible, test new gear before using it in the field.

Unfortunately, advance testing isn't always feasible, and for that reason we cover the major considerations below. How much importance to place on any one of these factors is an individual decision. Simply because an item is the lightest, most expensive, or most popular, that doesn't

# VALLEY OF GIANTS

*Stories from Women at the Heart of Yosemite Climbing*

EDITED BY LAUREN DELAUNAY MILLER



240 pages | 6 x 8½ | \$21.95 | paperback | 16-page color insert  
 ISBN 978-1-68051-514-5 | Yosemite/National Parks/Climbing  
 Rights: World

## ABOUT THE EDITOR



ALEXA FLOWER

**LAUREN DELAUNAY MILLER** has dedicated her life to exploring the mountains of the world and telling stories of underrepresented people. She has worked for Yosemite Search and Rescue, served as vice president of the Bishop Area Climbers Coalition, and as event coordinator for the American Alpine Club. Her creative work has been featured in the *Climbing Zine*, and she is regional editor for the *American Alpine Journal*, *Accidents in North American Climbing*, and the Cutting Edge podcast. DeLaunay Miller lives in Bishop, California, with her husband and rescue pup.

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**Anthology featuring both famous and untold stories from the female trailblazers of Yosemite climbing**

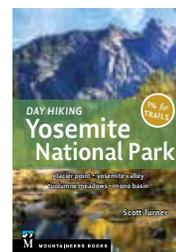
- Foreword by Mari Gingery
- Features stories from nearly 40 contributors, including notable climbers
- Author is deeply connected with the Valley community through her work with Yosemite Search and Rescue

Women have always been at the center of Yosemite—climbing, crafting equipment, and establishing new routes. In *Valley of Giants*, editor and climber Lauren DeLaunay Miller highlights journal excerpts, original essays, interviews, archival materials, and memorable firsts that span the past century of climbing in the Valley.

These stories range widely in perspective and capture the breadth of their experiences and accomplishments—from Bea Vogel who forged her own pitons to Molly Higgins who participated in the first all-female ascent of the Nose on El Capitan to Liz Robbins who established routes in Yosemite Valley during the Golden Age, plus astonishing Stonemasters like Lynn Hill, as well as many other notable climbers, including Steph Davis, Kate Rutherford, Beth Rodden, Chelsea Griffie, Libby Sauter, and more.

Organized into five parts representing distinct eras in Yosemite climbing history, this anthology captures a range of stories from heartbreaking losses to soaring joys, trip reports of significant ascents to moments that convey the larger essence of the Valley—and what it means to call this iconic place “home.”

## ALSO OF INTEREST



## EXCERPT FROM "THE SHIELD"

by Lynn Hill

After two days on the wall, we became accustomed to living in a reality where survival required us to concentrate on each move and to evaluate the consequences of every action, whether it was hammering in a piton or clipping ourselves into our batlike hanging bivouacs. Night was a precious time when we could relax, eat, drink, and gaze up at the stars.

On the fourth day Mari led us up to the headwall. The pitch she followed to get us there was dubbed the Shield Roof, and it was indeed a giant of a roof. Hanging upside down under the roof to place each piece of gear, she dangled in her aid ladders, whacking in pitons and placing nuts whenever possible. Finally shouting down through the afternoon wind that blew our hanging rope in a swirling dance, she let me know that she was off belay. I jumared up while removing a few precarious-looking copperhead placements she had hammered in.

When I pulled around from the underside of the ceiling and joined Mari at the lip of the roof and at the start of the headwall, I found that we were poised in an outrageous position. Under our feet, there was nothing but air. Above us rose 1,000 feet of smooth, overhanging orange granite. To either side of us the walls curved around out of sight. We seemed to be suspended on the edge of the world, and the two of us and our pig (haul bag full of equipment, food, and water) hung from three steel bolts the length, yet not quite the thickness, of a half-smoked cigarette. Feeling vulnerable, I instinctively checked the knot at my waist, the only thing securing me to the anchor.

We had reached the point of no return. It would be impossible to rappel down from here. It was now summit or bust.

\*\*\*

Years later, after I had done the first free ascent of the Nose, and then again in one day, I had read with some chagrin in Galen Rowell's *The Vertical World of Yosemite*, "Women are conspicuously absent from the climbs in this book. I have no apology to make here because it is not my place to change history. There simply were no major first ascents in Yosemite done by women during the formative years of the sport."



Barb Eastman (pictured) and Molly Higgins were the first all-female team to climb the Nose on El Capitan in Yosemite National Park. Higgins's story of their climb is featured in the anthology.

MOLLY HIGGINS

Our sport back then was directed by a fraternity of men, and there was little encouragement or, frankly, inclination for women to participate. Yet women climbers were out there. There were women such as Beverly Johnson before me, who had done the first ascent of a big-wall route on El Capitan with Charlie Porter, the same person who also did the first ascent of the Shield. The fact that this woman who had done the first ascent of a big-wall route in Yosemite back then was not given credit or even an acknowledgment during those times was disgraceful to me. It was very important for me and others to know that there were other women out there who shared a passion for climbing and adventure.

*A natural athlete, Lynn Hill pushed the limits of sport climbing and achieved success on the world competition climbing stage before returning to Yosemite to complete the first free ascent and the first free one-day ascent of the Nose on El Capitan, feats that changed the definition of what's possible in rock climbing.*

## CAMPFIRE STORIES DECK—FOR KIDS!

*Storytelling Games to Ignite Imagination*

ILYSSA KYU AND DAVE KYU

ILLUSTRATIONS BY MELISSA MCFEETERS



57 cards | 4¼ x 5½ | \$14.95 | boxed set of oversized cards

51 illustrations | ISBN 978-1-68051-575-6

Card Game/Nature/Storytelling | Rights: World

**Kid-friendly, create-a-story deck with prompts to inspire fun and games, imagination, and colorful campfire memories for the entire family**

- For ages 5 and up
- 50 game cards divided into two sets: 25 characters (adjective + noun) and 25 actions (verb + object and/or adverb)
- Individually illustrated cards, including 25 animal heroes

Firmly grounded in the natural world, the fun and furry prompts in *Campfire Stories Deck—For Kids!* spark children's imaginations for storytelling adventures. To play, young players pick one card from each set and then use the prompts to make up a story. Extra cards introduce families to the deck, provide storytelling tips to help engage children, and describe different ways family and friends can play the game, including a collaborative approach in which the entire group contributes to a story.

With this deck in hand, kids of all ages can gather around the campfire and light up their outdoor imaginations!

### ABOUT THE AUTHORS



**ILYSSA KYU** is a design researcher at frog design and the founder of Amble, a sabbatical program for creative professionals to take time away with purpose in support of nature conservancies.

**DAVE KYU** is a socially engaged artist, writer, and arts

administrator. Born in Seoul, South Korea, and raised in the United States, he explores the creative tensions of identity, community, and public space in his work. They live with their two daughters outside of Philadelphia, and are always seeking adventure and connection in the outdoors.

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### ALSO BY THESE AUTHORS





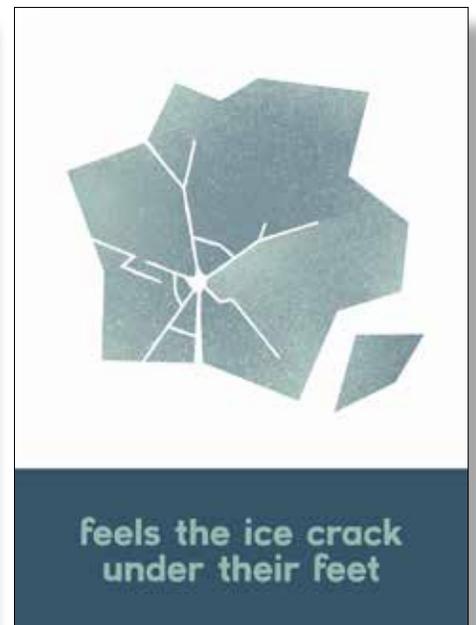
sneaky  
salamander



forgetful elk



sets off to explore  
a mysterious forest

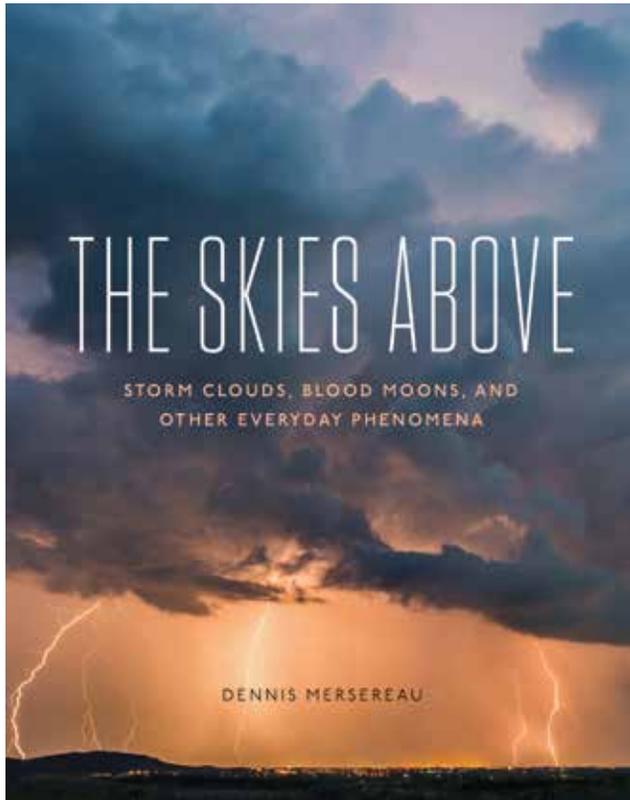


feels the ice crack  
under their feet

# THE SKIES ABOVE

*Storm Clouds, Blood Moons, and Other Everyday Phenomena*

DENNIS MERSEREAU



232 pages | 7 x 8½ | \$19.95 | paperback

75 full-color photographs | 45 full-color illustrations

ISBN 978-1-68051-555-8 | ebook 978-1-68051-556-5

Nature/Science/Gift | Rights: World, English language only

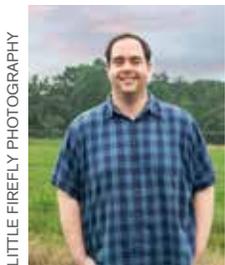
## An accessible and stunning celebration of the often unnoticed wonders overhead

- Full-color photography and illustrations
- Details seasonal events from Nor'easters and northern lights to fire whirls and tornadoes
- Sidebars dive into fascinating facts, quirky phenomena, historic weather events, myths, and more

Written by self-professed weather geek Dennis Mersereau, *The Skies Above* inspires equal parts amazement and curiosity. Accessible science, illuminating illustrations, and stunning photography bring the meteorological world to life. From basics such as weather fronts and types of precipitation to more unusual occurrences like polar vortexes, meteor showers, solar eclipses, and the spectacular mammatus clouds that signify a supercell thunderstorm, Mersereau tracks key phenomena across the seasons and demystifies celestial events visible to the naked eye but still enigmatic to most. He also delves into how climate change affects weather, forecasts, and other events such as devastating wildfires and historic hurricanes.

*The Skies Above* provides readers with a deeper understanding of the processes and events that fill our skies, which not only soothes the anxiety produced by raucous storms, but instills a stronger and more meaningful appreciation of the beauty of days both stormy and calm.

### ABOUT THE AUTHOR



LITTLE FIREFLY PHOTOGRAPHY

**DENNIS MERSEREAU** enjoys all types of atmospheric tantrums, from powerful thunderstorms to heavy snow. After studying meteorology in college, he went off to write for the *Washington Post's* Capital Weather Gang and Gawker's weather vertical, *The Vane*, as well as for *Popular Science*, *Mental Floss*, *Forbes*, and *The Weather Network*. He also teamed up with survival experts to write *The Extreme Weather Survival Manual* (Outdoor Life, 2015). He lives in North Carolina.

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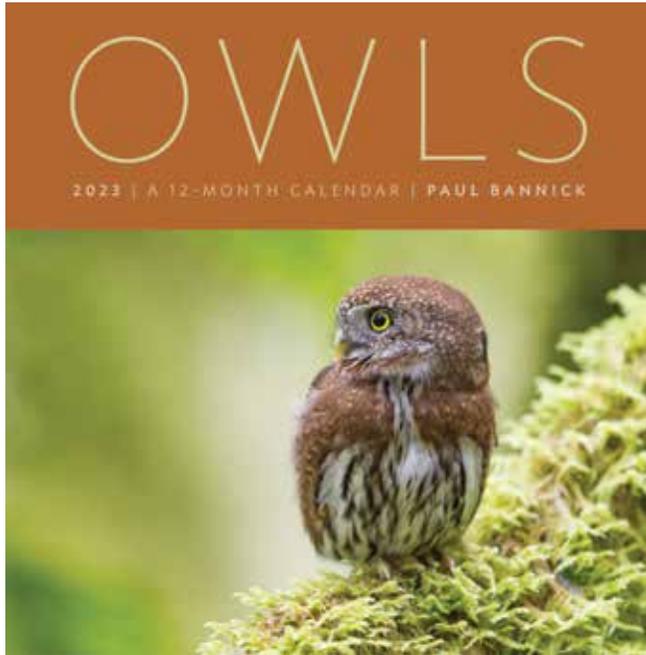
### ALSO OF INTEREST



# OWLS 2023

A 12-Month Wall Calendar

PAUL BANNICK



24 pages | 12 x 12 (closed) | \$14.95

24 color photographs | ISBN 978-1-68051-572-5

Wall Calendar/Photography/Birds | Rights: North America

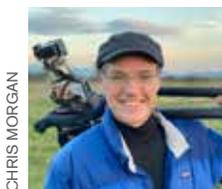
**A year of stunning imagery from an internationally recognized and award-winning photographer of owls**

- Includes national holidays and moon phases as well as notable birding events
- Notes birthdays of influential birders and anniversaries of the passage of important environmental legislation
- Each month features a small companion photograph plus a mini-essay about Bannick’s encounters with the featured owl species

This striking 2023 wall calendar features 24 original photographs of North American owls, by the master of owl photography himself, Paul Bannick. Ranging from the iconic Great Horned Owl that you might hear in your own neighborhood to the magical Snowy Owl that delights lucky birders in the Lower 48 during irruption years to the rare and endangered Spotted Owl that few of us will ever experience in the wild—each month showcases stunning imagery.

Let *Owls* bring the outdoors to your home or office; it also makes a beautiful gift for every bird enthusiast on your list.

## ABOUT THE AUTHOR



CHRIS MORGAN

**PAUL BANNICK** is an award-winning author and photographer who makes images to inspire education and conservation. His work appears in many bird guides, including those from Audubon, Peterson, and The Smithsonian, and has been featured in a variety of other books, publications, and national exhibits.

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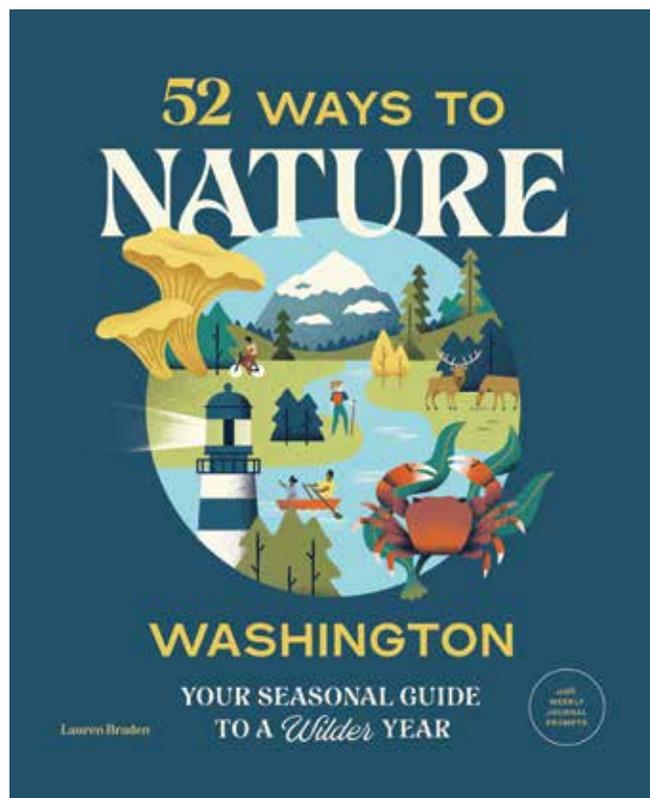
## ALSO BY PAUL BANNICK



## 52 WAYS TO NATURE: WASHINGTON

*Your Seasonal Guide to a Wilder Year*

LAUREN BRADEN



256 pages | 7 x 8½ | \$22.95 | paperback

70 color photos | decorative spot illustrations | journaling component

ISBN 978-1-68051-313-4 | ebook 978-1-68051-314-1

Guidebook/Gift/Journaling/Travel | Rights: World

**52 unique outdoor experiences in Washington State to get you outside every week of the year**

- Details each activity along with related history, flora and fauna, and cultural notes
- Includes recommendations for different places to visit around the state to try the activity
- “Nature Notebook” journal prompts to inspire you to record and make the most of your adventures
- “Connect with Nature” ideas for experiential learning

Organized by season, *52 Ways to Nature: Washington* features immersive activities to keep you engaged with nature throughout the year. This twist on a Northwest guidebook offers ideas to get you outdoors and encourages you to keep track of those experiences through journal notes.

Discover a geocache in your own neighborhood, drop a crab pot off a dock on Hood Canal, observe the northern lights through Goldendale’s hilltop telescope, or experience sledding paradise at Mount Rainier National Park. Newcomers and long-time residents alike will find new ways to revel in the natural world with the inspiring and accessible activities in *52 Ways to Nature: Washington*.

### ABOUT THE AUTHOR



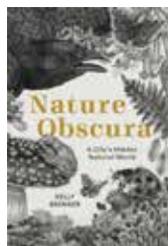
ISAAC HOSEY

**LAUREN BRADEN** is an outdoors and travel writer in Seattle and founded the local trip-planning website Northwest TripFinder. She is passionate about connecting Pacific Northwesterners to close-to-home getaways and outdoor adventures that nurture the soul. Her work has been featured in *Washington Trails*, *ParentMap*, *Outdoors NW*, and the *Seattle PI*, as well as in books on travel, gardening, and citizen activism. She lives in Seattle with her beloved veggie garden, husband, young son, and their golden retriever.

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### ALSO OF INTEREST



# PADDLE A CANOE

THE RHYTHM OF CANOEING SETTLES THE MIND AND ENLIVEN THE SPIRIT



Find tranquility on the water.



**HERE ARE SOME THINGS** you might see in a wetland from a canoe: turtles sunning themselves on a log, the intricate construction of a beaver dam, Mallards nibbling at your fingers, a motionless Green Heron stalking her prey. Get up close and personal with aquatic wildlife from the unique perspective of being on the water.

Dip your paddle in the waters of Native history. The Coast Salish people were superb mariners and carved elegant dugout canoes, each from a single western red cedar tree. Their ornate boats, embellished with symbolic characters like the otter or raven, ranged in size from small watercraft to seaworthy vessels as long as 70 feet. They deftly navigated local waterways in pursuit of salmon runs, trade, war, and travel to potlaches. Pacific Northwest Coast peoples like the Salish and Haida favored canoes over the sea kayaks used by Arctic Indigenous peoples; what canoes lacked in cover from the elements, they made up for in their ease of loading both supplies and people.

A good rule of thumb for where to launch a canoe is to stick to calm freshwater. For the average paddler, the open saltwater of Puget Sound with its strong currents and tides is better suited to kayaks. Start with half-day paddles, then work your way up to overnight canoe camping trips.

## THE BASICS OF PADDLING A CANOE

Canoeing is easy to learn, though sustained paddling requires some core strength and stamina. Start with short outings to master the basic techniques for efficient, comfortable paddling. Always wear a life jacket; you want a snug fit. Practice getting in and out of the canoe when you're on shore and it is in water, grasping the gunwale (the canoe's top

edge) to stay steady and keep a low center of gravity. Hold the paddle with the grip in one hand and the shaft in the other, arms about shoulder-width apart. You're forming a box with your paddle, two arms and chest; maintain this box while you paddle and keep your arms in your line of sight as they line up each stroke.

This is key, because the power for each stroke comes from your torso rotation, not your arms. For the basic forward stroke, the upper body twists into a wind-up, then unwinds as you draw your paddle through the water, keeping the shaft vertical. Use short strokes, take the paddle out of the water just as it passes your hip, and feather the blade in the recovery phase so it slices the air instead of catching it. Meanwhile, your lower body helps to stabilize the canoe. Other fundamental strokes to learn are the draw stroke to move the boat sideways, and the j stroke for steering. When riding tandem, paddle on opposite sides and switch at the same time. The person in front provides most of the power and the person in back steers.

## WHERE TO GO

The first two destinations have a lively onsite for hourly canoe rentals, and the paddling is perfect for beginners. As you graduate to mountain lakes and canoe camping, you'll need your own boat, which can be securely tied upside-down to the roof rack on your car for transport. Canoes may be made of fiberglass, aluminum, plastic, or wood, and start around \$700 new. Rent a canoe for a nightly rate at your local outdoor store.

### SEATTLE

Washington Park Arboretum  
University of Washington Waterfront  
Activities Center

Canoe rental May–September  
3710 Montlake Blvd NE, recreation.us.edu  
(206) 543-8433

To the north is a sprawling wetland teeming with bird life, the Union Bay Natural Area. To the south is another wetland, the Washington Park Arboretum. Fit in both if you have time, otherwise paddle south around Marsh Island and under the 520 Bridge to explore the marshes on the arboretum's edge along Foster Island and into Duck Bay. Skirt alongside lawns of lily pads where Pied-billed Grebes build their floating nests, safely protected on the water from predators. Most paddlers through the arboretum spot several species of ducks, herons, turtles, and osprey and bald eagles overhead. If you're lucky, you might see a shy muskrat or a pair of fantastically beautiful Wood Ducks who use the nest boxes placed here for them. Note: Boat access to a small portion of the arboretum's wetlands is limited due

to ongoing 520 Bridge construction through 2023; look for signage that directs boaters away from construction.

### BELLEVUE

Mercer Slough, Enatai Beach Park  
Canoe rental weekends May–September  
3059 108th Avenue SE, belleuvewa.gov  
(425) 452-8888

Start at Enatai Beach Park's boathouse where REI rents canoes by the hour, or meet up with city naturalists here for a half-day guided canoe trip into Mercer Slough on weekend mornings, May–September. Paddle east hugging the shoreline, then under the concrete ribbons of I-90 into the mouth of Mercer Slough, a lush wetland totaling 320 acres and bisected vertically by a canal over 2 miles long. Poke your way up the marshy canal, serenaded by the Marsh Wren's percussive trill. Herons, rails, and bitterns love this reedy habitat. Got your own canoe? There's

a put-in at the Swireylocken Boat Launch (3000 Bellevue Way SE) on the southern shore of the canal.

### NORTH CASCADES NATIONAL PARK

Diablo Lake, Highway 20 east of Marblemount, nps.gov/hoco (360) 854-7200  
The brilliant water of Diablo Lake owes its surreal hue to glacial runoff full of pulverized rock that contains the mineral olivine, painting the lake a vibrant jade on sunny days. On a clear morning, backdropped by craggy Cascade peaks bejeweled with glaciers, this reservoir is probably the most scenic place you could paddle a canoe in the whole state.

Head to Colonial Creek Campground, where you'll find a dock from which to launch your boat and a place to pitch your tent. The primo experience here is to park in the lot, then load all that camping gear into your canoe, and paddle up the lake for an hour or so to one of the national park's three scenic, private boat-in campgrounds. Each has a tent pad, privy, bear box, picnic table, and campfire ring. Swing by the ranger station in Marblemount to get a free backcountry camping permit. To paddle a multi-day camping trip in this area, Ross Lake Resort provides portage service for small boats for a fee. North Cascades Institute leads outings in the lake in an eighteen-person Salish-style canoe.

