

FOOD & DRINK GARDEN & LIFESTYLE

SPRING 2025

TEN SPEED PRESS

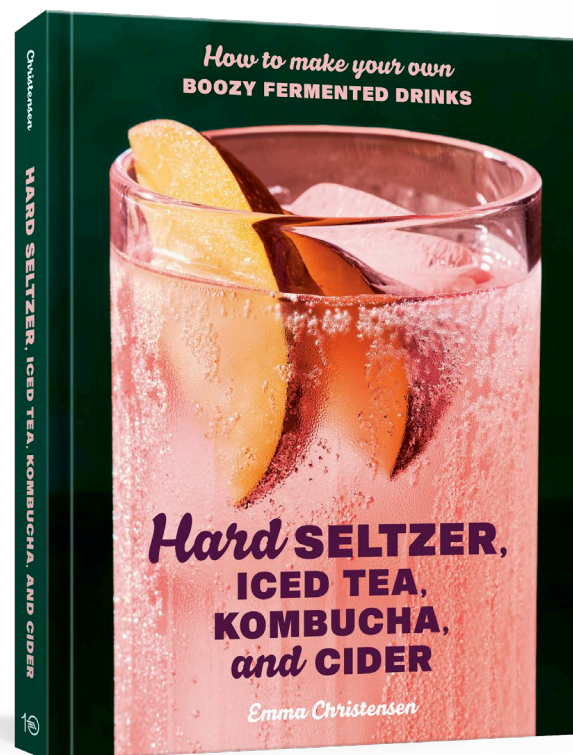




FOOD & DRINK

Hard Seltzer, Iced Tea, Kombucha, and Cider

How to Make Your Own Boozy Fermented Drinks



EMMA CHRISTENSEN is a food writer and editor with more than fifteen years of experience creating food and cooking content for online and print publication. She is the general manager for Simply Recipes and the Spruce Eats, and a former editor for The Kitchn. She is also the author of three books on homebrewing, *True Brews*, *Brew Better Beer*, and *Modern Cider*, and she collaborated on the James Beard Award-winning *The Kitchn Cookbook*. Her work has appeared in *Fine Cooking*, *Vegetarian Times*, *Cook's Illustrated*, and *Edible Columbus*. Emma is a graduate of The Cambridge School for Culinary Arts and Bryn Mawr College.

An easy and accessible guide to making hard fizzy drinks—from seltzer and iced tea to kombucha and cider—at home from the author of *True Brews*.

Imagine coming home from the farmers' market and making a delicious batch of all-natural Strawberry Hard Kombucha. Or treating yourself to a Blackberry Hard Seltzer after picking a batch of blackberries during an afternoon walk. Or whipping up a few gallons of Mai Tai Hard Iced Tea to share at backyard barbecues this summer. And the best part? These homemade drinks are easy and budget-friendly, and expert homebrewer Emma Christensen has got you covered! Whether you want to recreate your favorite canned drink or flex your own creative muscles with all-natural ingredients, Emma will be with you every step of the way, ensuring every batch is a success. *Hard Seltzer, Iced Tea, Kombucha, and Cider* is chock full of helpful techniques and tips to make your own fizzy delights in no time. Choose from more than forty-five recipes organized from basic to adventurous, popular to off-beat, and low-ABV to higher ABV.



ALSO AVAILABLE
MODERN
CIDER
9781607749684



BREW BETTER
BEER
9781607746317



TRUE
BREWS
9781607743385

9780593835777 • 4/8/2025
HC • \$22.00 U.S. (\$29.99 CAN)
176 pages • 7¼ x 9 inches
30-40 photographs