### MORE CANOE CAMPING TRIPS

**Potholes State Park, Moses Lake.** Ice age floods carved depressions in the earth here, then a dam filled them up. What remains is a huge desert oasis—hundreds of small islands in a shallow sea with its own soundtrack, the flapping wings of shorebirds and rusty hinge

## RESOURCES

Washington Water Trails Association works to preserve safe and legal access to the state's waters as well as nice shores to land on and places to camp. The Center for Wooden Boats hosts workshops where you can build your own 16-foot canoe in a week. In Squamish, the Jayhawk Institute boasts a collection of traditionally carved and painted Northwest Coast canoes, available to view by appointment.

call of Yellow-headed Blackbirds. Camp at the park or on any of the islands that have room to pitch a tent.

**Cooper Lake, Okanogan-Wenatchee National Forest.** All of the twenty-two campsites at Owl's Campground are walk-in tent sites, just a stone's throw from the shore of this pristine Cascades lake. Carry your canoe to camp, or use the vehicle-accessible boat launch further up the road and paddle to the marshy, wildlife-rich western shore for sublime mountain paddling.

**Lake Oretta, Olympic National Park.** Launch from the ranger station boat ramp and hug the western shoreline of the lake as you paddle south about 4 miles, around Shafers Point and into Ericksons Bay and the park's only boat-in campground.

**Tahkshah Lake, Mount Adams.** Pronounced "TUCK-shah" and backdropped by glacier-flanked Mount Adams, this pristine mountain lake has its own Forest Service car campground with the same name where you can pitch your tent, then launch your canoe from a sandy beach for scenic paddling. Pack your trout fishing pole and a frying pan for the perfect summer weekend.

## NATURE NOTEBOOK

Location: \_\_\_\_\_ Date: \_\_\_\_\_

Co-naturers: \_\_\_\_\_

The rhythm of paddling through still waters quiets your mind's chatter and syncs up with your breath. If you pay attention, you'll notice rhythm within and around you, especially in nature. What rhythms have you observed in nature?

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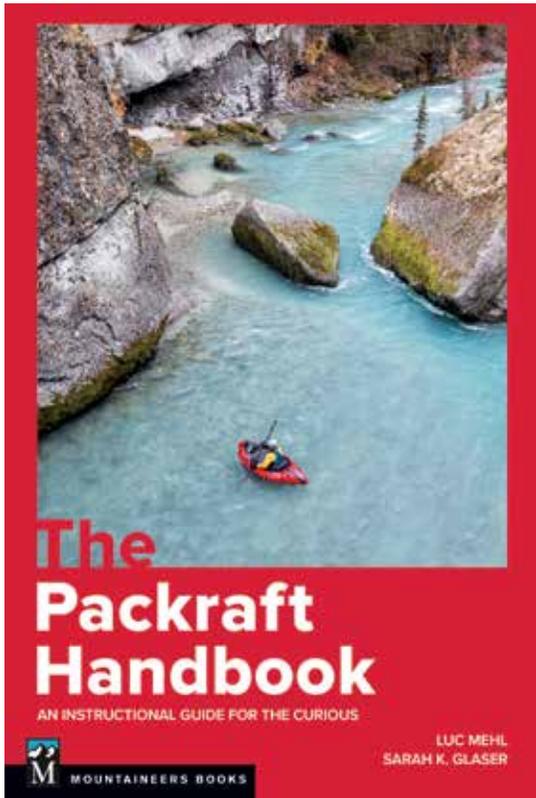


# THE PACKRAFT HANDBOOK

*An Instructional Guide for the Curious*

LUC MEHL

ILLUSTRATIONS BY SARAH K. GLASER



432 pages | 6 x 9 | \$32.95 | paperback

85 color photos | 150 color and b&w illustrations

ISBN 978-1-68051-602-9 | ebook 978-1-68051-603-6

Instructional/Boating/Water Recreation | Rights: World

**“It is both approachable for newcomers and deep enough to satisfy experts.” – Joseph Bell, President, American Packrafting Association**

- Alaska-based author is a leading expert on wilderness travel
- Emphasis on skill progression and safety applies to wide range of outdoor water recreation
- Vibrant illustrations and photos inform and inspire

*The Packraft Handbook* is a comprehensive guide to packrafting, with a strong emphasis on skill progression and safety. Readers will learn to maneuver through river features and open water, mitigate risk with trip planning and boat control, and how to react when things go wrong. Beginners will find everything they need to know to get started—from packraft care to proper paddling position as well as what to wear and how to communicate.

Illustrated for visual learners and featuring stunning photography, *The Packraft Handbook* has something to offer all packrafters and other whitewater sports enthusiasts.

## ABOUT THE AUTHORS



TODD TUMOLO

**LUC MEHL** grew up on the Kuskokwim River in interior Alaska. With graduate degrees from UCSB and MIT, he applies academic and village skillsets to his work as a swiftwater safety instructor and environmental data scientist. Mehl has traveled over 10,000 miles by packraft, skis, bike, and ice skates. He lives in Anchorage.

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BENJAMIN KNIGHT SULLENDER

**SARAH K. GLASER** was born and raised in Moose Pass, Alaska. An education and adventure illustrator, she loves to combine “type-two” adventures and compulsive doodling. Her illustrations have appeared on sidewalks, helicopters, ambulances, dump trucks, and on/in a half-dozen books. She lives in Anchorage.

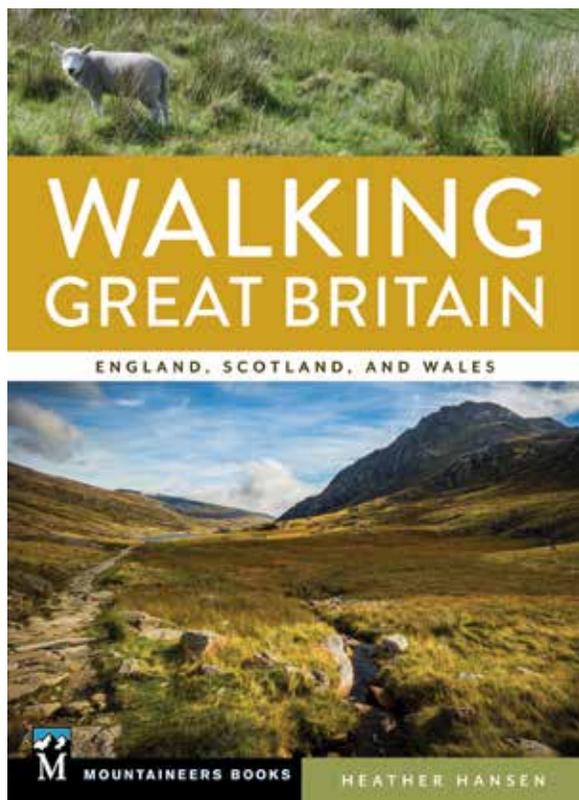
### SARAH ONLINE:

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# WALKING GREAT BRITAIN

England, Scotland, and Wales

HEATHER HANSEN



336 pages | 5½ x 7½ | \$24.95 | paperback

75 photographs | 64 maps

ISBN 978-1-68051-317-2 | ebook 978-1-68051-318-9

Hiking/Travel | Rights: World

## ABOUT THE AUTHOR

JUAN NIETO CASTRO



**HEATHER HANSEN** is an award-winning reporter, specializing in environmental and travel writing. She is the author of *Wildfire: On the Front Lines with Station 8*, and her work has appeared in *High Country News*, *National Geographic Traveler*, *Smithsonian*, *Outside*, *Mountain Gazette*, and others. She splits her time between Boulder, Colorado, and Cambridge, UK.

## HEATHER ONLINE:

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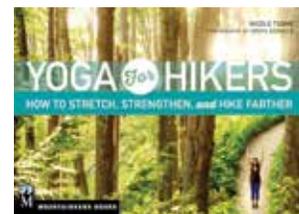
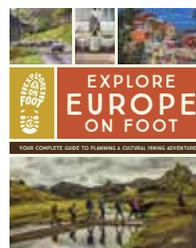
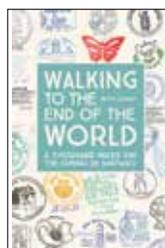
## Detailed full-color guide introduces active travelers to some of the best and most iconic trails in Great Britain

- 63 walks packed with local history, cultural and literary highlights, ecological and geological tidbits, and more
- Helpful descriptions of gateway towns and services
- 75 full-color photos and detailed walk maps
- At-a-glance chart highlights trail information and amenities

*Walking Great Britain* guides walkers and hikers of all interests to the region's superlative trails. From easy riverside strolls to challenging mountain summits, these beautiful, classic routes span the most scenic parts of England, Scotland, and Wales. They lend themselves to a good day's walking, especially when enhanced by author Heather Hansen's notes on local history, cultural and literary highlights, plus ecological and geological tidbits sprinkled throughout.

Join in Great Britain's national pastime while visiting varied and stunning landscapes—hidden waterfalls, wild beaches, long lochs, deep gorges, dramatic cliffs, striking sea stacks, high peaks, picturesque peninsulas, colorful gardens, Roman ruins, turreted castles, and more. Most trails are easy day trips close to popular towns and destinations, making this a perfect guide for quick outings between museum visits or for a week's worth of robust striding.

## ALSO OF INTEREST

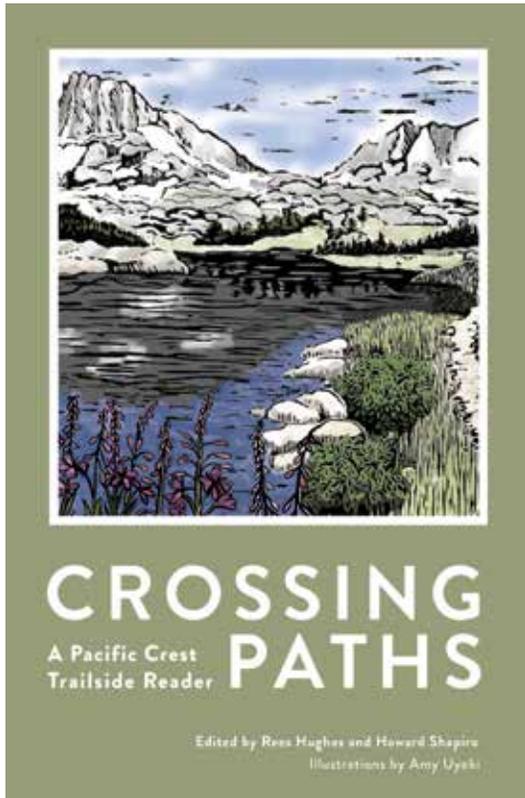


## CROSSING PATHS

*A Pacific Crest Trailside Reader*

EDITED BY REES HUGHES AND HOWARD SHAPIRO

ILLUSTRATIONS BY AMY UYEKI



304 pages | 6 x 9 | \$21.95 | paperback

7 black-and-white woodcuts | 1 map

ISBN 978-1-68051-570-1 | ebook 978-1-68051-571-8

Outdoor Literature/Adventure/Hiking | Rights: World

**Triumphs, terrors, and tales stretching 2,650 miles from Mexico to Canada—stories from today's Pacific Crest Trail**

- Contributors include Cheryl Strayed, Carrot Quinn, Barney "Scout" Mann, Aspen Matis, Nicholas Kristof, Heather Anderson, Will "Akuna" Robinson, and many more
- Shares new stories from the last decade to celebrate the 10th anniversary of the original PCT Readers
- Sidebars address some of the issues affecting the PCT

What's it like to be a trail angel and can romance truly blossom from first meeting to marriage on the Pacific Crest Trail? How do trail names get bestowed and what does it mean when you find yourself roaring back at a mountain lion? How have climate change, technology, and the sheer number of hikers affected life on the PCT?

Find the answers to all these questions, and so many more, in the diverse writings gathered in *Crossing Paths*, an anthology of stories and poems written by PCT hikers. Reflecting the contributors' rich and varied individual experiences, this collection includes both ordinary and extraordinary experiences, from dodging lightning strikes on an exposed ridge south of Sonora Pass or surviving early fall snowstorms in the Cascades, to deeply personal walks-as-therapy following military service or cancer treatment. The selection represents geographic, gender, ethnic, and age diversity, and strives to reflect the totality and depth of life on the trail.

### ABOUT THE AUTHORS



Growing up in the wilds of Kansas, **REES HUGHES** found the lure of the mountains irresistible, eventually settling in Northern California's Klamath Knot. Although he has hiked all over the world, the Pacific Crest Trail has been his true love for more than 40 years. The author of a popular hiking guide, *Hiking Humboldt*, Rees also serves on the board of the Bigfoot Trail Alliance and coordinates a local Volunteer Trail Stewards program.

After a 40-year career that included a focus on students with special needs, **HOWARD SHAPIRO** retired from full-time teaching in 2016. He has spent more than four decades hiking the Pacific Crest Trail and recently completed all sections. In addition to spending countless hours in the North Cascades near his home, Howard has hiked extensively in Europe, Nepal, Canada, and elsewhere. He joined the editorial team for *The Pacific Crest Trailside Reader* website in 2017.

### REES & HOWARD ONLINE:

pctrailsidereader.com  @ThePacificCrestTrailsideReader

## CLEANSING DIRT

by Crystal Gail “The Giver” Welcome

*Although the lack of people of color walking the PCT has long been an issue, only recently has the inequity come into the consciousness of the broader PCT community.*

I began my hike on April 5, 2016. Along the journey, I met hikers from all over the world, though most were from the United States. Most were experienced, with years of backcountry knowledge, with the means to take time off work, and almost all were white. I did not meet a single Black hiker on my journey. I have often heard white outdoorsmen say that there is no racism on the trail. As I grapple with this, I question why didn't I see a single other Black person.

In the trail towns, I would have interactions with townsfolk who were pleasant enough. But I never felt the hiker welcome that other hikers seemingly received. They would socialize freely and had no need to declare themselves hikers, while I usually had to explain my reason for being in town. Once in Big Bear Lake, a guy asked me where I was hiking from. When I replied “the Mexican border,” he told me, “Wow, you speak English good” (with no sense of irony), adding, “I'm glad you made it across the border safely.”

\* \* \*

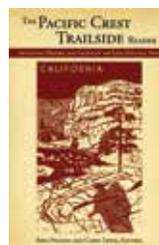
I also met some really amazing folks on the trail. For example, there were three hikers from Vermont who I spent four days hiking alongside. We spent an entire day lost together, heading south during a trail closure. We hitchhiked together and had meals together. One evening, out of nowhere, it snowed. I was grateful for them. At the time, I was clueless about how to stay warm—they built a campfire that evening. And when we finally said our good-byes, they gave me Vermont maple syrup as a parting gift. We have remained friends since.

Being a solo hiker meant that even though I met people and sometimes spent time with them, I was often alone with Nature. And this was the truly amazing aspect of my trek. When I was lost, I never fretted, because I trusted that she wouldn't lead me astray. When I felt I was running low on water, I would listen for the birds—whenever I heard them, I knew water was nearby. I would watch the clouds for evidence of shifts in weather. Instinctively, I knew the earth and was connected to the earth.

The dirt was cleansing. Solo hiking felt natural, as if I had been backpacking my entire life. I understood I was safe among all things natural. The only thing that could harm me was the humans, especially the ones that didn't look like me.

One afternoon while I was headed to a Mohave campsite, I was confronted by a rattlesnake. I knew little about how to approach a rattlesnake. I was in the middle of a ridge that I couldn't hike up or down. I didn't want to backtrack, so my only option was to forge ahead. I thought about how I would feel if I were sleeping in my home and someone came in and woke me up. It might end in tragedy, especially with me as a Black woman. I knew I couldn't awaken this snake, so I opted to wait it out. Time passed, and the snake didn't wake up. I was familiar with waiting, from my experiences of growing up without: waiting for paychecks, for new shoes or new clothes. Out of respect, I decided to turn around, figuring it was a sign that I wasn't meant to pass. As I was walking back toward the trailhead, two men came along with two llamas. They reminded me of the wise men in biblical times. They offered to help, and, as I held on to the llamas, they used my hiking poles to push the snake off the trail so we all could pass. I listened as the snake hissed in fear and anger. That night in my tent I felt the anguish of the snake. I cried—major, body-shaking sobbing that racked my body, each wail coming in a wave, and with every sob I let out a whimper. Even though the snake was not killed, we had disrupted the balance in Nature, and she cried with me. I think it may have rained twice during my nearly eight-week trek, and this was one of those times. As I cried, the rain beat against my tent. But the next morning I was greeted by the sun. I took this as a sign of forgiveness. I understood that we are all co-creators of the earth. Any harm that we do to others comes back onto us.

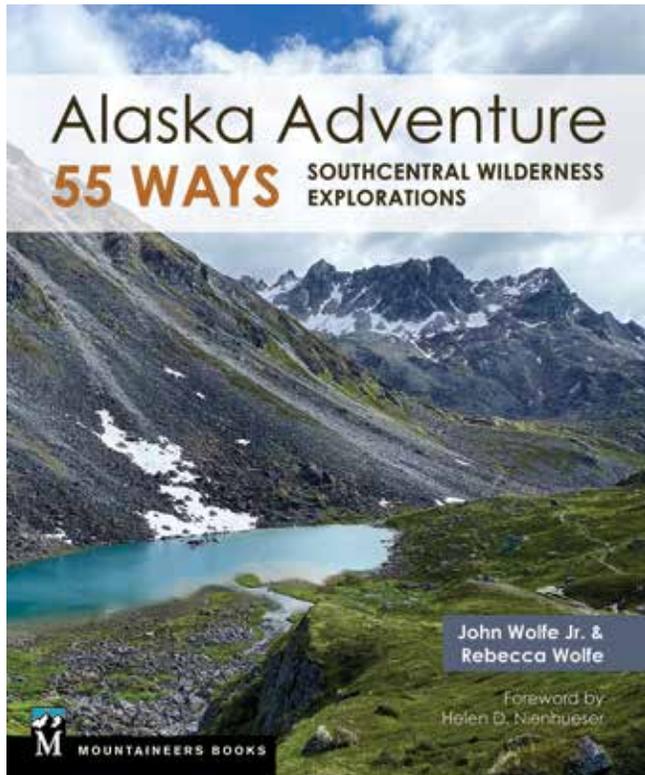
#### MORE PCT READERS



# ALASKA ADVENTURE 55 WAYS

*Southcentral Wilderness Explorations*

JOHN WOLFE JR. AND REBECCA WOLFE  
FOREWORD BY HELEN D. NIENHUESER



304 pages | 6¼ x 8 | \$24.95 | paperback  
100 color photographs | 56 maps  
ISBN 978-1-68051-542-8 | ebook 978-1-68051-543-5  
Guidebook/Alaska/Outdoors | Rights: World

## Alaska's most beloved guidebook, wholly revised and reimagined

- Features hiking, skiing, paddling, biking, and more
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The classic guide known as *55 Ways to the Wilderness in Southcentral Alaska* has undergone a robust reboot. *Alaska Adventure 55 Ways* covers a diverse range of activities for year-round fun, from quick day trips to adventures up to a week or longer, including canoe trails, wilderness cabins, easy summits, forest walks, cross-country ski routes, mountain biking, wild skating, and more.

John Wolfe Jr. and Rebecca Wolfe, a father-daughter team, present activities spanning Southcentral Alaska. The guide features trips on the Kenai Peninsula and throughout the Anchorage front range, Matanuska and Susitna Valleys, and Copper River basin, taking in Chugach and Denali State Parks, Chugach National Forest, Kenai Fjords and Wrangell–St. Elias National Parks, several wildlife refuges, and portions of the Iditarod National Historic Trail. This guide appeals to all ages, with options that add up to more than 100 “ways” to adventure.

## ABOUT THE AUTHORS



ANNE RAUP

Lifelong Anchorage resident **JOHN WOLFE JR.** studied at Middlebury College in Vermont before returning to Alaska and founding the nonprofit Alaska Huts Association. John became coauthor of *55 Ways to the Wilderness* with his mother, Helen Nienhueser, in 1994. Although he has guided on Denali, John loves the simple peak scrambles of the Chugach Mountains best.



GRETCHEN NELSON

**REBECCA WOLFE** has been hiking in Southcentral Alaska since childhood. She earned a bachelor's degree from Smith College and a master's of architecture from Montana State University. Becca enjoys finding new ways to experience the Alaska backcountry on skis and by bike, though backpacking in the mountains is when she feels most at home. She splits her time between Mojave, California, and Anchorage, Alaska.

## ONLINE:

55WaysAlaska.com  @55Ways.Alaska

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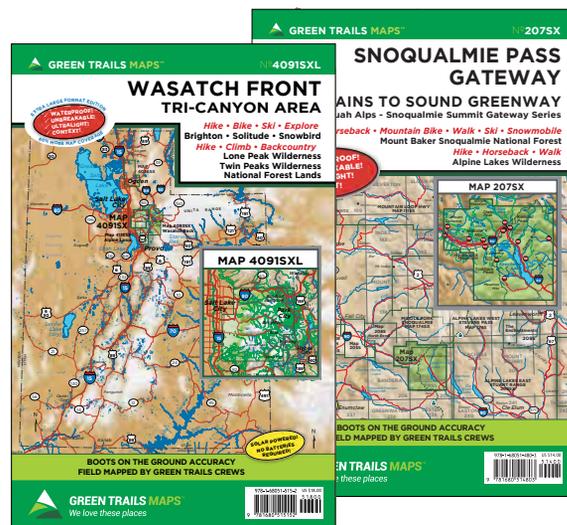
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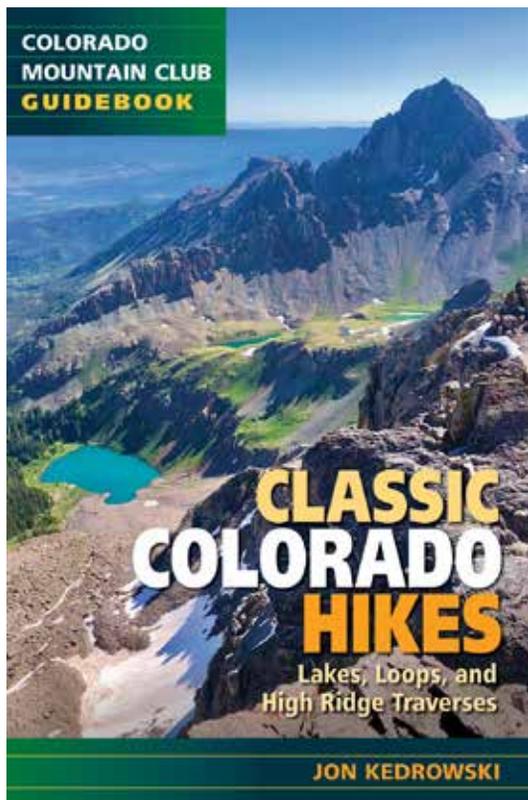
Each map includes:

- Trails coded for hikers only, as well as mountain bikers, horses, skiers, and snowmobilers
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## CLASSIC COLORADO HIKES

*Lakes, Loops, and High Ridge Traverses*

JON KEDROWSKI



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200 color photos | 75 maps

ISBN: 978-1-937052-75-1

Hiking/Guidebook/Colorado Rights: World

### ABOUT THE AUTHOR

TYLER STABLEFORD



**DR. JON KEDROWSKI** is the author of *Sleeping on the Summits: Colorado Fourteener High Bivys*, *Skiing and Sleeping on the Summits: Cascade Volcanoes of the Pacific Northwest*, and *Classic Colorado Ski Descents*. He has climbed and skied all of the Colorado 14ers and has climbed half of Colorado's 537 13ers. Jon has advised or led climbing expeditions to six of the Seven Summits. He has reached the top of Mount Everest three times and was part of the 2021 winter expedition to K2.

### JON ONLINE:

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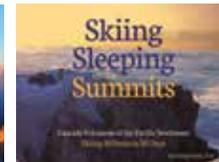
### A hiking guide for exploring the remote corners and high country of Colorado

- 70 hikes throughout Colorado's nine most prominent mountain ranges
- Each hike highlights a lake destination and an extra route such as a peak climb or high-ridge traverse
- Tips for the trail, including gear and equipment, climbing classifications, weather and climate, and safety considerations

This book is for anyone who seeks out the Colorado high-country hiking and climbing experience. Dr. Jon Kedrowski has selected and outlined some of his favorite hikes to backcountry lakes (including places to swim in summer or ice skate in winter!). Some hikes are loops, meaning you will be able to hike to a lake or series of lakes and return to the trailhead by a different trail. An extra route—such as climbing a peak or following a high-ridge traverse from peak to peak—is also suggested.

Have you ever sat down for a snack break at a high mountain lake and wondered, “Can that peak be climbed?” Or, “I wonder if it’s possible to traverse that ridge?” This book answers those questions. “Dr. Jon’s Extra Credit” sections dish out even more options for creating your own adventures. Tap into your desire to be an explorer: grab this guidebook and a map and let your imagination run wild. Enjoy making your own adventures into the remote corners of Colorado!

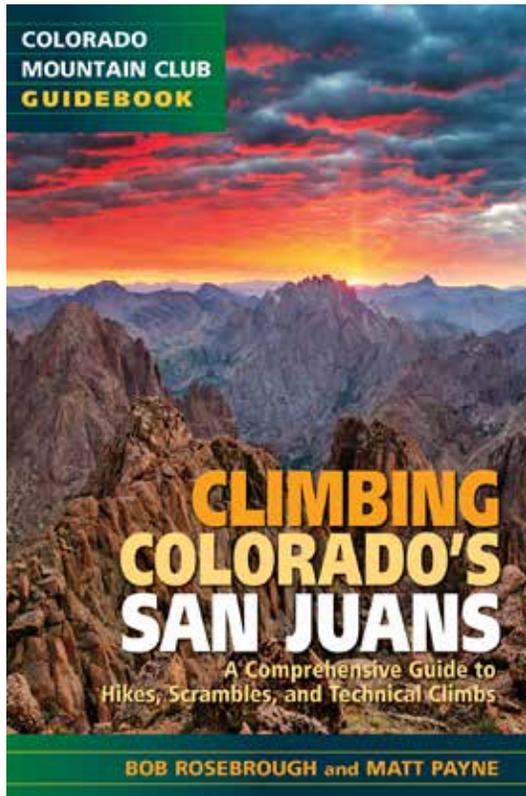
### ALSO BY THIS AUTHOR



# CLIMBING COLORADO'S SAN JUANS

*A Comprehensive Guide to Hikes, Scrambles, and Technical Climbs*

BOB ROSEBROUGH AND MATT PAYNE



352 pages | 6 x 9 | \$26.95 | paperback

150 color photos 15 maps | rounded corners

ISBN 978-1-937052-77-5

Mountaineering/Hiking/Colorado | Rights: World

## An indispensable resource for planning your climbing and hiking adventures in Colorado's most spectacular mountain range

- With beta on 200 peaks and 300 routes, this is the most comprehensive climbing guidebook available for Colorado's San Juan Range
- Stunning color photos and notes on the area's colorful climbing history
- Leave No Trace ethics for mountaineering, plus essential gear and safety tips

Whether you're looking for a serious climbing challenge or simply an amazing hike with a view, the San Juans has it in spades. With 13 of Colorado's 54 Fourteeners, as well as 29 of the state's highest Centennial peaks, this magnificent mountain range offers a staggering array of options, from easier scrambles to advanced technical routes for seasoned peakbaggers seeking a world-class challenge.

Covering 200 peaks and nearly 300 routes, *Climbing Colorado's San Juans* is a treasure trove for adventurers. With chapters organized into 13 mountain subgroups, along with a captivating exploration of San Juan's storied climbing history, this comprehensive guidebook is as inspirational as it is practical. Key intel, maps, and spectacular color photos will help you get the most out of time spent adventuring in this rugged and beautiful Rocky Mountain paradise.

### ABOUT THE AUTHORS



ERNE STROMEIER

**BOB ROSEBROUGH** is an avid outdoorsman and mountaineer, lawyer, and author of multiple books, including two prior editions of *Climbing Colorado's San Juans*. Bob lives in Gallup, New Mexico, where, as mayor, he was instrumental in developing hiking and mountain biking trails. He has climbed in the San Juans for over 50 years.

#### BOB ONLINE:

@bobrosebrough



MASON CUMMINGS

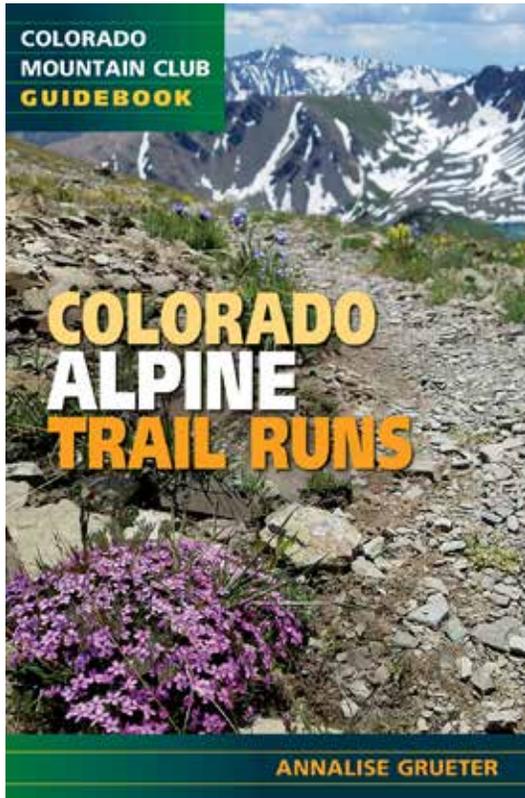
**MATT PAYNE** is a mountaineer and nature/landscape photographer living in Durango, Colorado, and is the host of the photography podcast, *F-Stop Collaborate and Listen*. Matt has climbed all of Colorado's Fourteeners and the highest 100 peaks in the state.

#### MATT ONLINE:

mattpaynephotography.com @mattpaynephoto @MattPaynePhotography

## COLORADO ALPINE TRAIL RUNS

ANNALISE GRUETER



192 pages | 6 x 9 | \$24.95 | paperback

95 color photos | 46 maps | rounded corners

ISBN 978-1-937052-76-8

Trail Running/Hiking/Guidebook/Colorado | Rights: World

### ABOUT THE AUTHOR



KRISTA KING

**ANNALISE GRUETER** has been exploring Colorado trails her entire life. She is a marathoner and ultramarathoner as well as an avid hiker. She has reached over 153 summits of Colorado's Fourteeners and stood atop the highest peaks in Mexico, Germany, and Tanzania. A NOLS graduate, she has taught and mentored both children and adults on camping, orienteering, and safe mountain practices. Annalise enjoys exploring mountain ranges around the world, especially through sports such as mountain running and ski mountaineering.

**ANNALISE ONLINE:**

[wildspiritco.blogspot.com](http://wildspiritco.blogspot.com)

**Lace up your shoes and discover the best mountain running in Colorado with this detailed guide to high-alpine trails**

- Organized by geographical area so readers can discover the best trails across Colorado
- Comprehensive info on routes, including access, mileage, vertical details, directional cues, and difficulty
- 45 runs from mellow to technically challenging to suit a host of skill levels

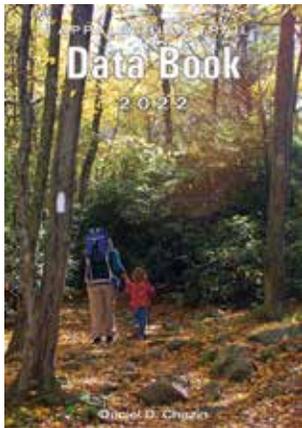
High-mountain trail running is more popular than ever, combining the joys of alpine hiking and peak bagging with the thrill of covering a lot of ground and moving at a fast pace up high.

*Colorado Alpine Trail Runs* makes it easy to find great places to run in the mountains. This essential guidebook introduces you to beautiful, rugged trails and inspiring vistas across Colorado, providing key info, including route access, mileage, directional cues, and difficulty, as well as advice around responsible outdoor recreation. The guide features 45 spectacular runs that vary in length from 4 miles to nearly 30, with a mix of options from introductory to technical. Every route reaches an elevation over 11,500 feet and includes a high-alpine pass, lake, or summit, allowing for spectacular 360-degree views.

### ALSO OF INTEREST



# APPALACHIAN TRAIL CONSERVANCY



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DANIEL D. CHAZIN  
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**DANIEL D. CHAZIN**, an attorney and longtime volunteer/editor with the New York–New Jersey Trail Conference, has been the editor of the annual *Appalachian Trail Data Book* since 1983. He also is the editor of the *Appalachian Trail Guide to New York–New Jersey* and chair of the publications committee of the NY-NJ Trail Conference.



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- Landmark-by-landmark tables for at-a-glance information
- Town maps indicate food and lodging

The Appalachian Trail Conservancy and the Appalachian Long Distance Hikers Association collaborate each year on a guide designed for potential thru-hikers who want the basic information for a five- to six-month trek in the woods, at a reasonable price, but also want the adventure of discovering the extras for themselves. A favorite for 28 years of section-hikers and dreamers alike, it is still the only such guide written by volunteers and all the proceeds are returned to the AT by these two nonprofits. Fact-checking research is done by more than two dozen thru-hiker volunteers in 14 states, backed by the first-hand information of the trail’s volunteer and staff maintainers and managers. Includes gear manufacturers’ toll-free numbers, post office hours, and much more.

### APPALACHIAN LONG DISTANCE HIKERS ASSOCIATION

is an organization of past, present, and future hikers of the Appalachian Trail. It was formed in 1981 by previous thru-hikers but soon become a “users group” for backpackers and hikers of all the US scenic trails and major hiking paths abroad. ALDHA meets annually for a three-day festival and also engages in volunteer projects, such as shelter work trips and hostel repairs. Robert Sylvester leads a team of 25 volunteer field editors who contribute annual updates for the *Companion*.

### ONLINE:

aldha.org  @appalachianlongdistancehikers

# BRAIDED RIVER

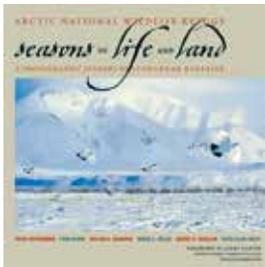
BRAIDED RIVER is the conservation imprint of Mountaineers Books, with a mission to defend wild places by bringing evocative and inspirational images and stories to an ever-growing and diverse audience of environmental protectors.

Through stunning photography, powerful storytelling and strategic impact campaigns, Braided River's books lead to films, multimedia presentations, exhibitions, and digital campaigns. Our books help protect millions of acres of land in western North America through public policy and awareness building to inspire readers to take action to fight for environmental and climate justice.

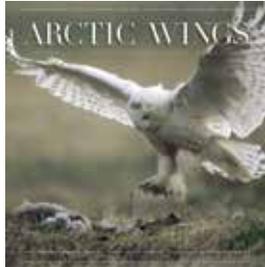
For more information visit [braidedriver.org](http://braidedriver.org)

## OUR VALUES

- Expanding the conversation beyond the core conservation community drives change.
- Common ground can be reached.
- Ethical storytelling amplifies authentic resident voices including Indigenous peoples and communities centered on sustainable, local economies.
- Beautiful images are powerful and can change perspectives.
- Change is possible when people are given tangible, strategic actions
- Partnerships are crucial for building broad public support.



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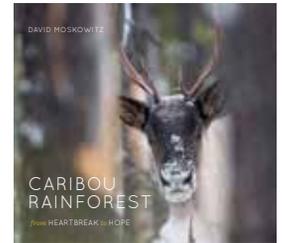
**ARCTIC WINGS**  
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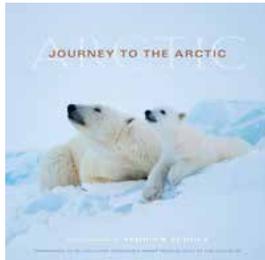
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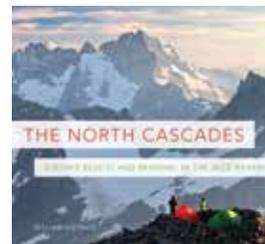
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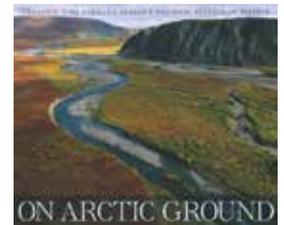
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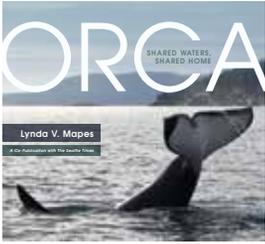
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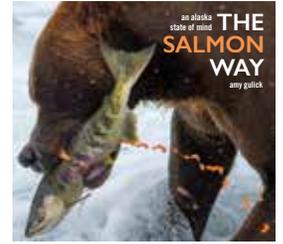
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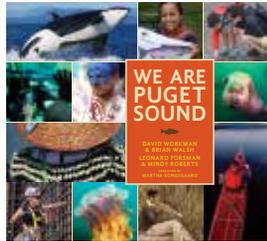


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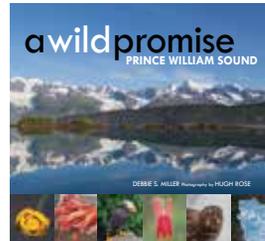
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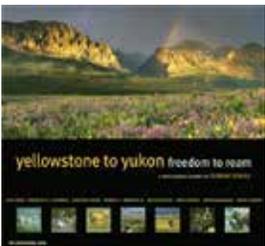
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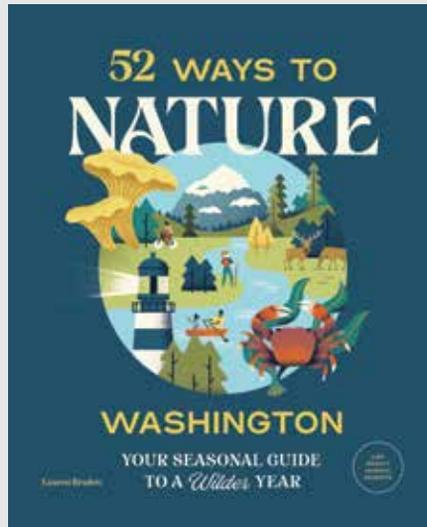


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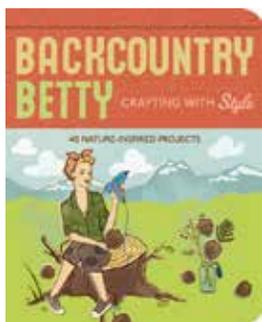


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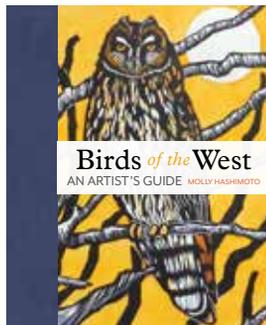
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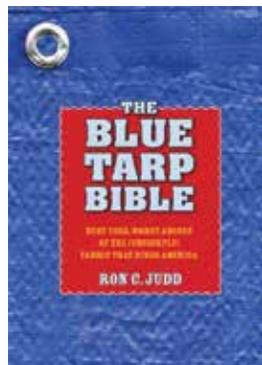
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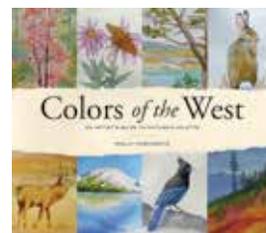
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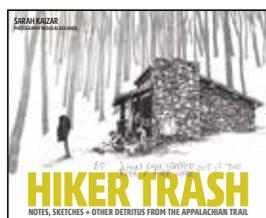
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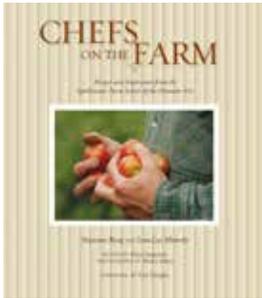


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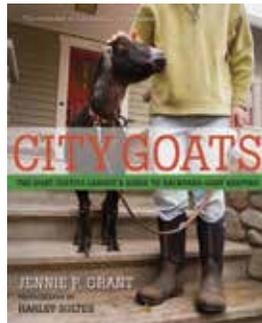


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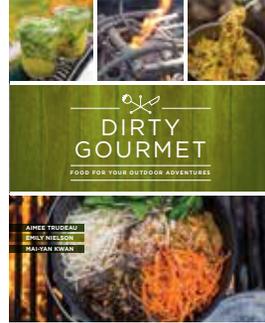
FOOD



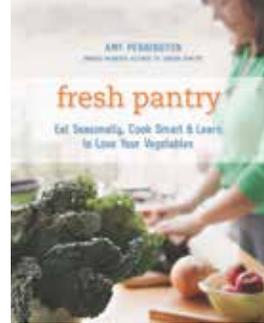
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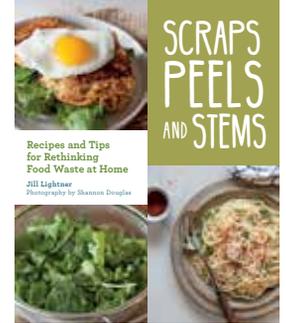
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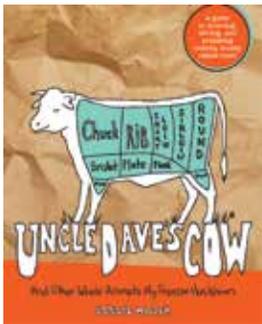
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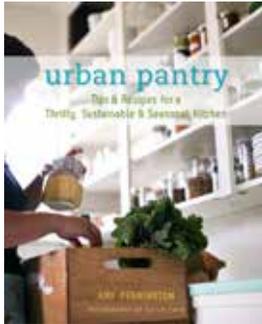
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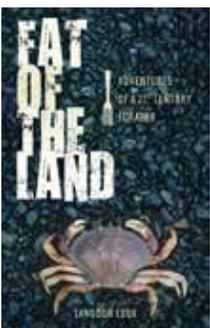


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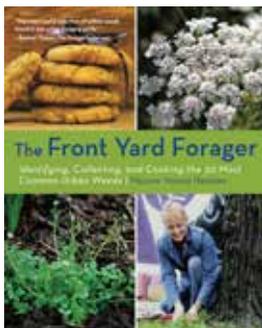


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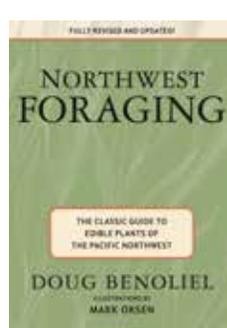
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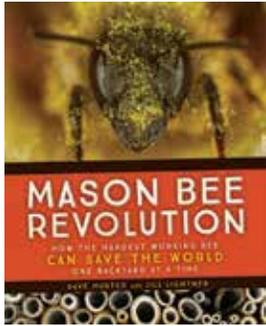


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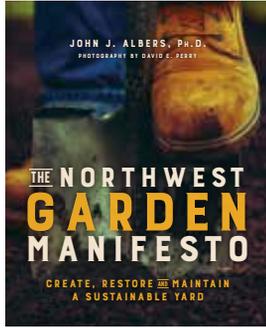


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## GARDEN



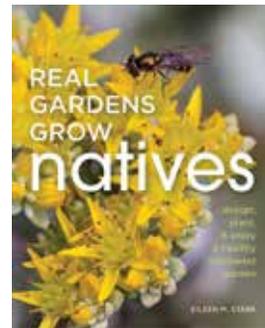
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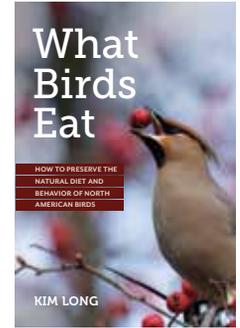
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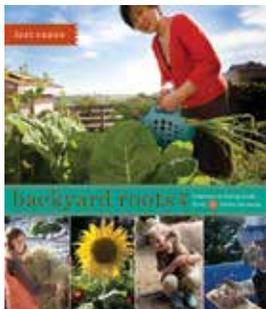


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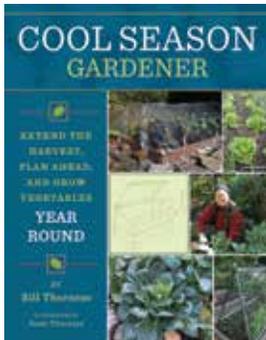


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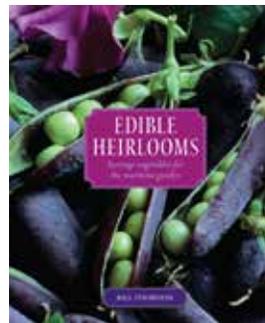
## Urban Farm



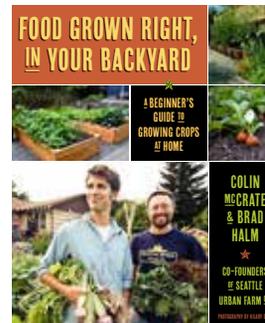
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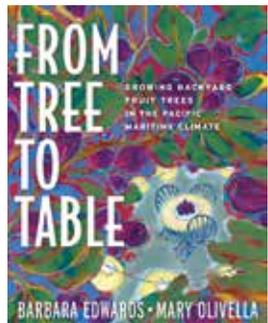
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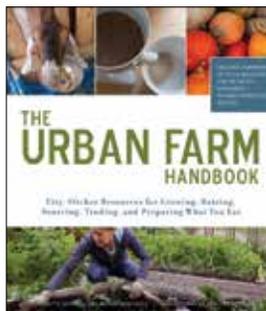
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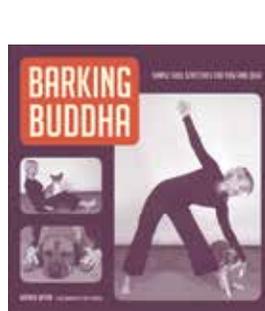
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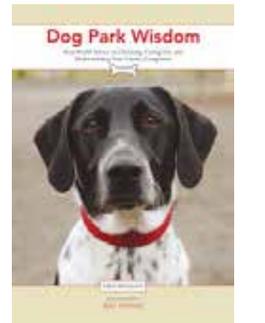
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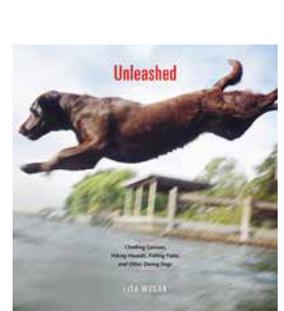
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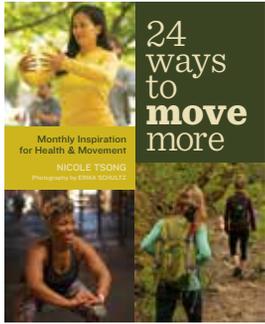


**DOG PARK WISDOM**  
Real-World Advice on Choosing, Caring For, and Understanding Your Canine Companion  
*Wogan; Sparks, photographer.* pb, \$18.95, ISBN 978-1-59485-073-8.

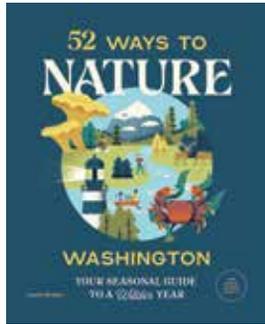


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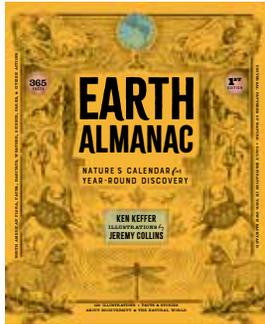
# LIFESTYLE



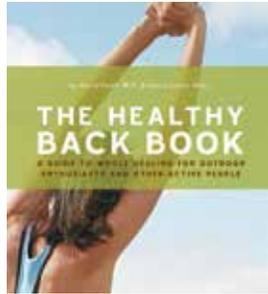
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Tsong; Erika Schultz, photographer. pb, \$21.95, ISBN 978-1-68051-274-8.