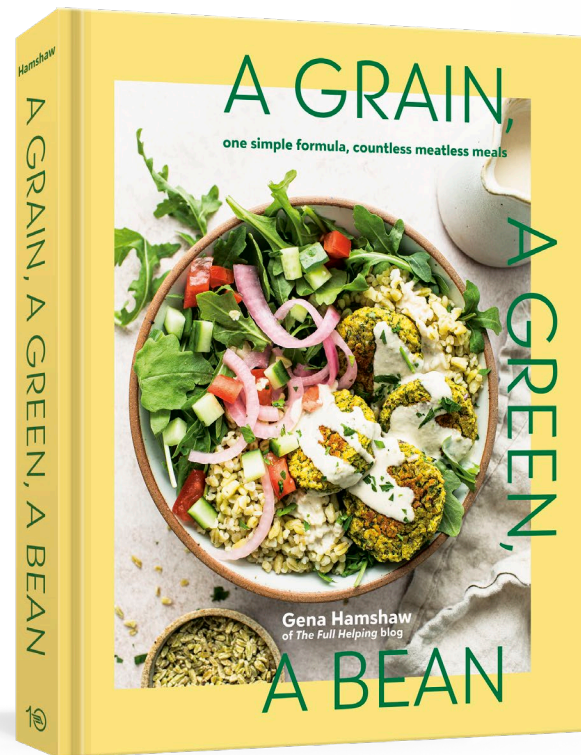


“There is no greater satisfaction than popping the cap off a bottle of something you made yourself, hearing that happy pffft! of carbonation, and taking your first sip.”



A Grain, a Green, a Bean

One Simple Formula, Countless Meatless Meals



In this collection of more than eighty delicious, plant-based recipes, nutritionist, blogger, and author of *The Vegan Week* explores one simple meal planning formula: a grain, a green, and a bean.

This simple trinity of foods lends itself to endless possibilities. Gena Hamshaw expands on the nourishing and economical trio with meals that include not only dark, leafy greens, whole grains, and beans, but also pasta, bread, zucchini, edamame, and tofu. She offers an approach to wholesome vegan eating that's welcoming and adaptable to any lifestyle. Keeping busy schedules in mind, *A Grain, a Green, a Bean* includes time-saving methods and formulas, including sheet-pan meals and one-pot wonders. Bring the beans and grains in your pantry to life with recipes such as: Baked Pita, Crispy Chickpeas, and Spinach with Curried Cauliflower; French Onion Brothy Beans and Greens with Garlic Toast; Gochujang Pasta with Scallions, Kale, and Edamame; and Sheet Pan Shawarma-Spiced Soy Curlys and Freekeh. These recipes serve as flashes of inspiration for when you've looked in your cabinets ten times for dinner ideas and still don't know what to make. *A Grain, a Green, a Bean* will quickly set you up to create an array of beautifully balanced grain bowls, soups, salads, toast, and more.



9781984863201 • 4/15/2025
HC • \$26.00 U.S. (\$36.00 CAN)
240 pages • 7 7/8 x 9 1/8 inches
80 photographs

ALSO AVAILABLE
THE VEGAN WEEK 9781984859488
POWER PLATES 9780399579059



GENA HAMSHAW is a registered dietitian nutritionist, recipe developer, and the author of *Power Plates* and *The Vegan Week*. She shares vegan recipes on her blog, *The Full Helping*, which she has written since 2009. Gena lives in New York City, where she can usually be found on her yoga mat or scoping out the city's best vegan pastas and pizza pies.

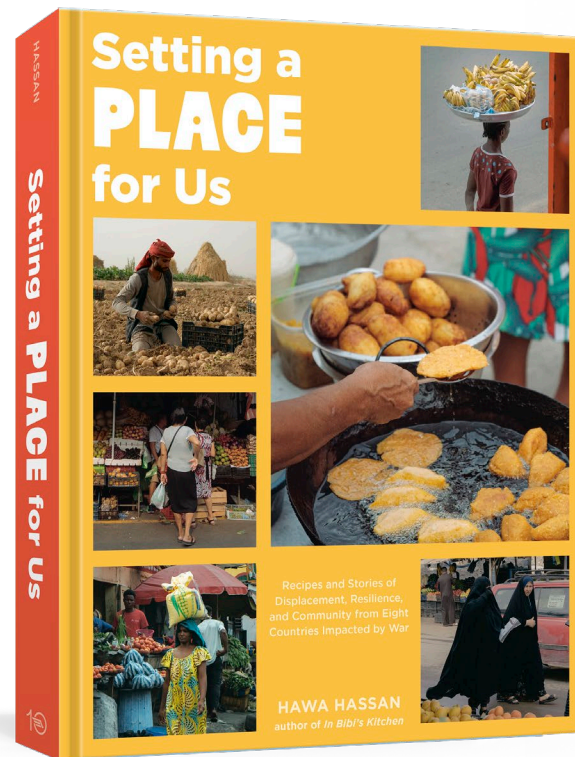


“Perhaps what’s needed isn’t another recipe (let alone a giant collection of random recipes) but, rather, a formula: a grain, a green, and a bean.”