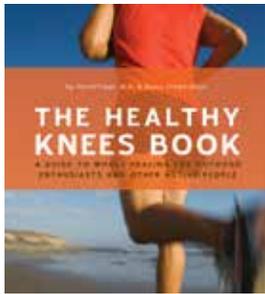
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Your Seasonal Guide to a Wilder Year  
Braden; pb, \$22.95, ISBN 978-1-68051-313-4.



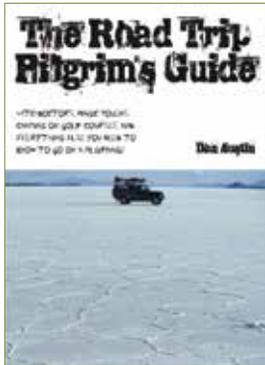
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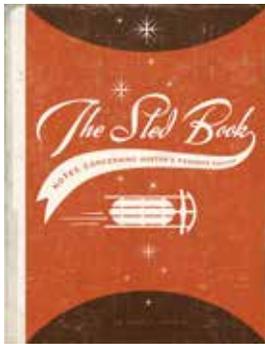
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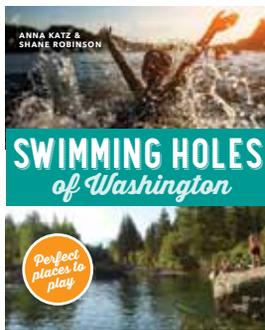
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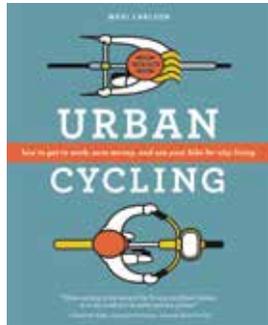
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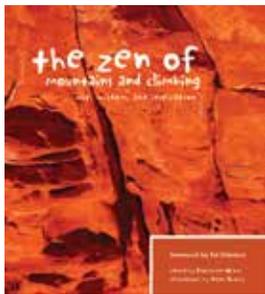
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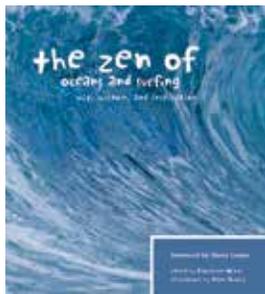
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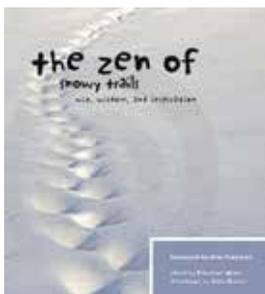
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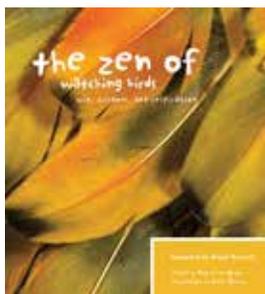
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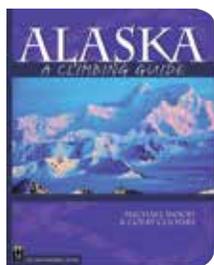


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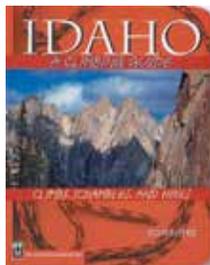


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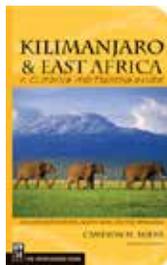
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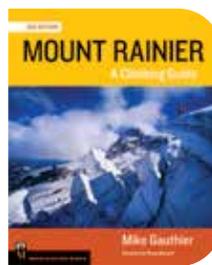
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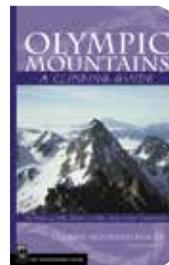
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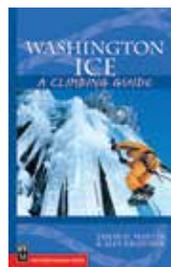
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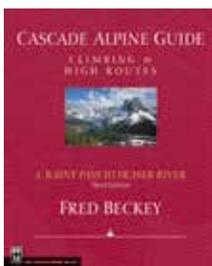
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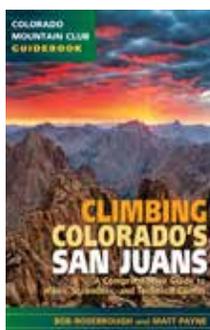
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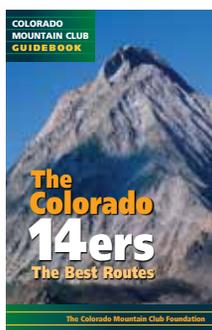
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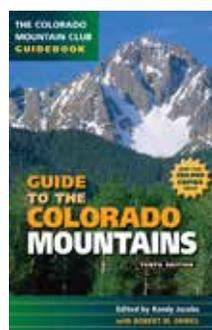
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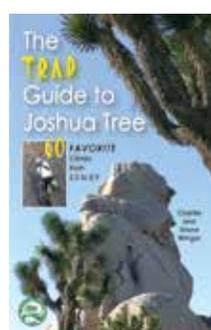
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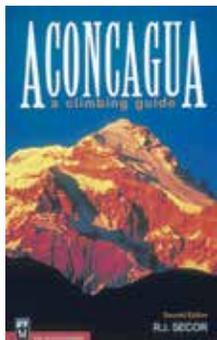


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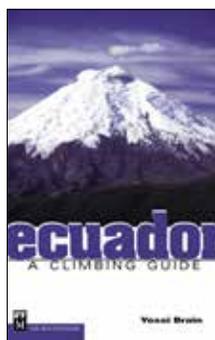
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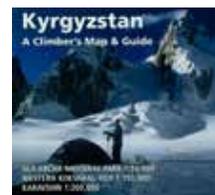
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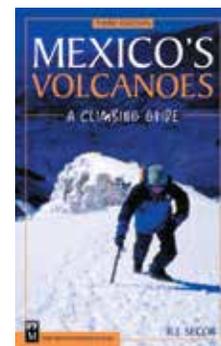
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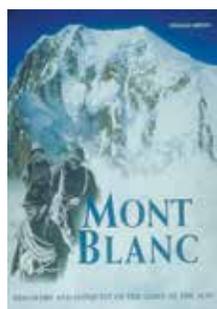


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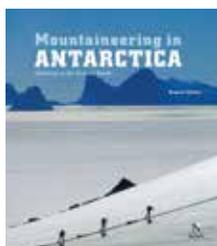

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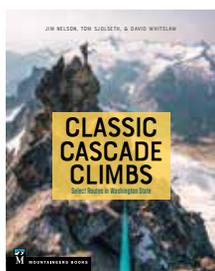
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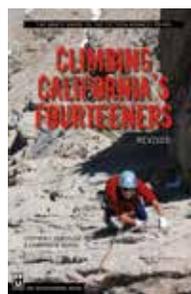
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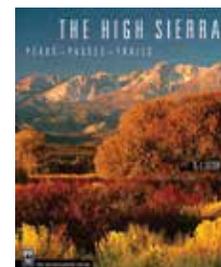
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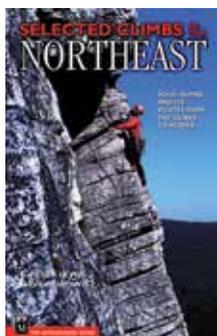

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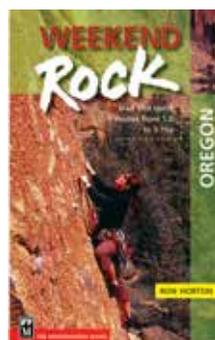


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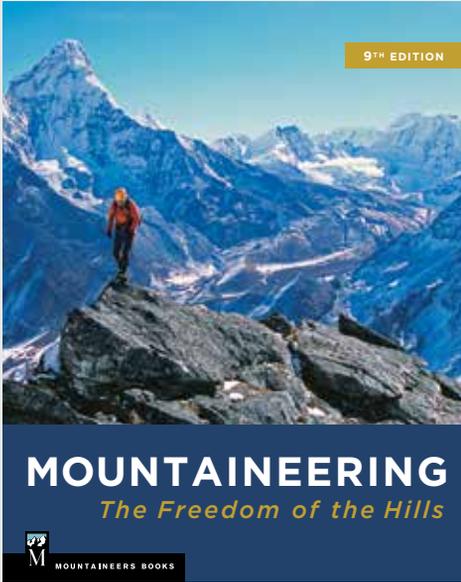


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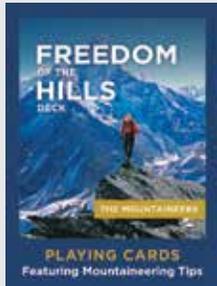
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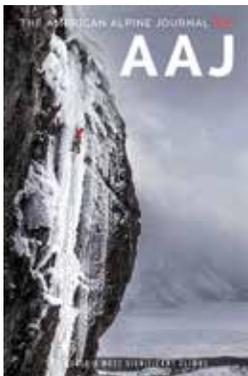
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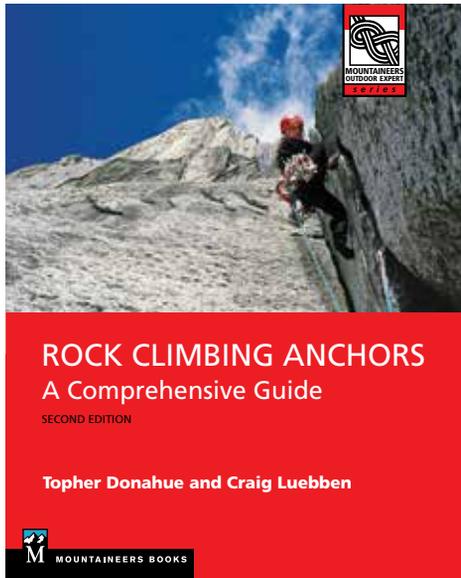


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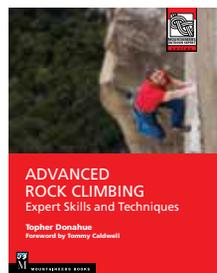
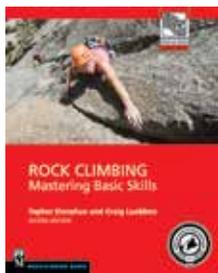
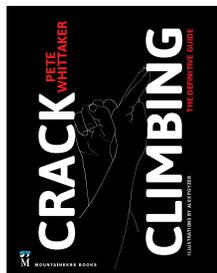
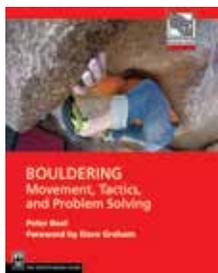
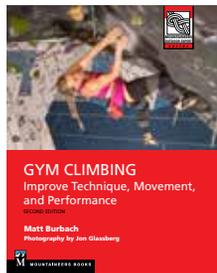
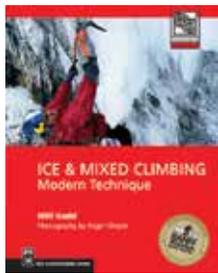
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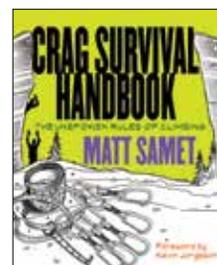
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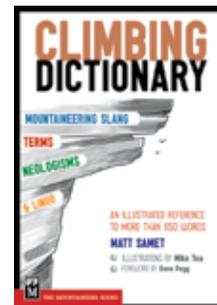
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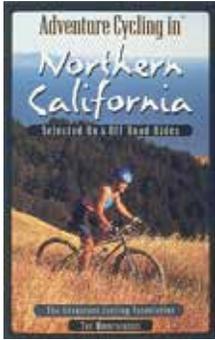


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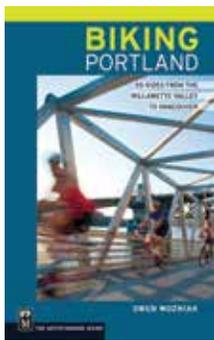


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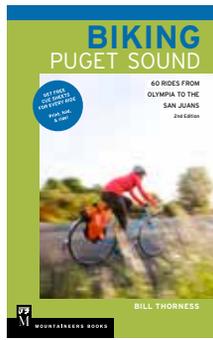
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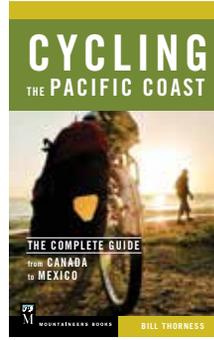
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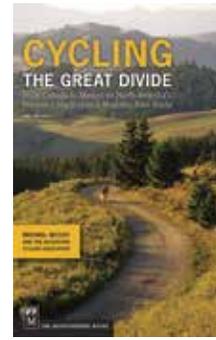
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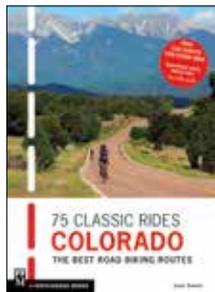


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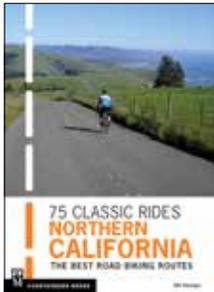


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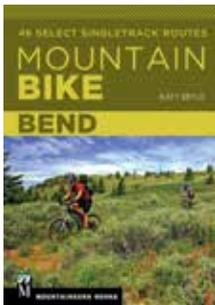


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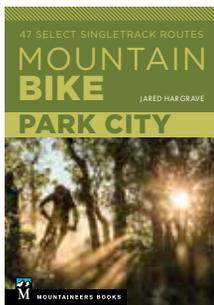


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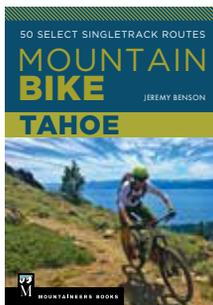
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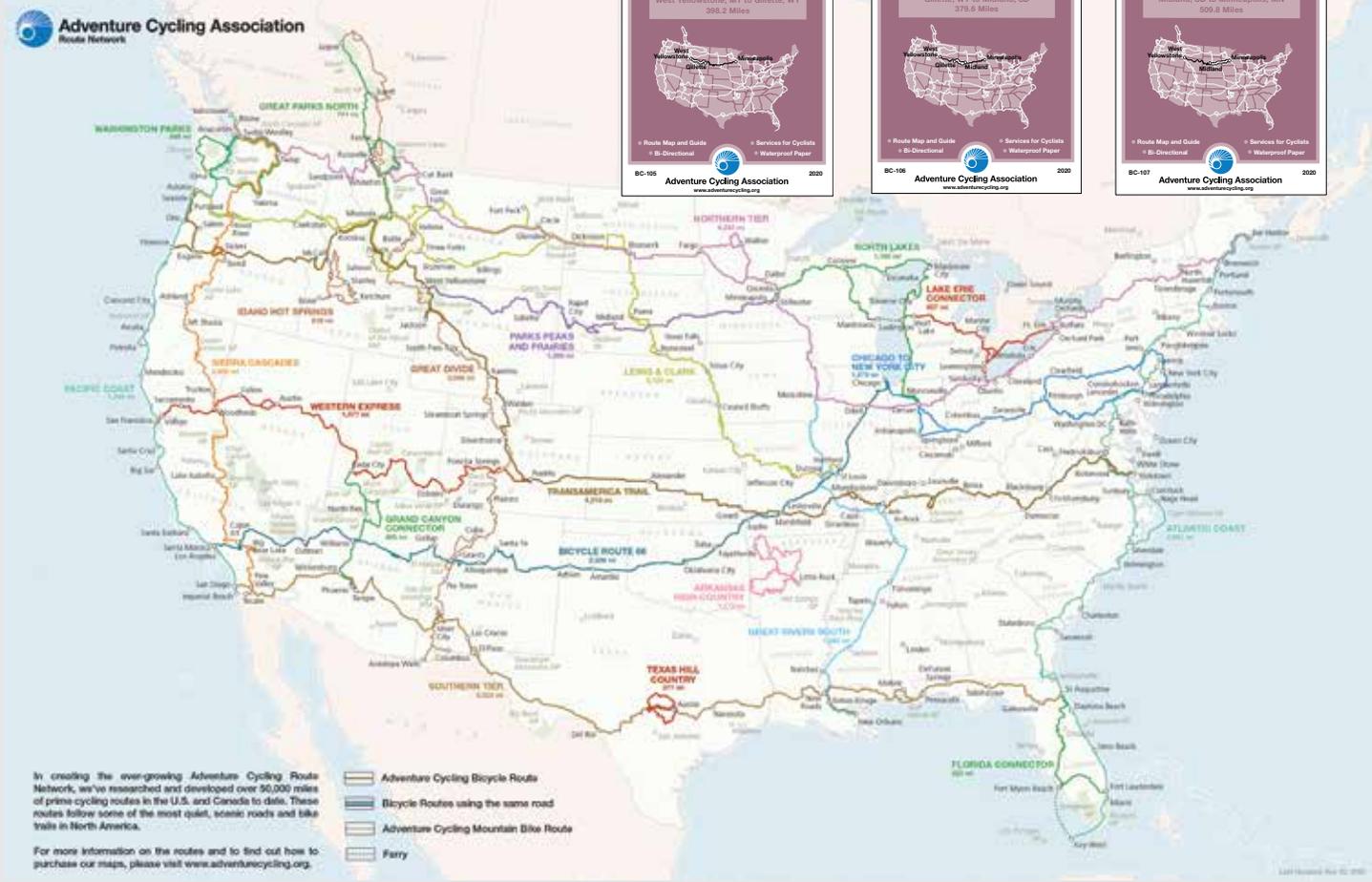
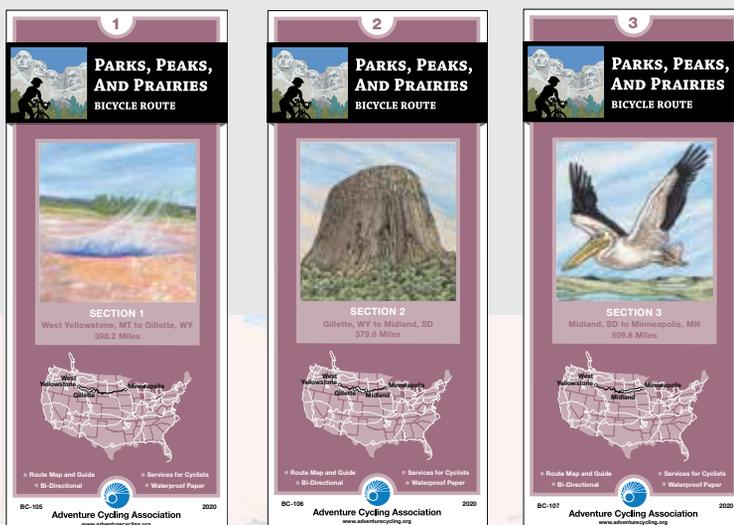


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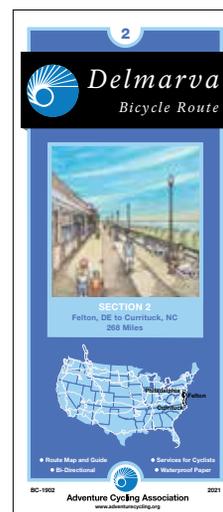
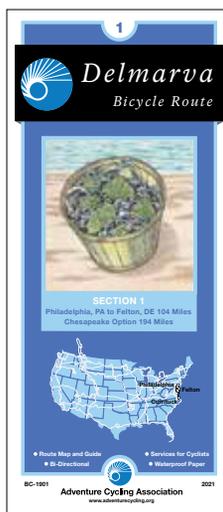
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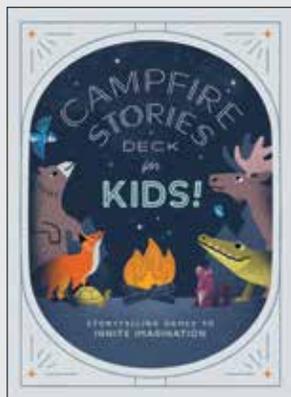
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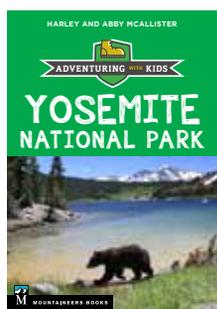
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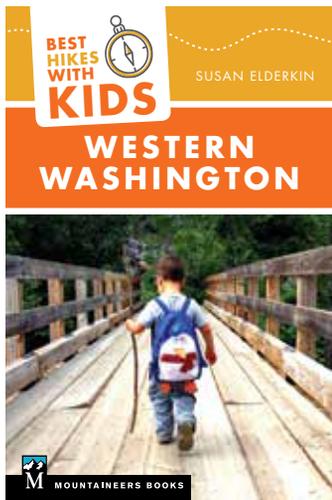


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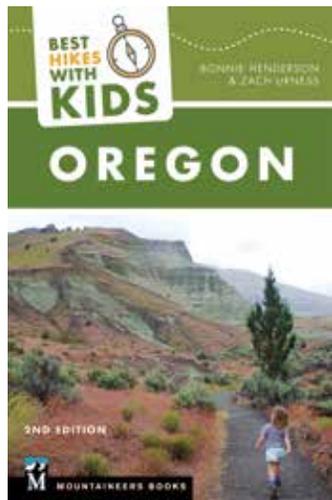


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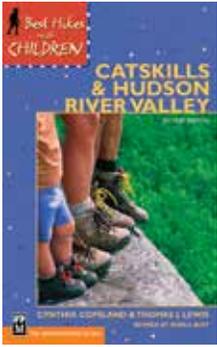
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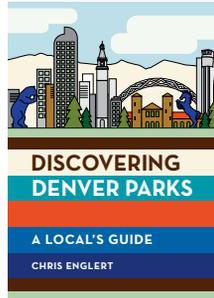
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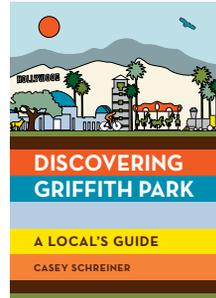
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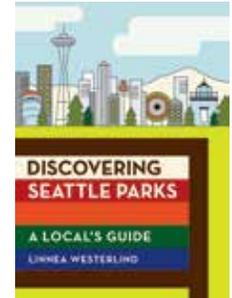
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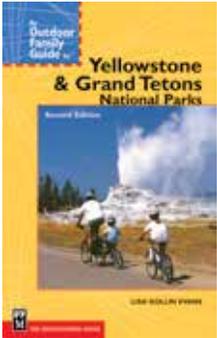
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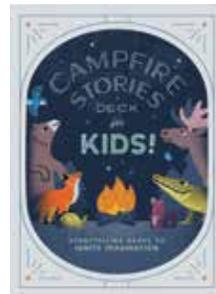
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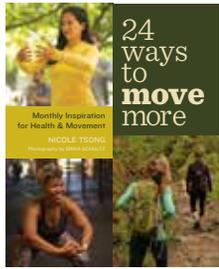


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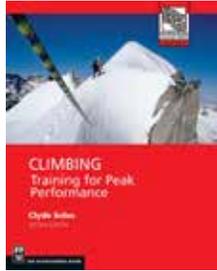
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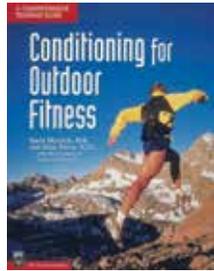
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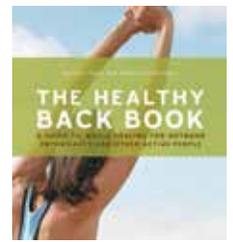
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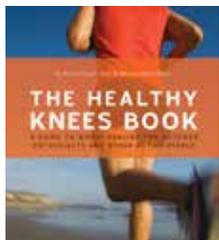
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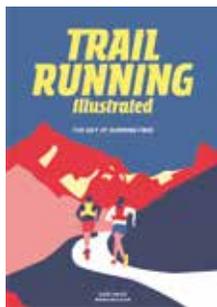
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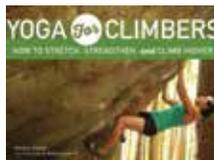
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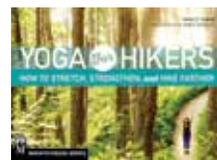
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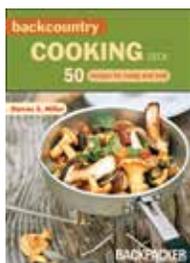


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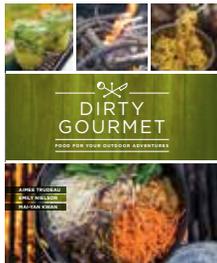
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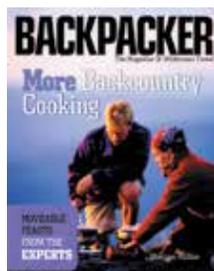
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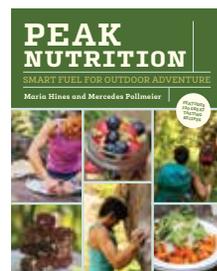
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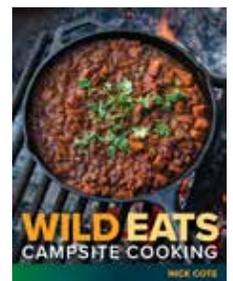
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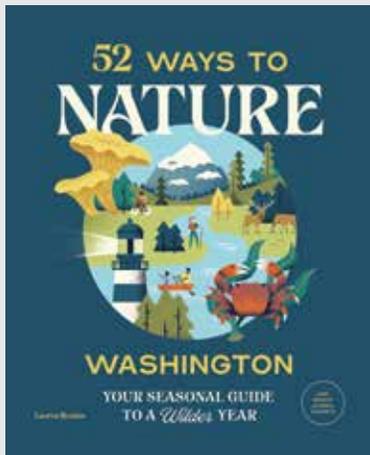
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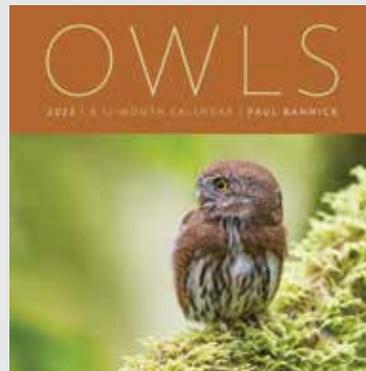
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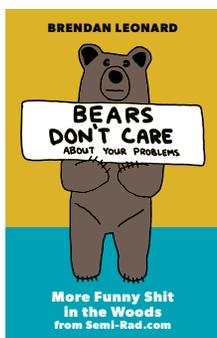
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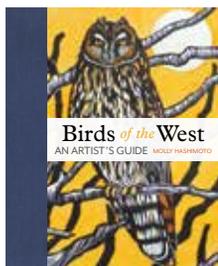


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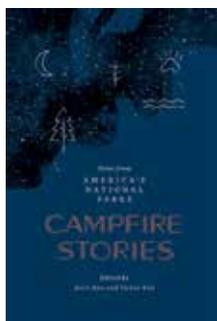
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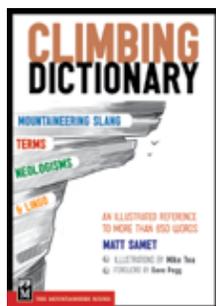
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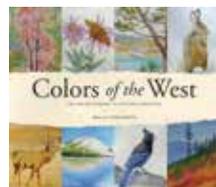
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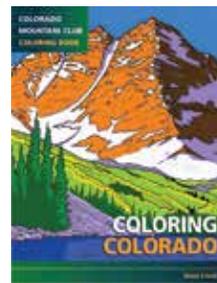
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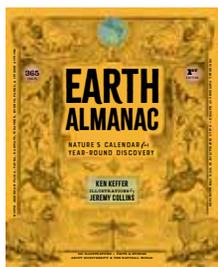
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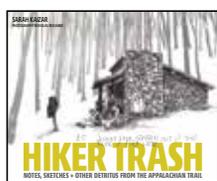
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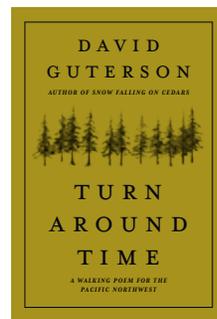
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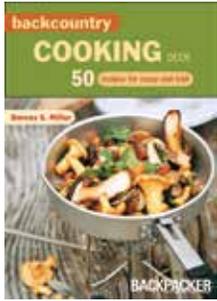


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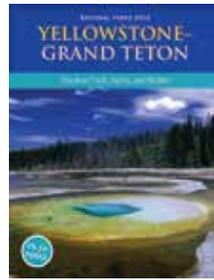
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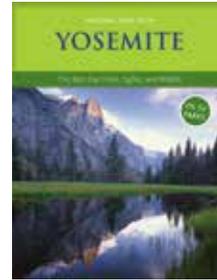
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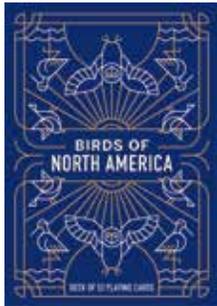


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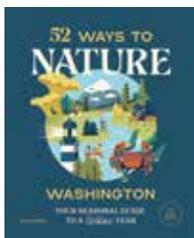


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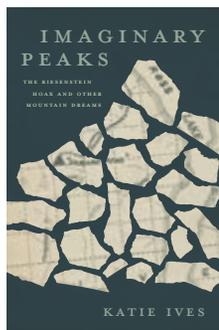


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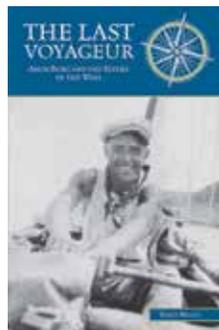
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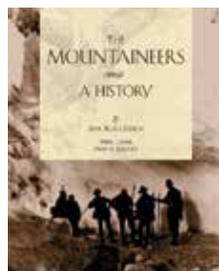
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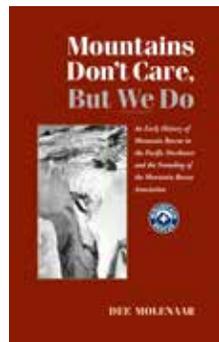
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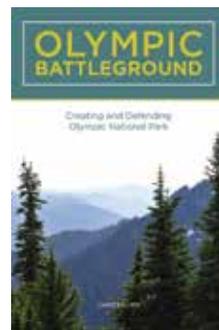
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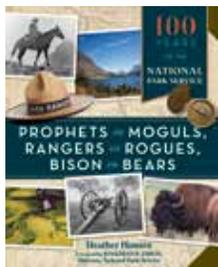
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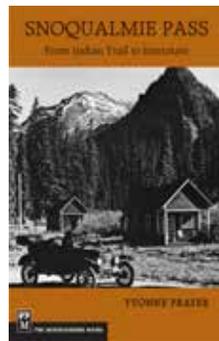
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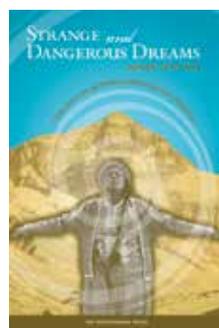
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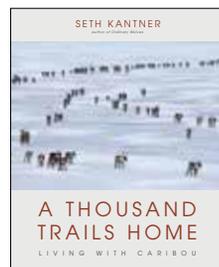
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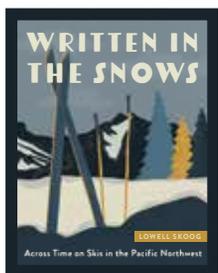
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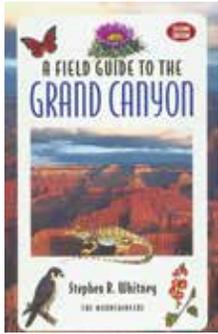


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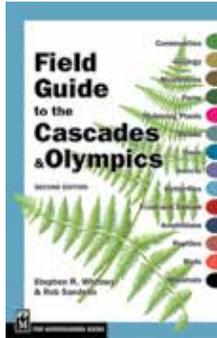
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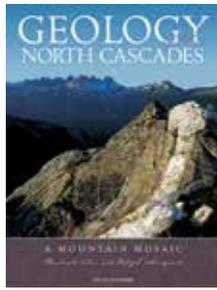
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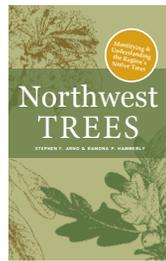
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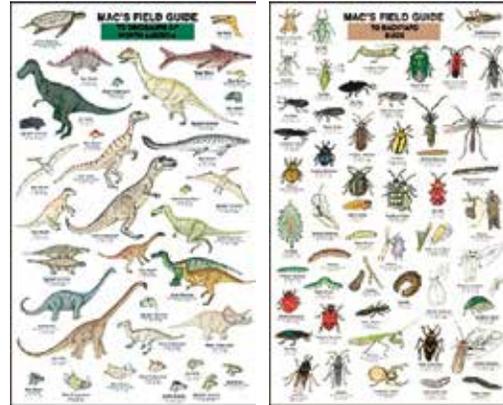
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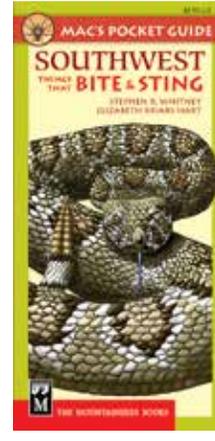
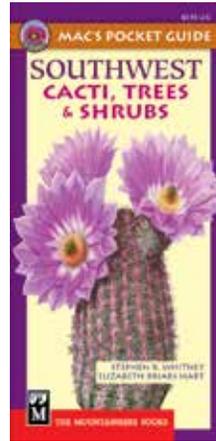
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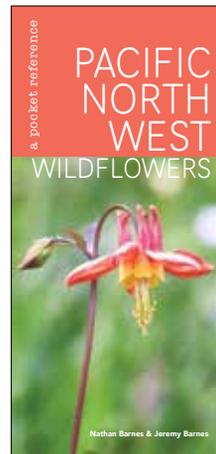
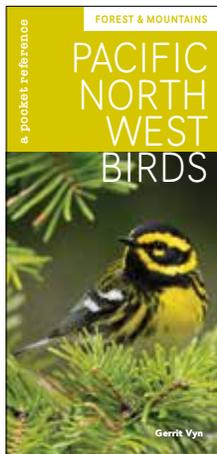
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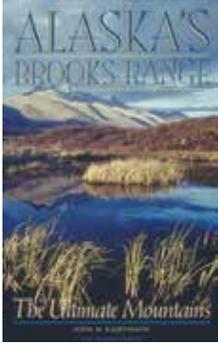
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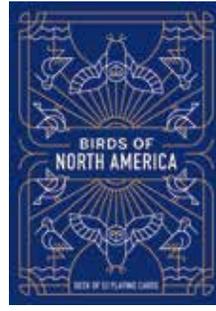
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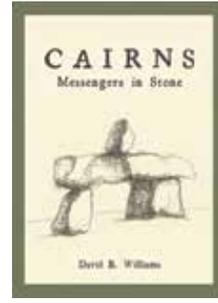
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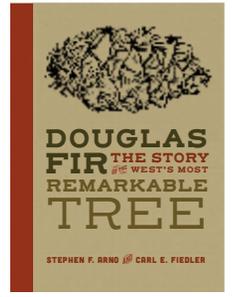
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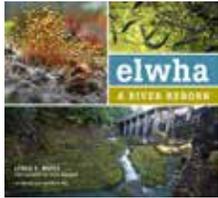
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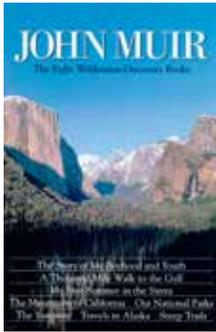
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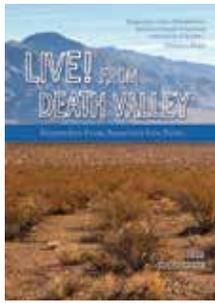
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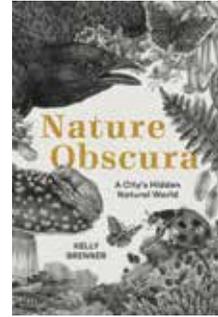
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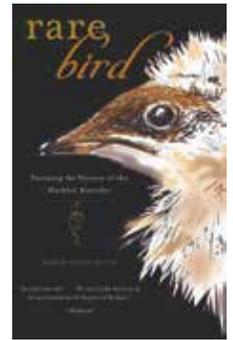
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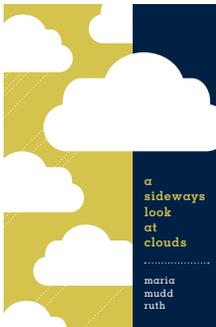
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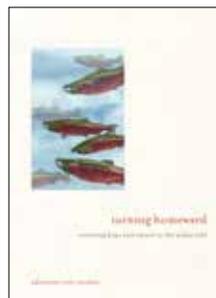
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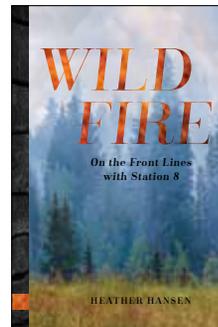
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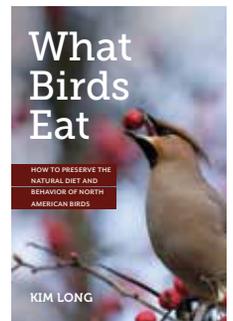
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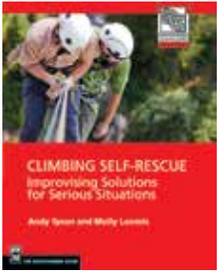


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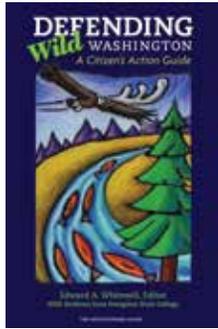


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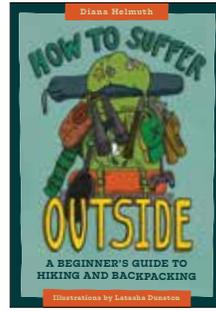
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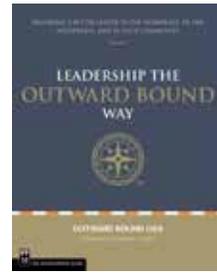
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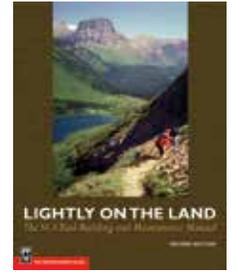
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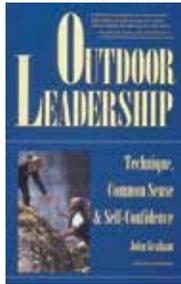
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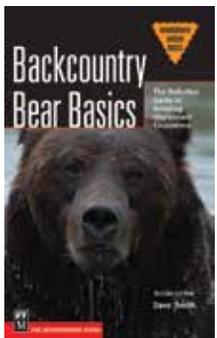


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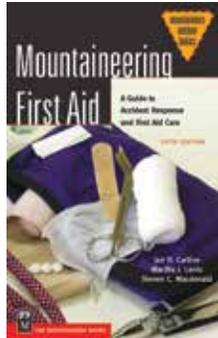


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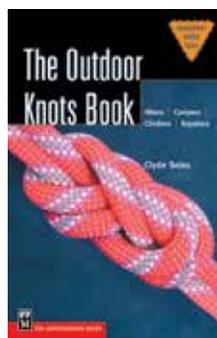
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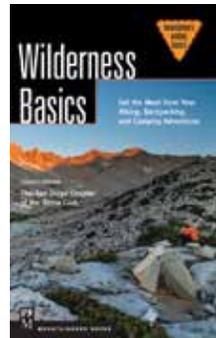
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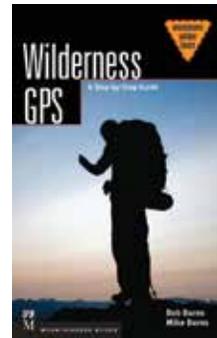
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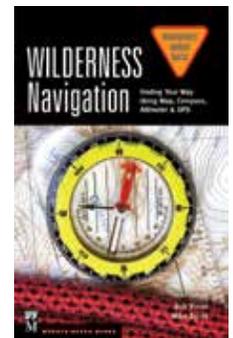
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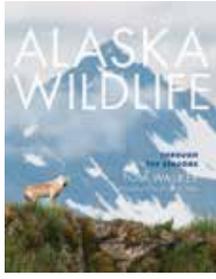
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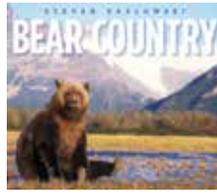
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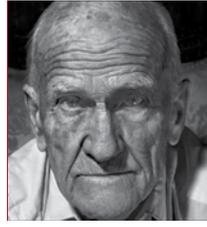
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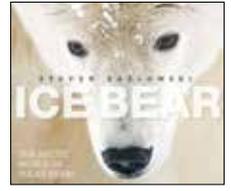
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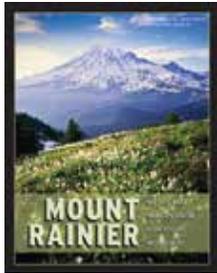
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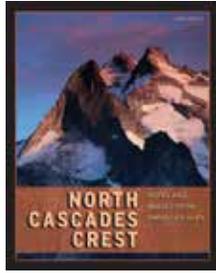
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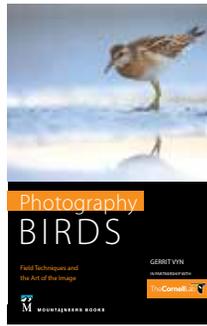
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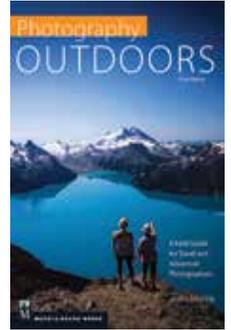
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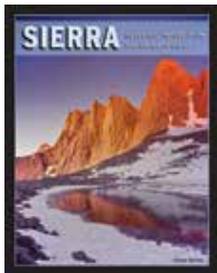
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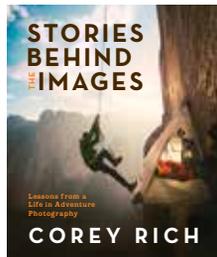
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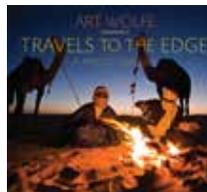
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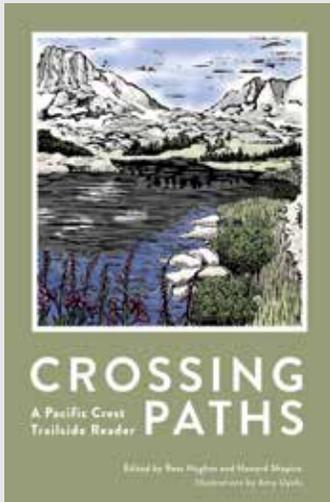


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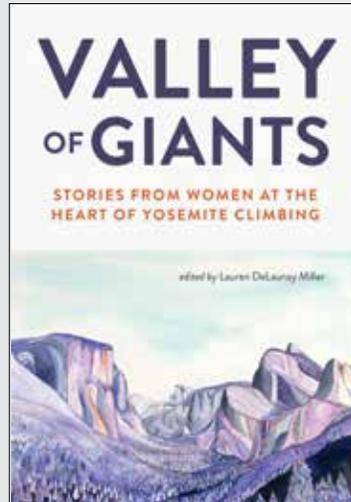
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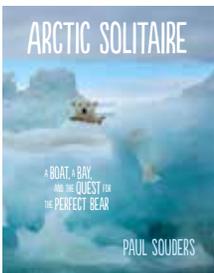
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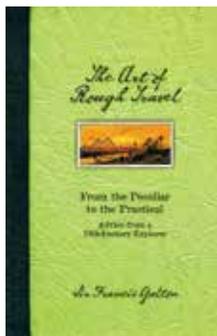
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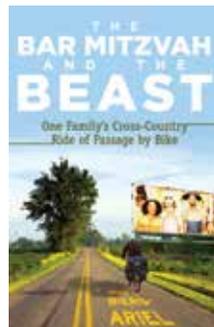
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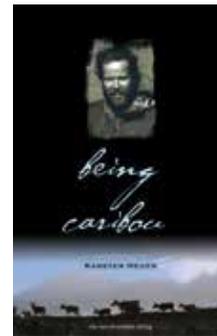
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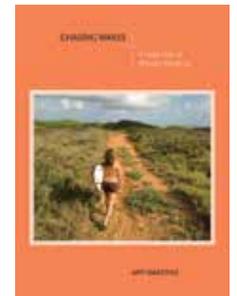
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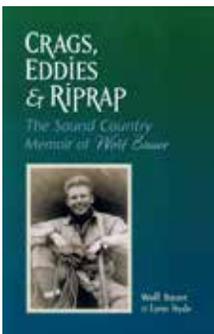
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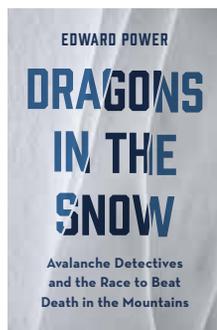
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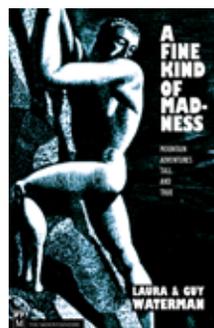
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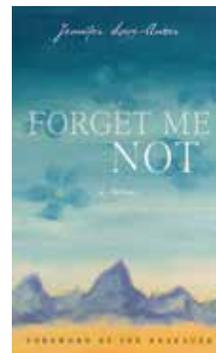
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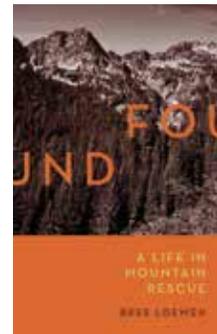
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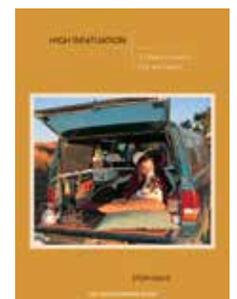
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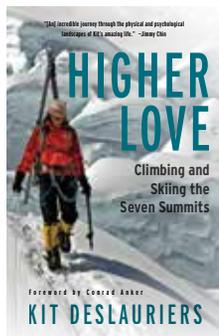
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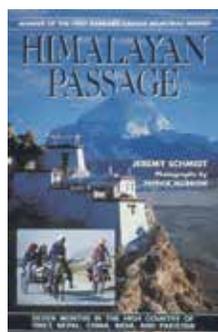