Setting a Place for Us

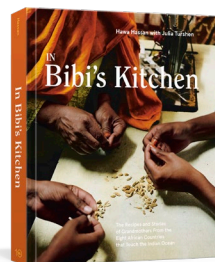
Recipes and Stories of Displacement, Resilience, and Community from Eight Countries Impacted by War



HAWA HASSAN is a James Beard Award winner and culinary triple threat: dynamic chef, TV personality, and entrepreneur. She's the founder of the fast-growing brand Basbaas, a line of sauce and condiments inspired by her home country of Somalia, that has been featured in *Forbes*, *The New York Times*, *Eater*, and more. Her first cookbook-meets-travelogue, *In Bibi's Kitchen*, shares recipes and stories from grandmothers—or bibis—in eight African countries bordering the Indian Ocean.

An enthralling and intimate collection of essays and more than seventy-five recipes that explores the history of eight countries to understand the impact of war on a culture's cuisine and food system, from the James Beard Award-winning author of *In Bibi's Kitchen*.

Countries dealing with major conflict are rarely portrayed in a well-rounded light by the media. Images of disarray and decline saturate their narratives, ignoring the strength, resourcefulness, and ingenuity that arise from having to navigate conflict. Hawa Hassan brings us into these multifaceted narratives for eight countries around the world including Afghanistan, Democratic Republic of Congo, Egypt, El Salvador, Iraq, Lebanon, Liberia, and Yemen. The recipes that follow highlight indigenous ingredients and share intimate portraits of the people preserving food culture. *Setting a Place for Us* returns some agency to the people whose stories up until now have been ignored in the media and sheds light on the important work of preserving recipes and food traditions in places of conflict and migration.



9781984860972 • 5/13/2025
HC • \$35.00 U.S. (\$48.00 CAN)
288 pages • 8 x 10 inches
110 photographs

ALSO AVAILABLE
IN BIBI'S KITCHEN
9781984856739



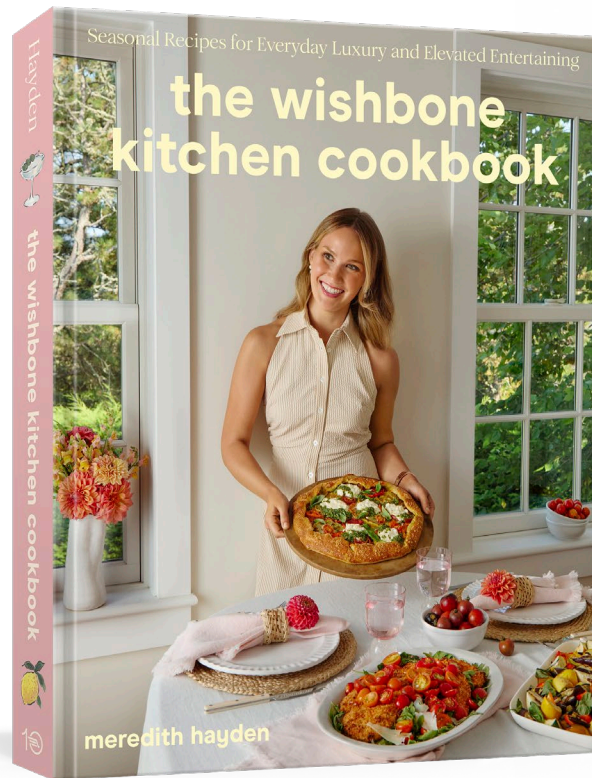


“From the simple joys of everyday life to the rituals of setting the dinner table and the connections often forged over a shared meal, I seek to uncover the common threads that unite us all.”



The Wishbone Kitchen Cookbook

Seasonal Recipes for Everyday Luxury and Elevated Entertaining



MEREDITH HAYDEN is a chef, recipe developer, and the creator behind Wishbone Kitchen, which started as a recipe blog and has evolved into a multidimensional culinary lifestyle brand. Hayden publishes new recipes every week; writes a bi-weekly newsletter, The Group Chat, where she discusses food, fashion, and lifestyle; and hosts a monthly cooking show on YouTube, Dinner with Friends. She has been featured in *Vogue*, *The Washington Post*, *The New York Times*, *In Style*, *People*, *Delish*, and *Business Insider*.