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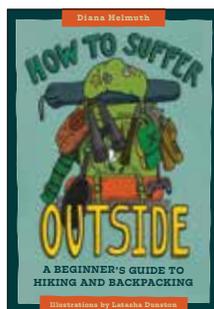
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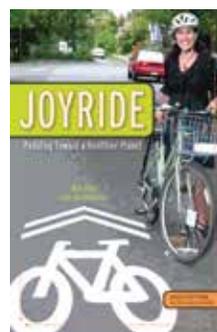
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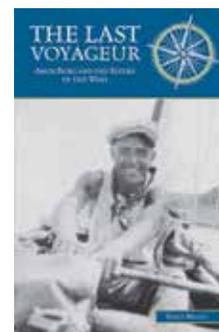
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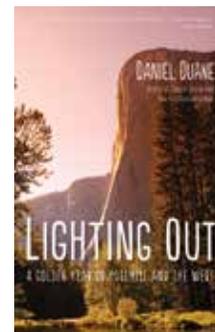
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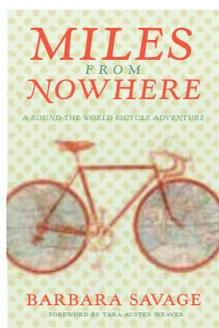
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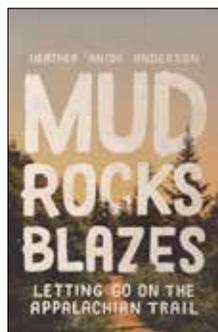
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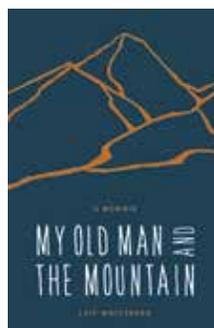
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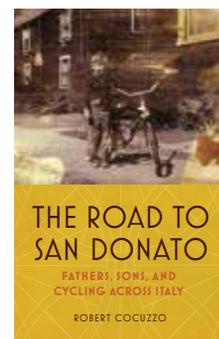
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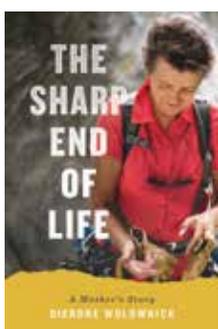
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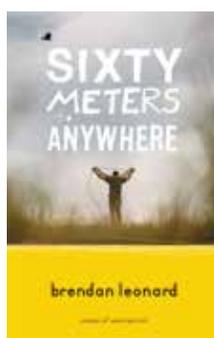
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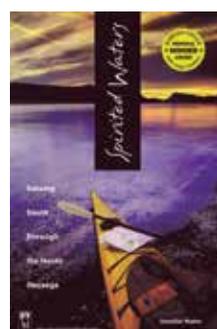
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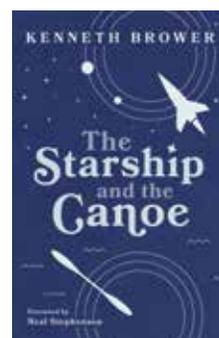
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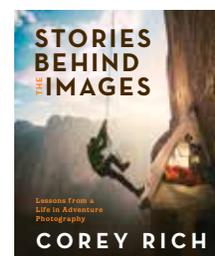
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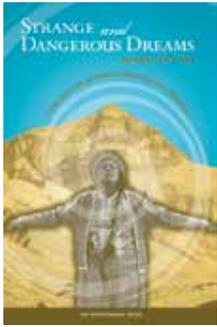
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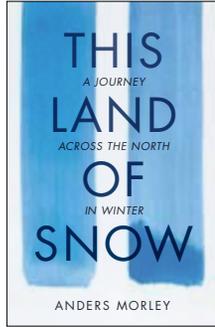
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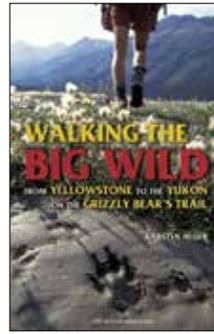
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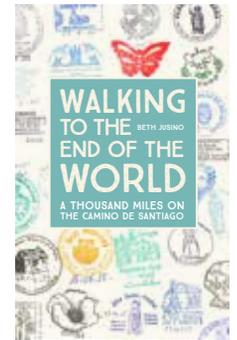
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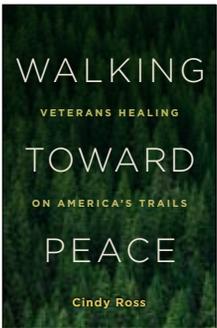
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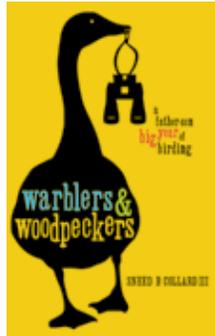
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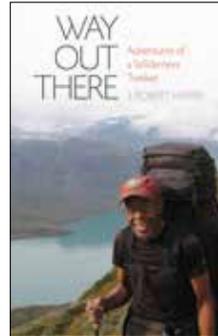
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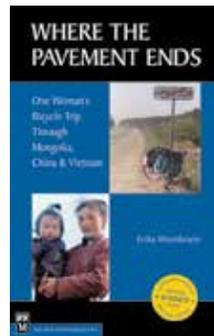
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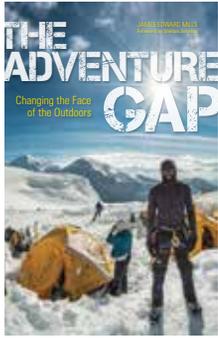


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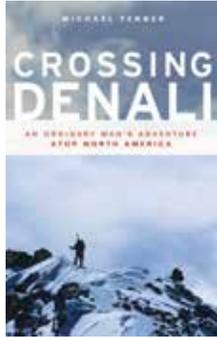


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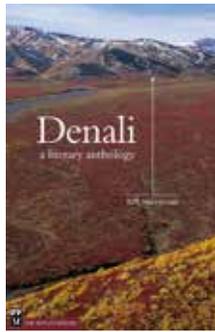
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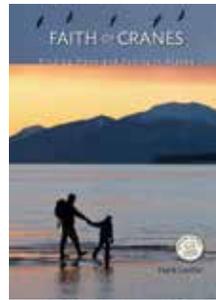
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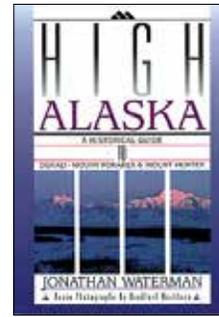
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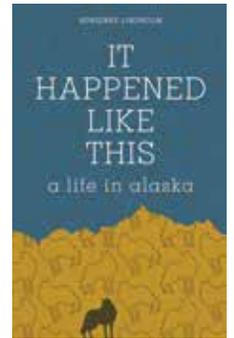
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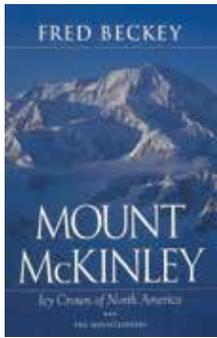
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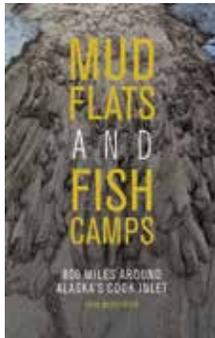
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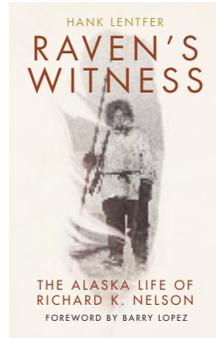
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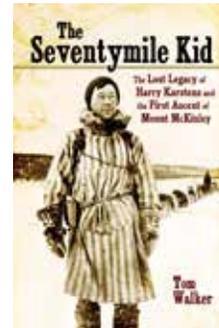
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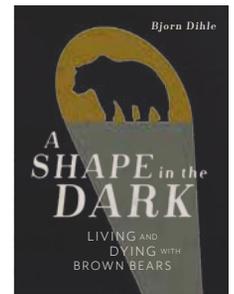
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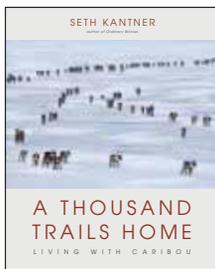
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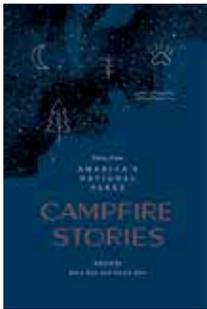


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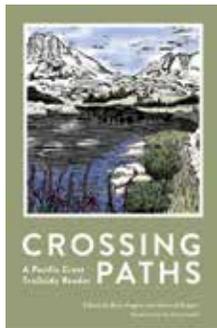


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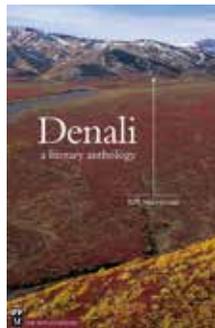
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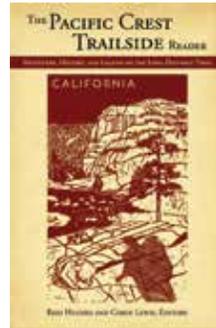
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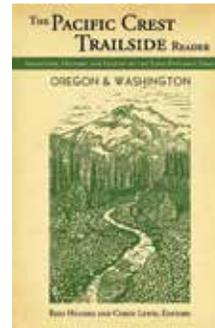
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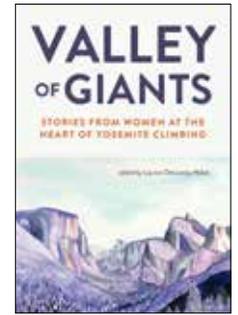
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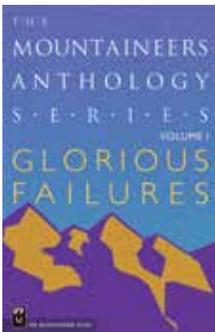


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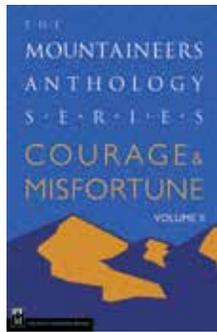
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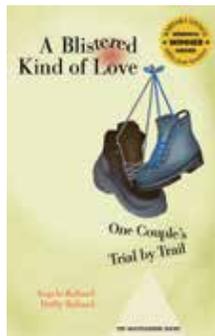
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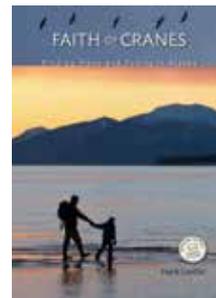
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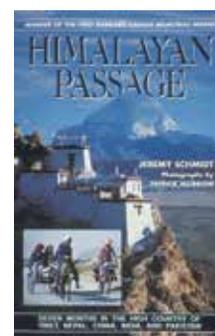
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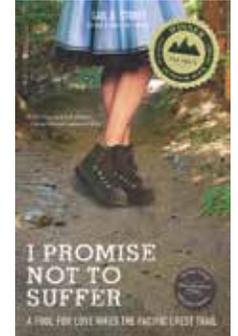
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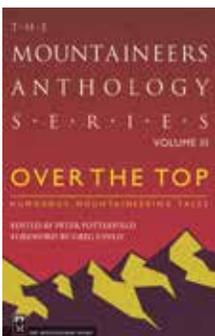
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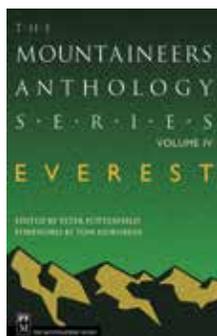
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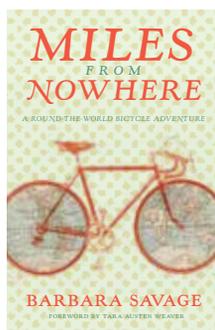
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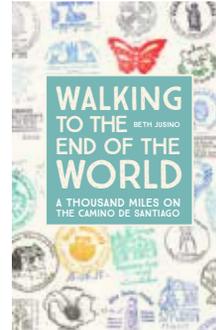
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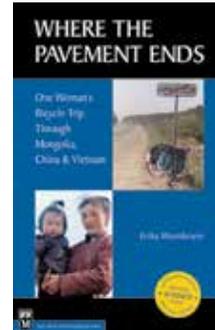
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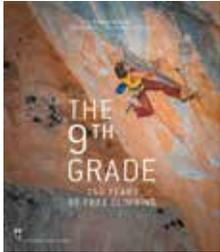


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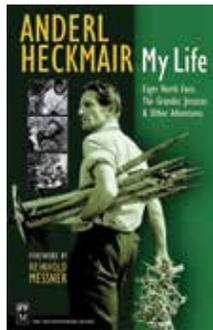


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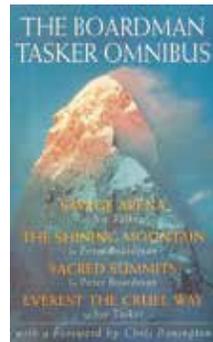
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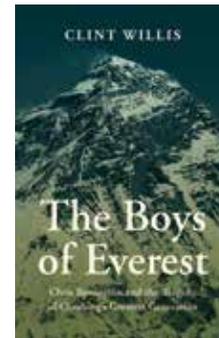
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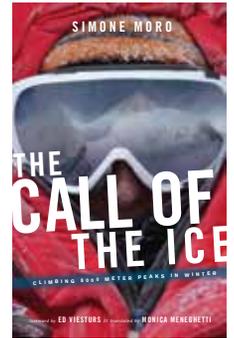
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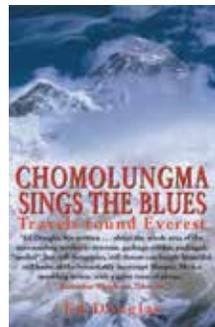
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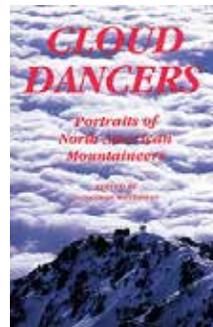
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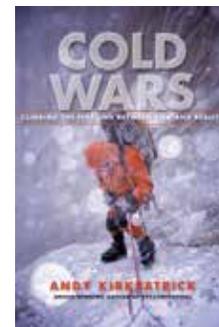
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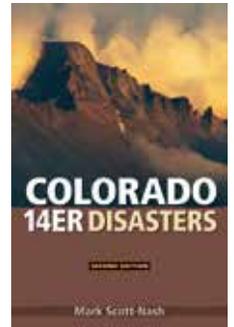
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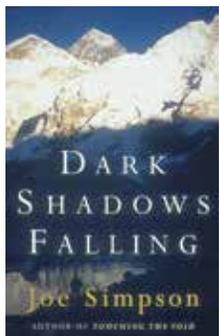
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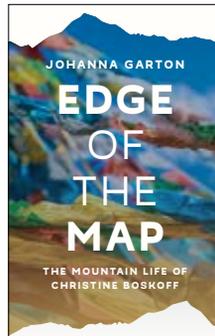
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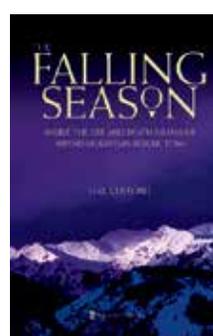
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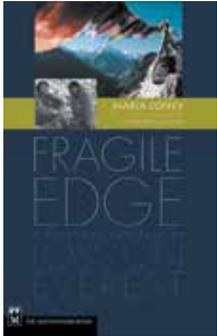
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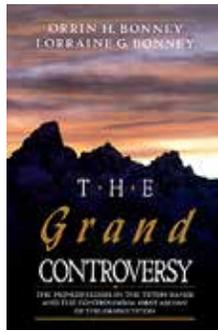
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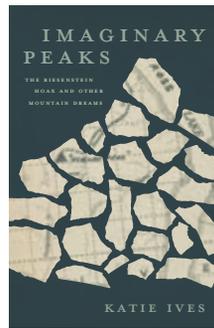
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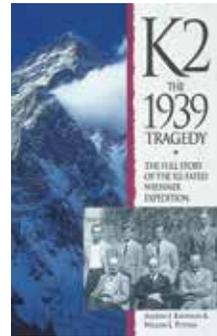
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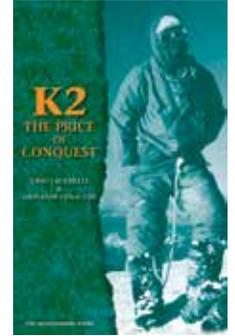
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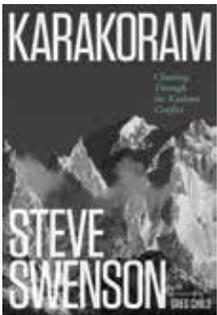
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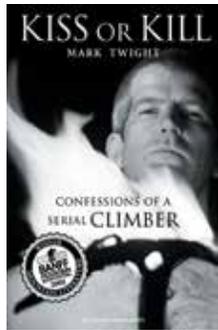
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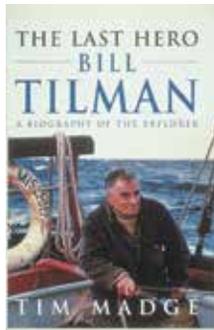
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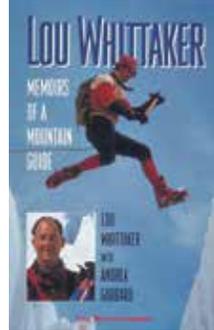
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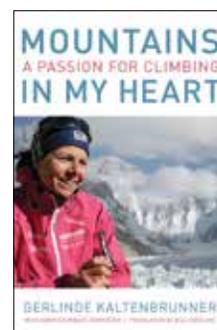
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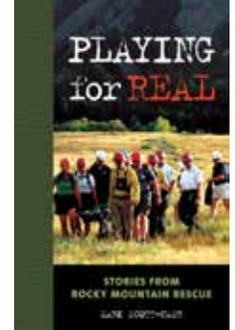
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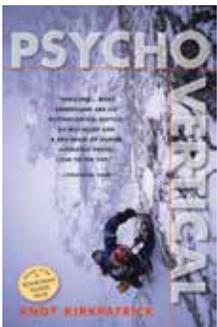
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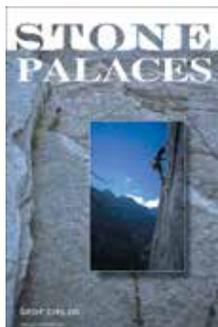
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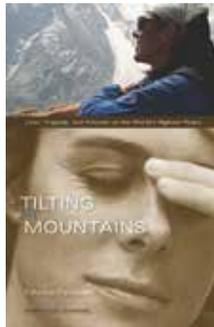
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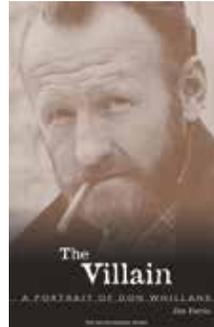
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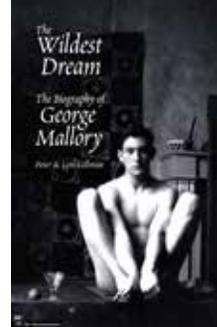
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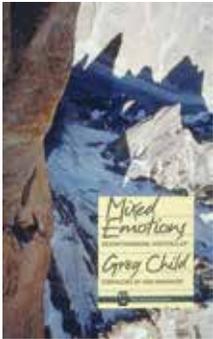
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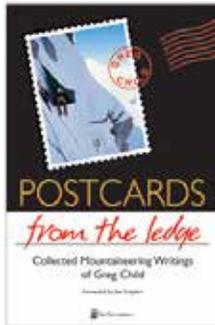
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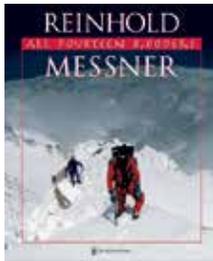
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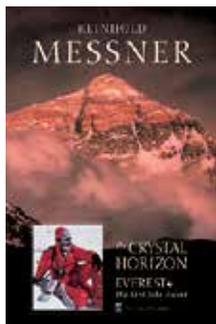


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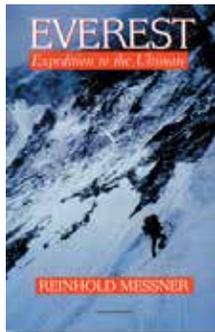
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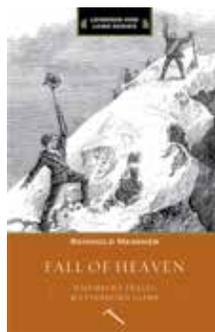
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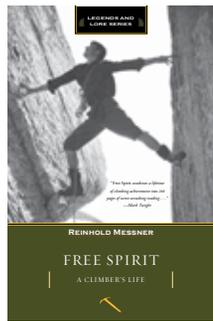
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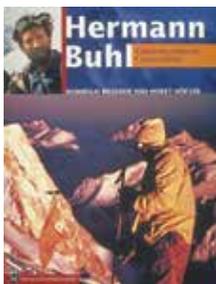
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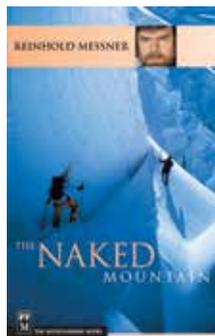
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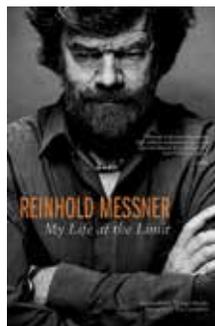
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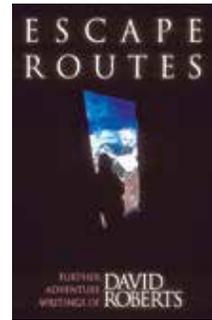


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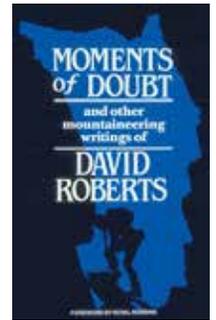


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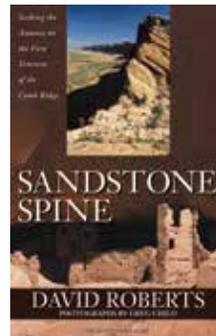
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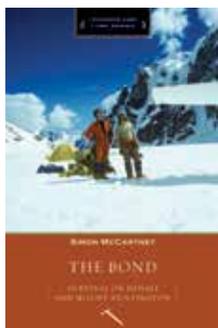


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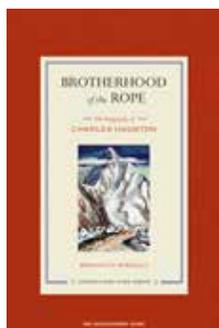
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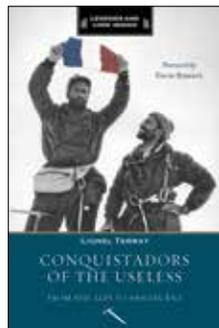


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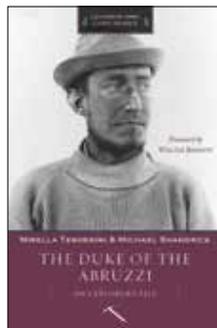


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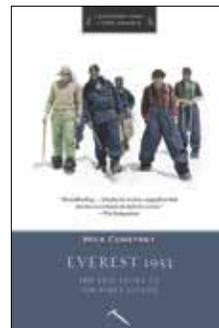


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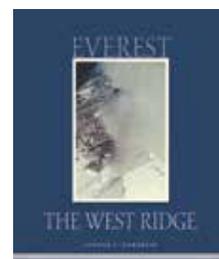
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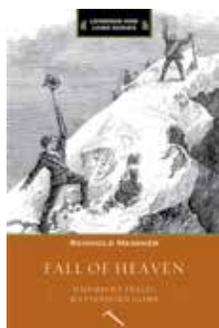


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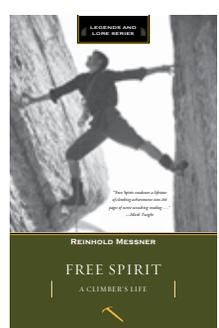
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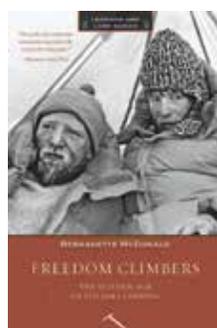
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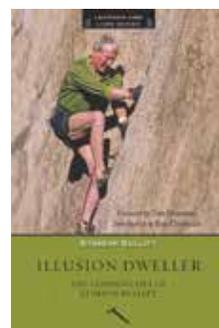


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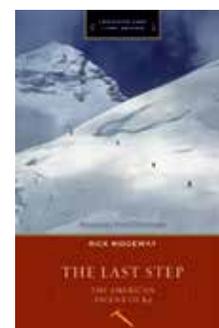


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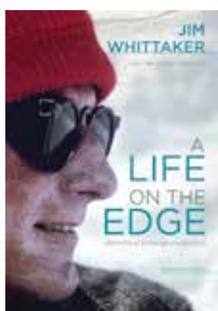
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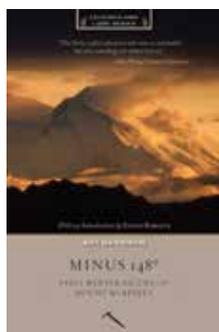
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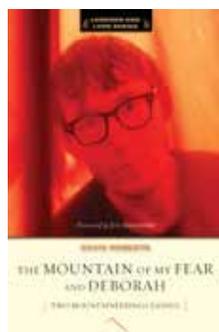


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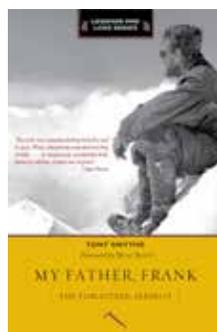
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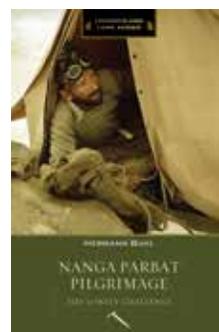


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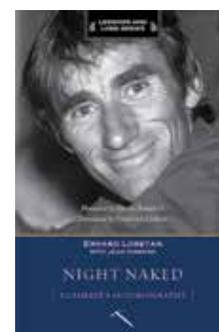
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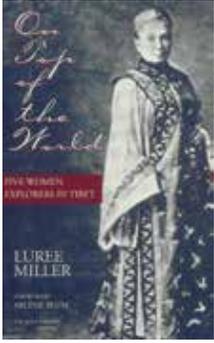


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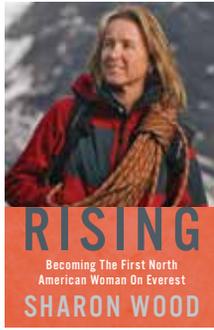


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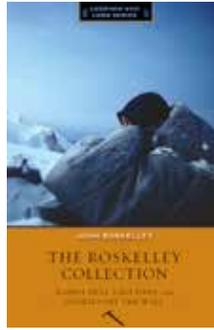
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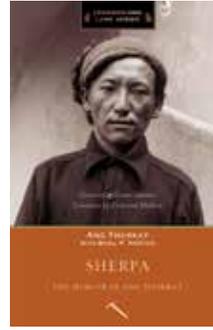
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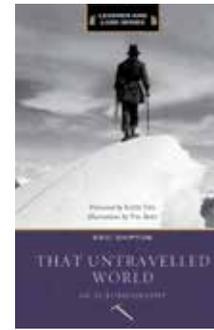
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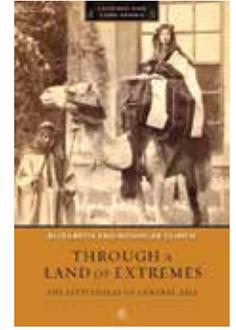
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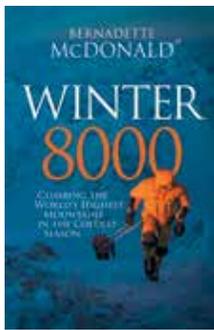
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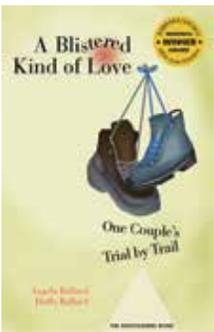


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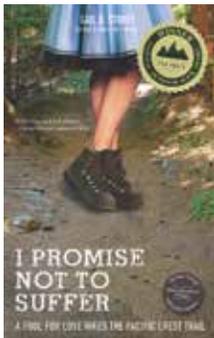


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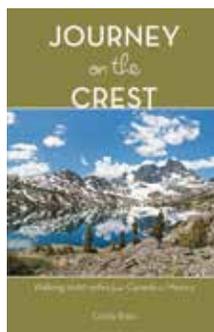
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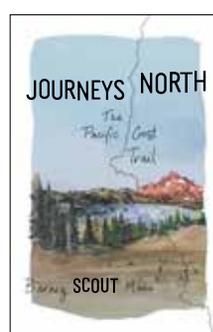
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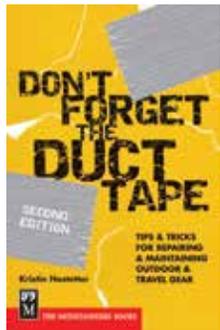
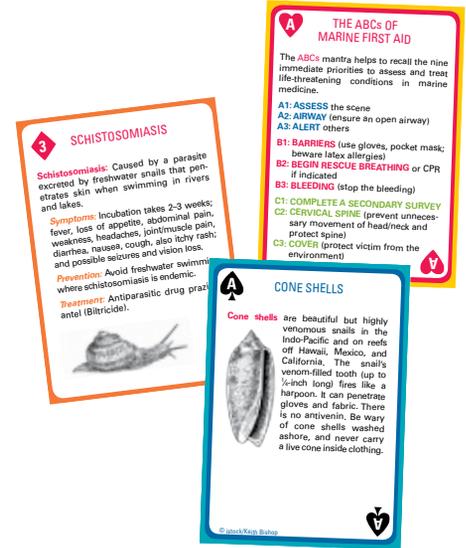


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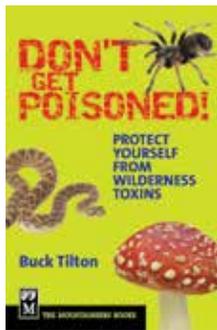


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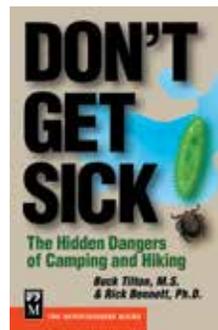
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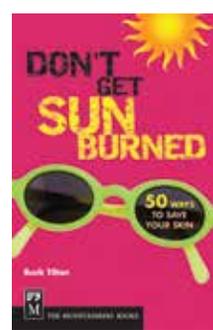
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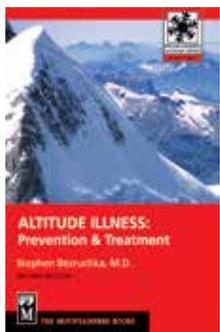


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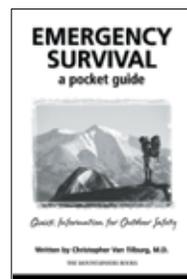
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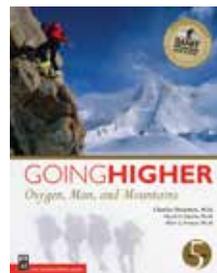
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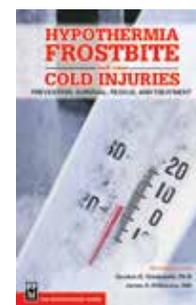
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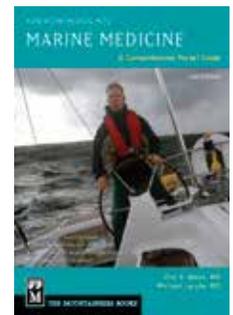
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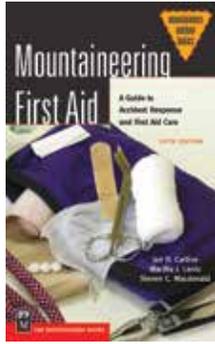
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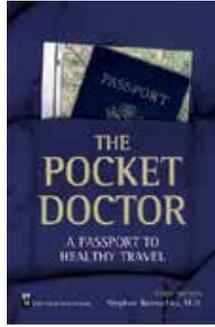
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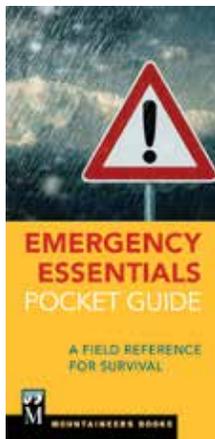
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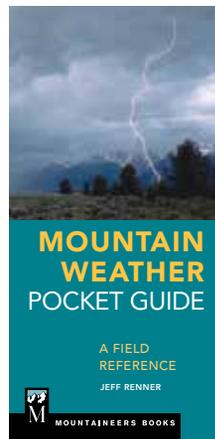
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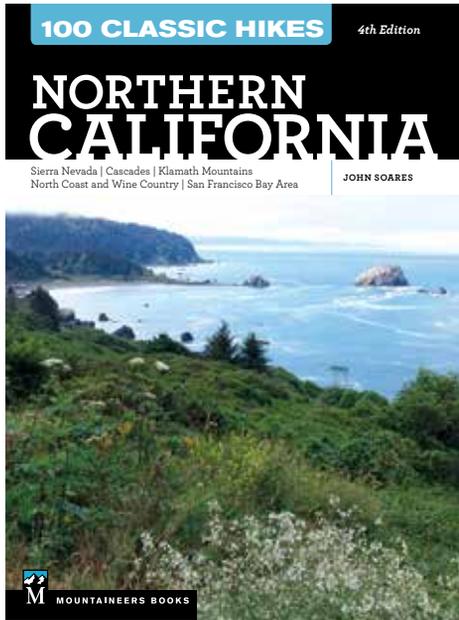
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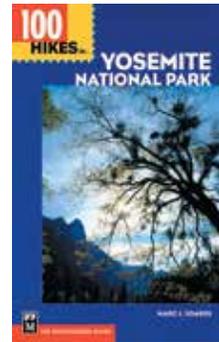
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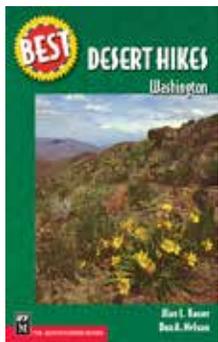
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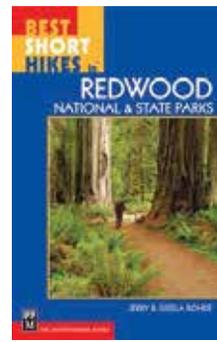
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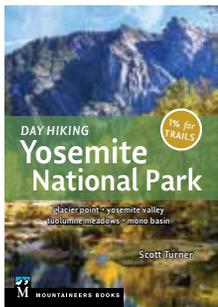


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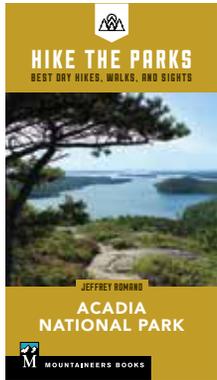
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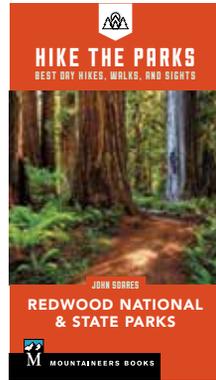
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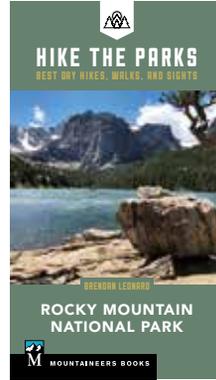
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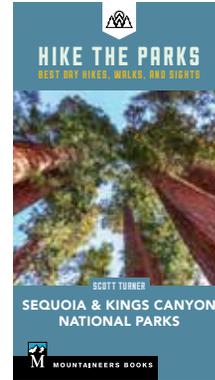
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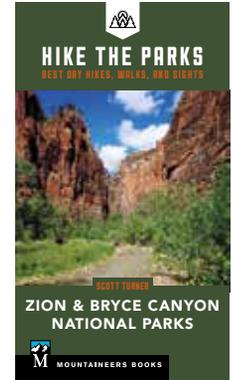
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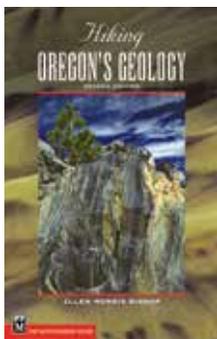


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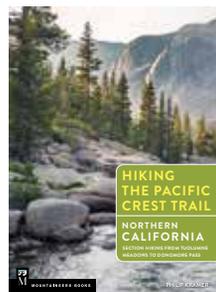
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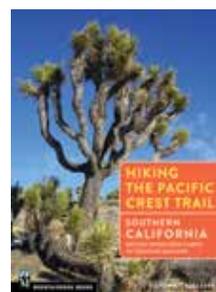
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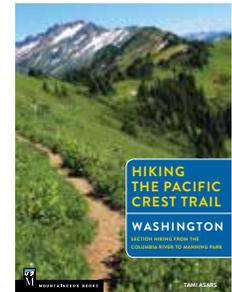
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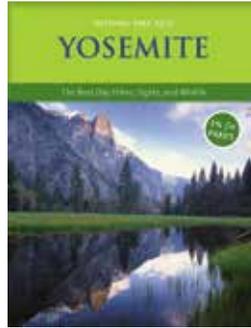
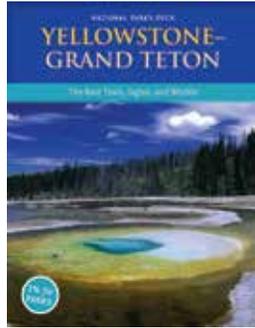
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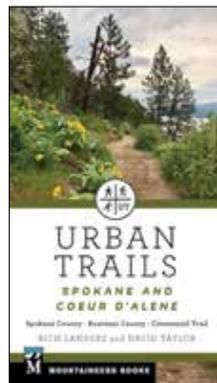
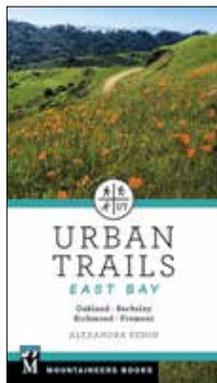
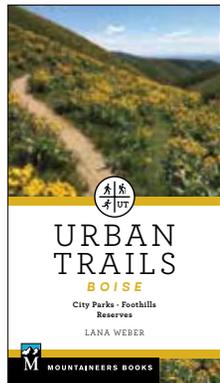
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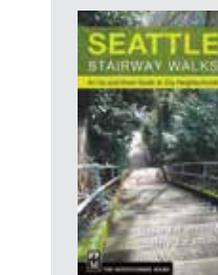
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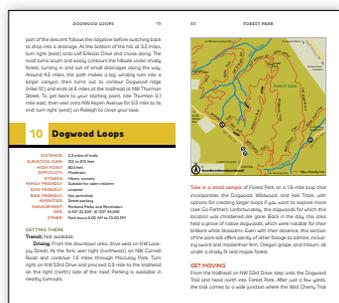


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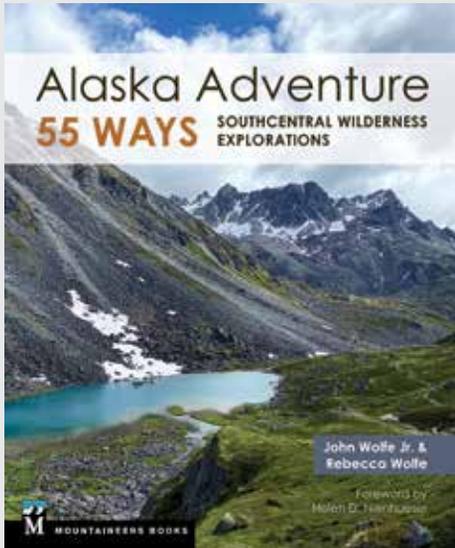
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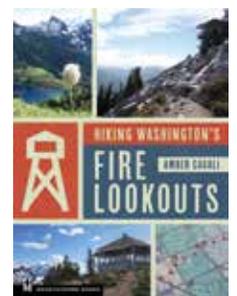
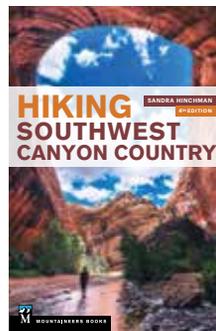
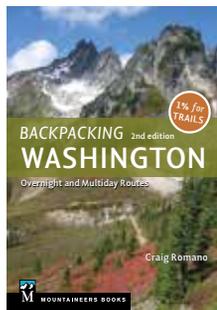
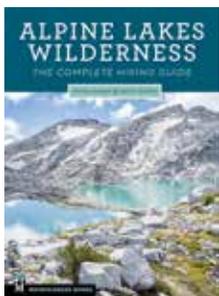
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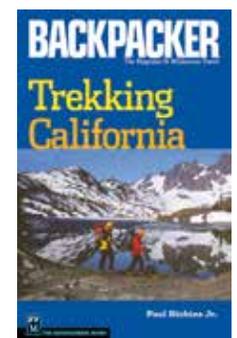
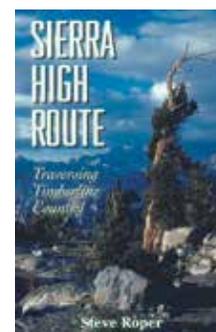
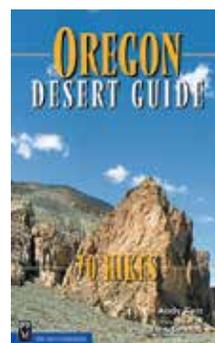
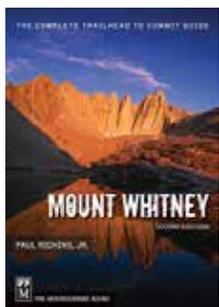
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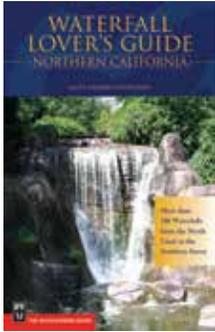
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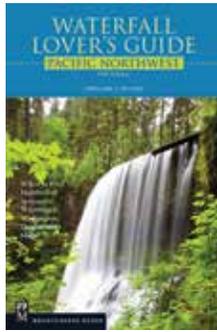
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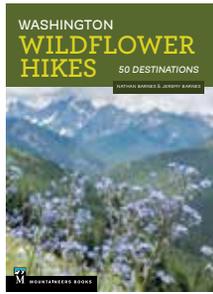
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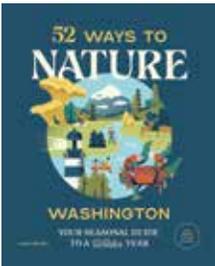
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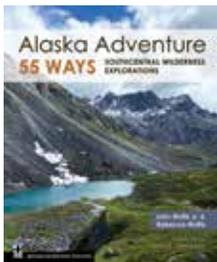
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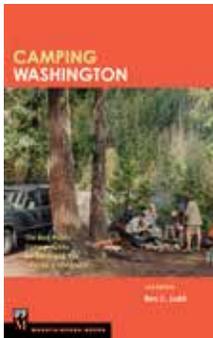
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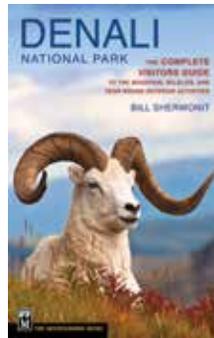
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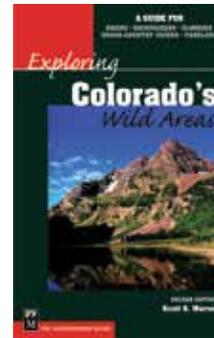
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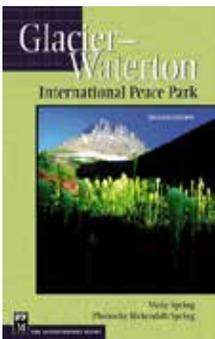
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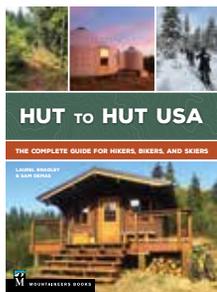
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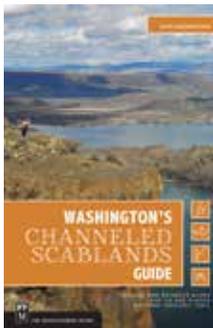
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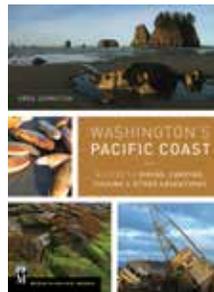
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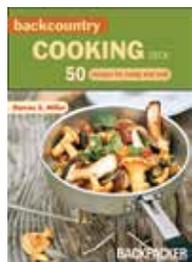


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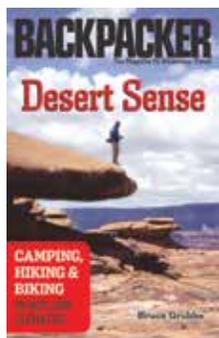


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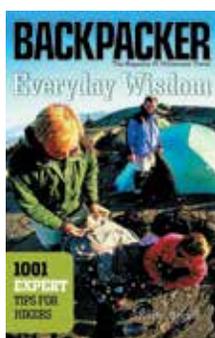
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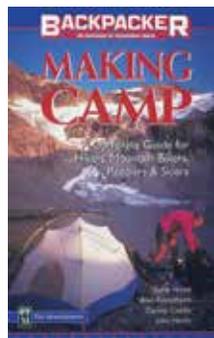
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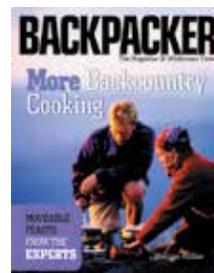
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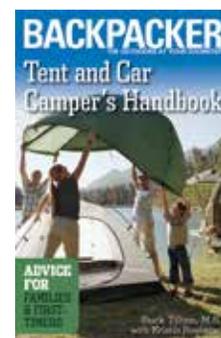
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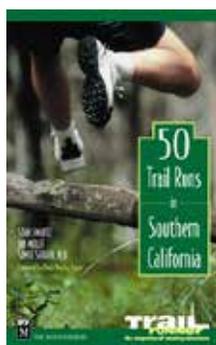


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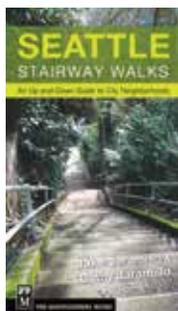
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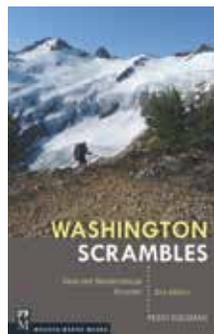
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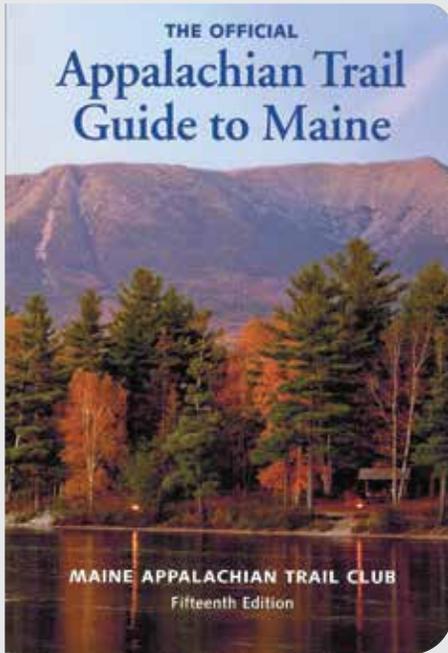