Learn to cook, host, and eat like a private chef with 100 recipes from Meredith Hayden of Wishbone Kitchen.

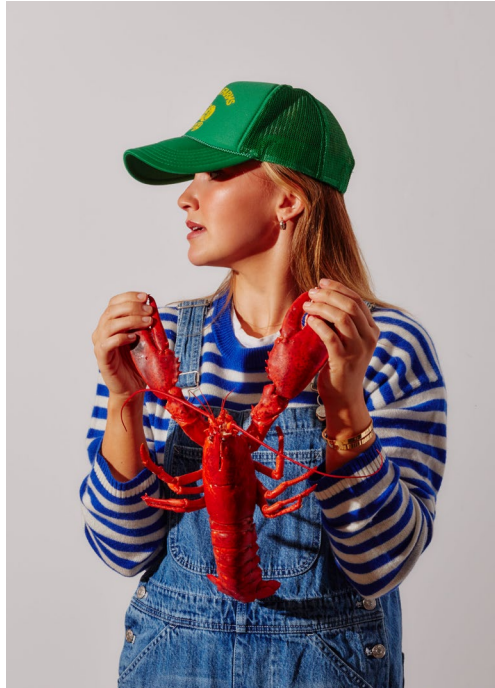
Inspired by years working as a chef in New York City and the Hamptons, as well as her childhood summers on Nantucket, Meredith Hayden makes food that is both unfussy and elegant. In *The Wishbone Kitchen Cookbook*, Meredith teaches you to cook like a professional hostess (and have fun while doing it). This is the kind of food to celebrate every season of life; the kind of cooking you don't start until you've made yourself a drink first. Recipes range from 20-minute meals to show-stopping centerpieces, all fit for your next dinner party. Here you'll find big salads (Blueberry BBQ Grilled Chicken Salad) and sharable sammies (the Ultimate Italian); there are your starters, your grazers, your chatting-with-friends snackers like Hot Crab Dip and Really Good Guac. Serve the Pink Lemon Pasta for friends after work or pack up the Farro Broccoli Salad for lunch the next day. Your authority on all things seafood, Meredith shows you the easiest way to break down a lobster to use in recipes such as the Lobster Avocado Salad and Wok Lobster. With witty commentary, themed menus, and gorgeous imagery, *The Wishbone Kitchen Cookbook* will inspire you to rediscover the joy in cooking, romanticize your grocery hauls, and find any excuse to celebrate with friends and family.

9780593835951 • 5/6/2025
HC • \$35.00 U.S. (\$48.00 CAN)
272 pages • 8 x 10 inches
125 photographs



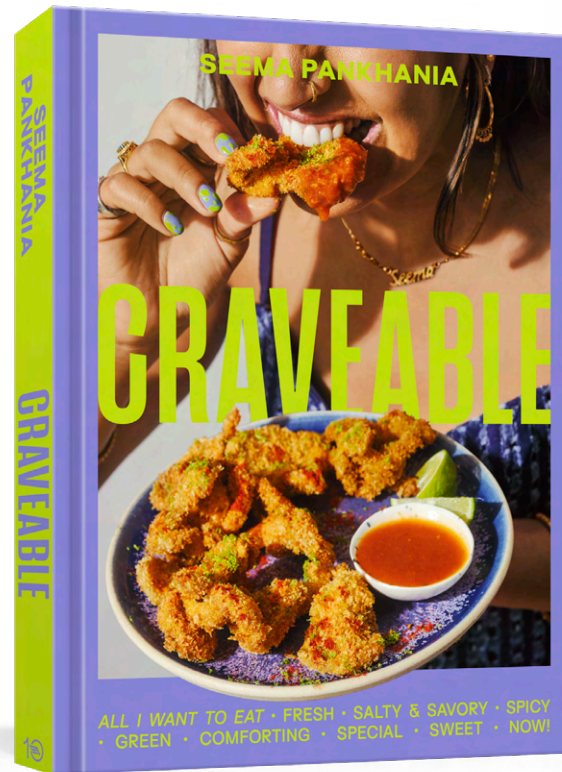


“What you’ll find here are recipes for every season of life. Yes, seasons as in spring, summer, fall, and winter, but also like television seasons, or loosely strung together moments with new characters plot lines, priorities, challenges, and celebrations. So no matter what season you happen to be in—within this year or within this lifetime—I promise that you’ll always have the perfect thing to eat.”