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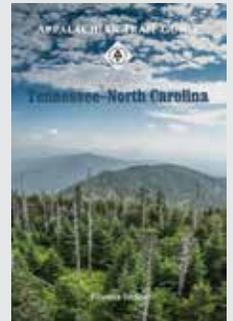


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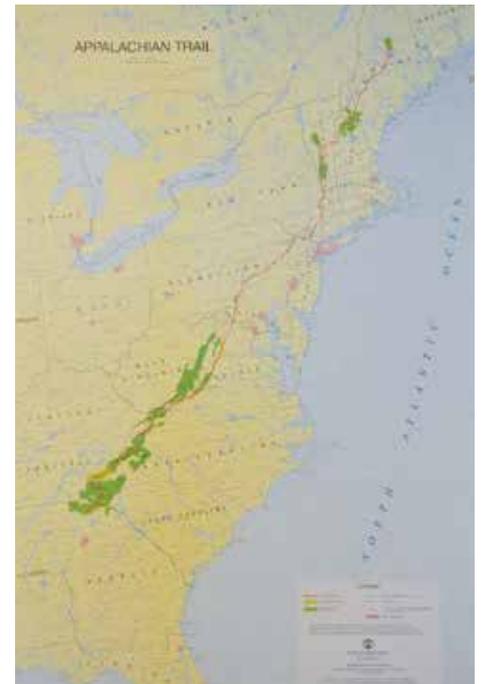
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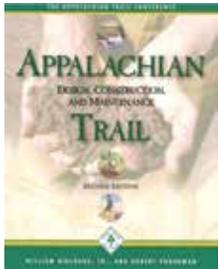
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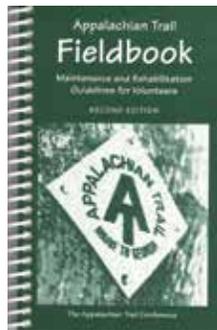
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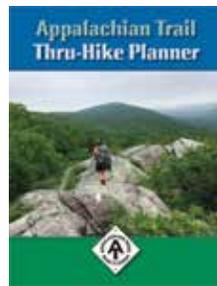
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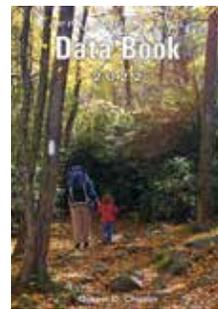
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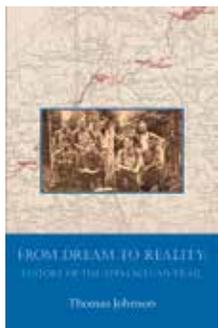
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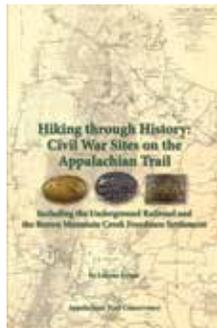
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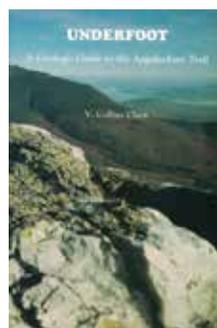
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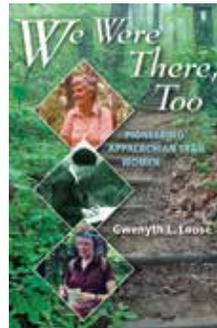
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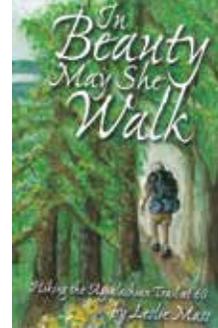
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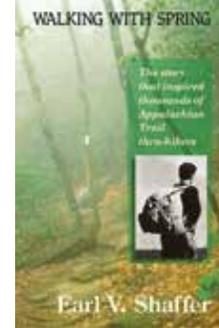
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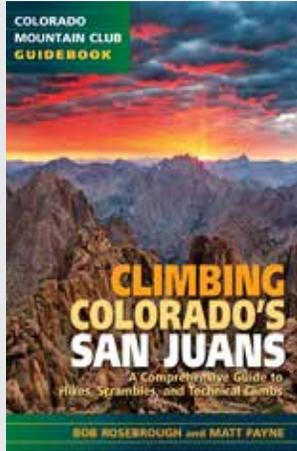
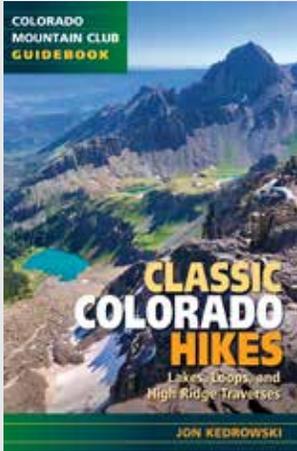
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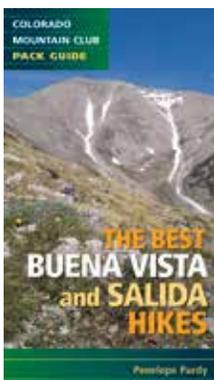
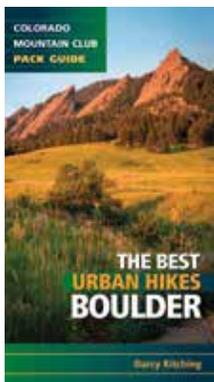
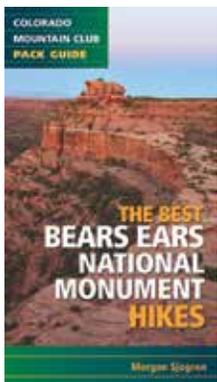
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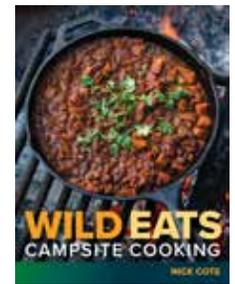
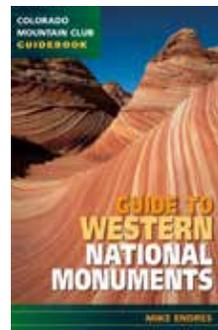
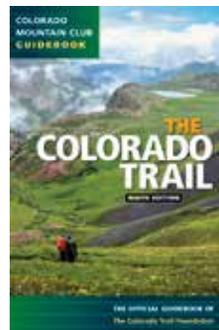
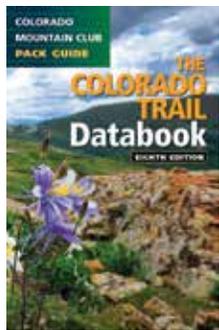
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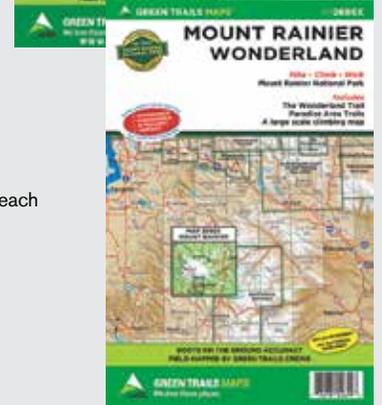
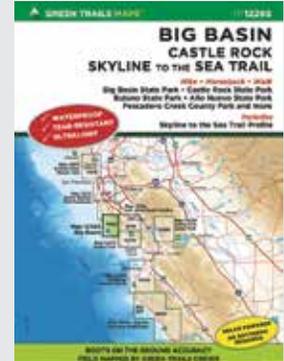
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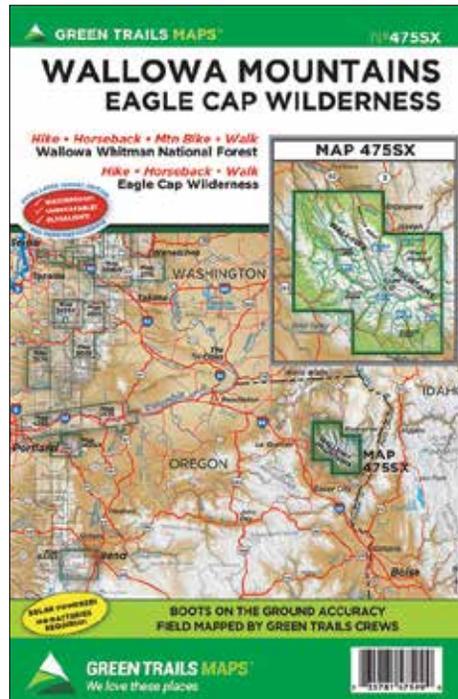
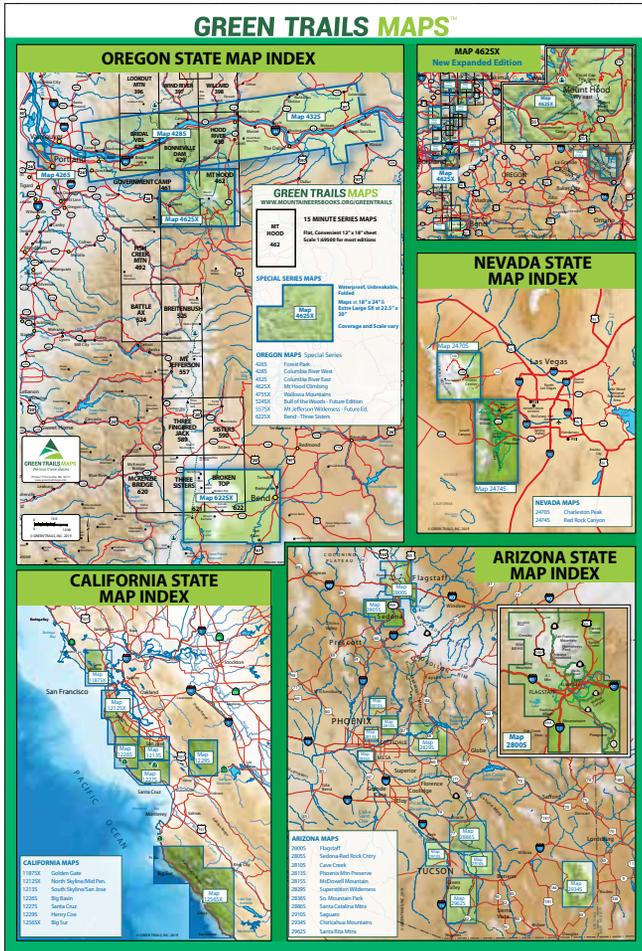
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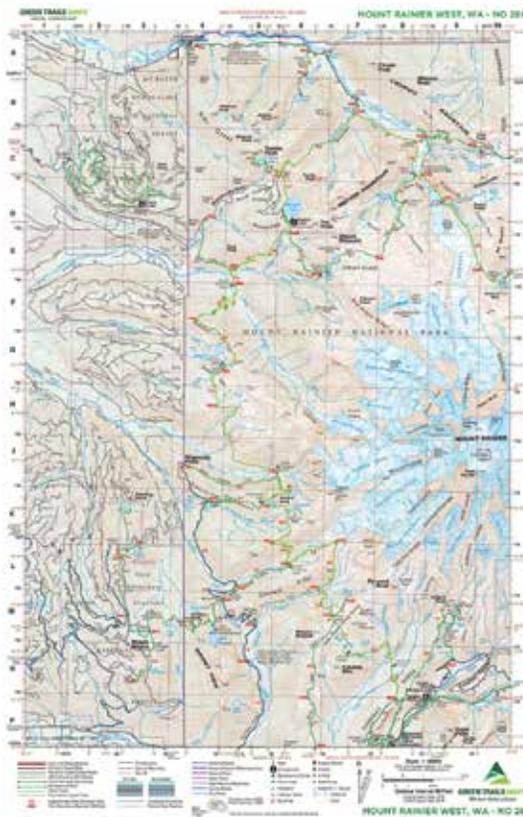
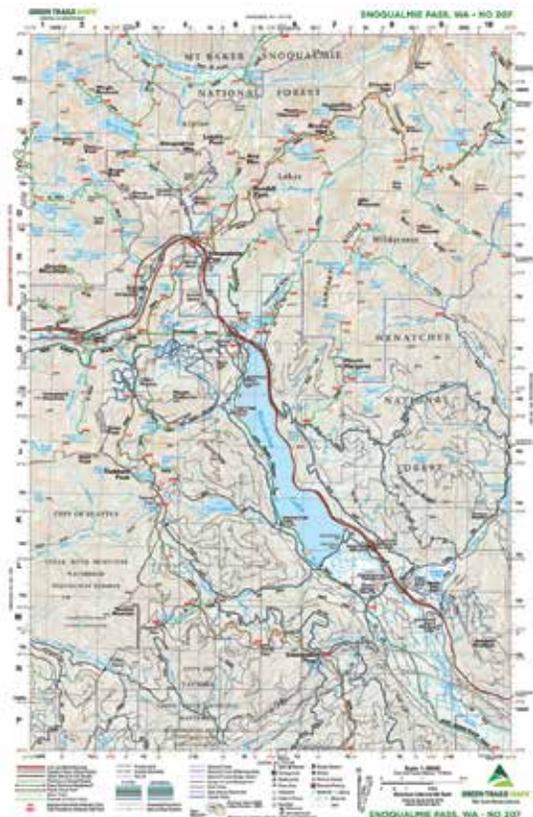
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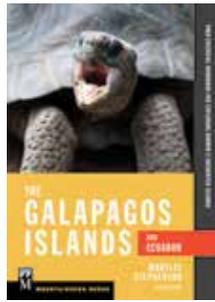
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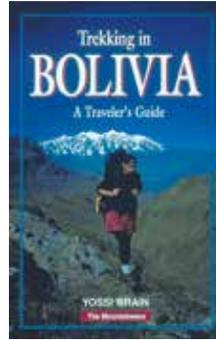
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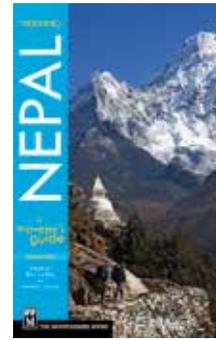
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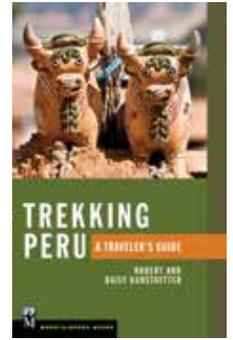
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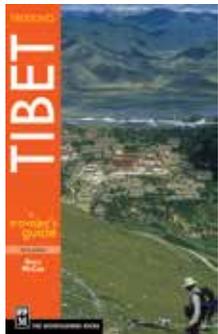
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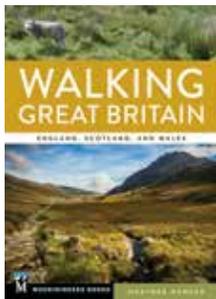
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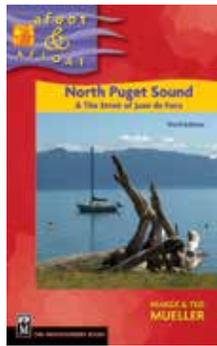
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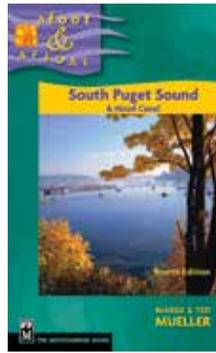
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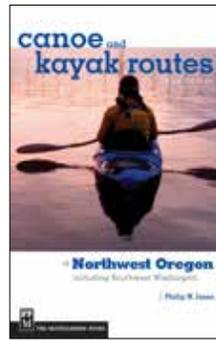
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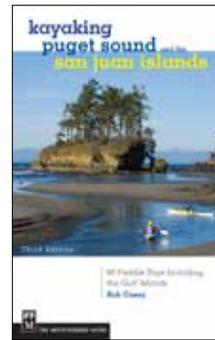
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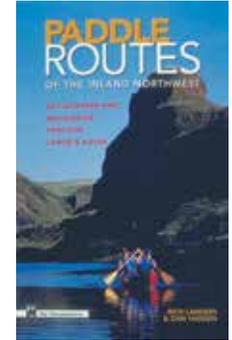
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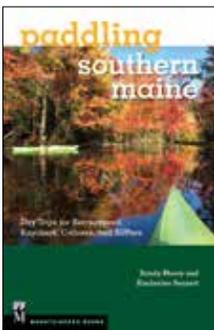
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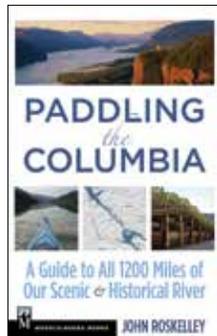
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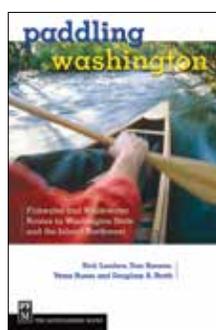
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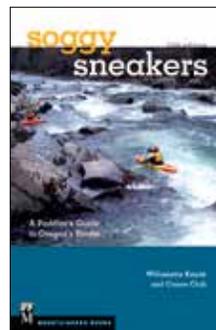
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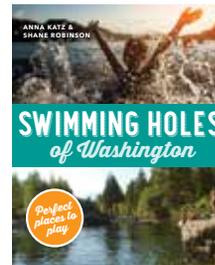
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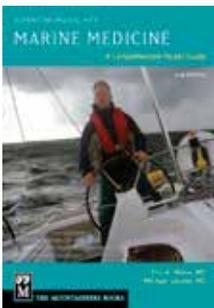


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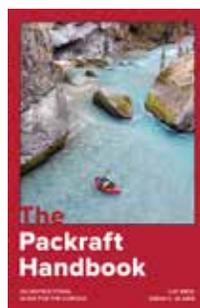
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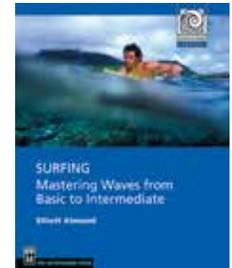
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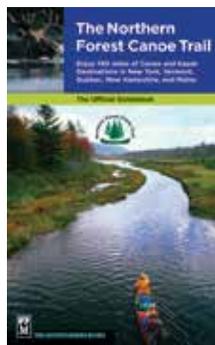
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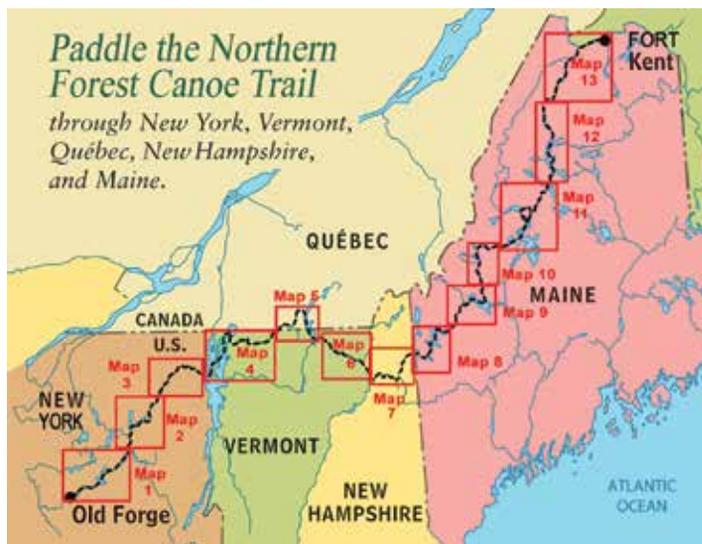
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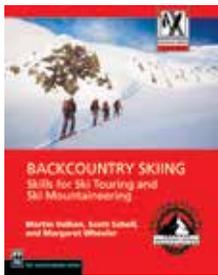


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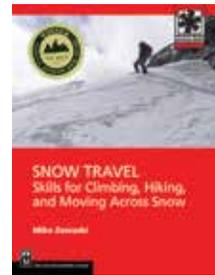
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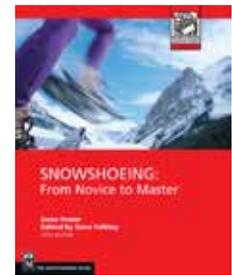
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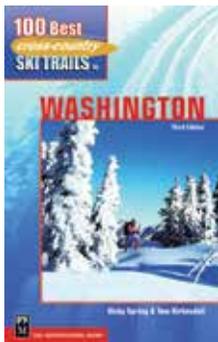


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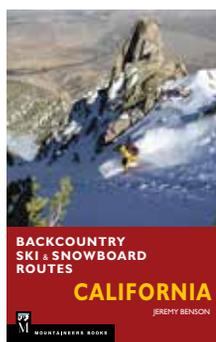


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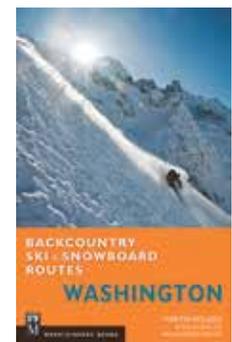
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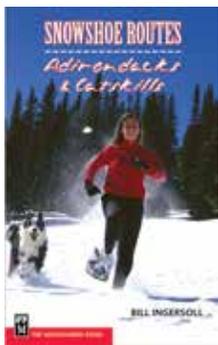


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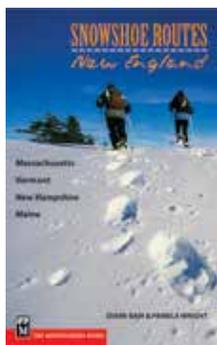


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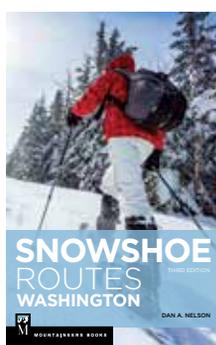
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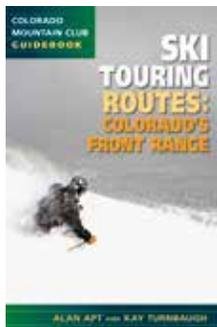


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## REGIONAL INDEX

Following is an index of titles sorted by region. We've indexed guidebooks here to make it easy to find the ones that are near you. Also included are some narrative adventures, because it's always fun to read stories that took place near where you live or in a faraway place you're interested in. A little more than half our catalog can be organized regionally. But don't forget about all those sports instructionals, general lifestyle topics, and wild, sweet, and romantic tales that aren't in this index. You need to browse through the pages here to find those treasures or, if you know the title, you can find them in the Title Index.

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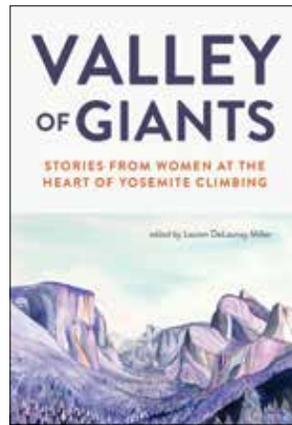
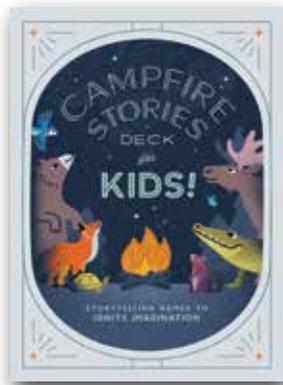
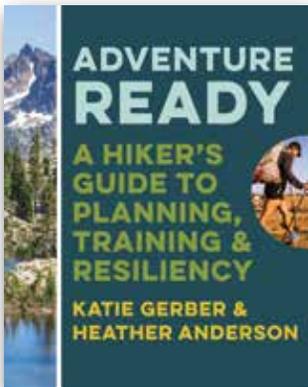


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