Craveable

All I Want to Eat



Satisfy every craving—salty or sweet, comforting or spicy with more than eighty mouthwatering, flavor-packed recipes from the social media superstar behind Seema Gets Baked on TikTok.

Our cravings can vary dramatically from moment to moment—whether comforting and indulgent, fresh and vibrant or salty and flavor-packed—and we all have times when only one flavor will do. Seema Pankhania gets it, and in her debut cookbook she guides you through the key flavors and ingredients from her global pantry, all while giving you the tools to work with what you've got and make each recipe your own. With more than recipes divided into chapters by flavor including fresh, salty, spicy, comforting, and sweet, *Craveable* will have you whipping up quick and delicious meals in no time. Any time hunger strikes and you find yourself wanting to eat: something comforting—try the French Onion Gnocchi, something spicy—try the Chili Paneer V8; something green—try the Crunchy Coconut and Sesame Broccoli; or something sweet—try the Spiced Rum Sticky Toffee Pudding. Drawing on Seema's own voracious appetite, her travels around the world, and her culinary heritage, this collection of recipes will take you on a journey of flavor and leave you feeling very, very satisfied.



SEEMA PANKHANIA is a superstar food creator of the Seema Gets Baked account on TikTok, Instagram, and YouTube. Her food is joyful and exuberant, packed with flavor and fueled by her appetites for travel and adventure. After training at Gordon Ramsay's Lucky Cat restaurant she was a food producer at MOB Kitchen, where she was responsible for many of their most popular recipes. Now focused primarily on growing her own channels, Seema is bursting with personality, greedy enthusiasm, and realness. Her kitchen is not perfect, and her cooking techniques are unconventional (onion-chopping swimming goggles anyone?) but that's exactly why her fans love her—that and her ICONIC bite.

9780593799925 • 7/1/2025
HC • \$30.00 U.S. (\$39.99 CAN)
256 pages • 7¹/₂ x 9¹/₂ inches
120 photographs



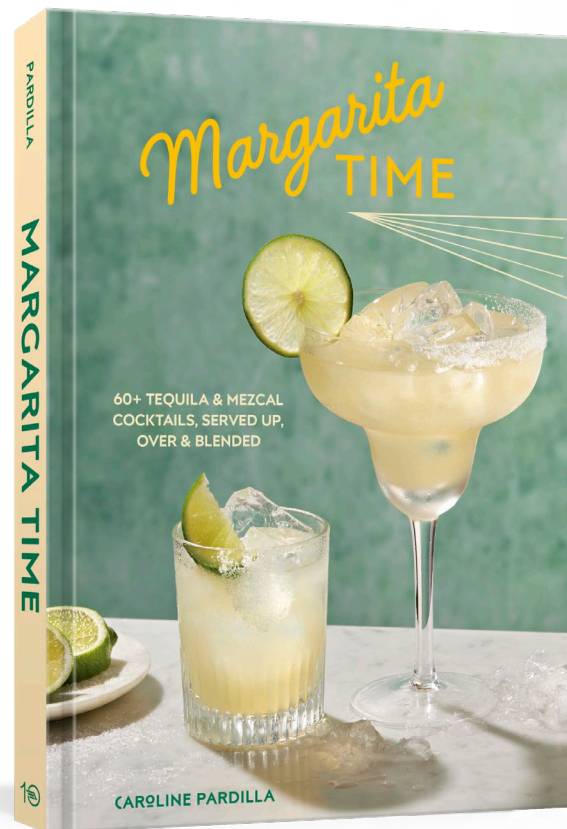


“Every day, most of my thoughts are consumed with what I’m going to eat next.”



Margarita Time

60+ Tequila & Mezcal Cocktails, Served Up, Over & Blended



CAROLINE PARDILLA started one of the first cocktail blogs in Los Angeles, garnering accolades such as *LA Weekly's* "Best Bar Blogger" and "Blog Post of the Year" and CBS Los Angeles's "Best Local Blogger." Caroline went on to cover the local and national cocktail scene for online publications such as *Eater*, *BBC Travel*, and *Liquor*, as well as print magazines such as *Los Angeles Magazine*, where she was the publication's first drinks editor. Currently, Caroline is the digital content editor for *Imbibe* magazine. She lives in L.A. with her partner, Jason, and their pitbull-mastiff rescue, President Camacho.

A bright and splashy tribute to the iconic cocktail, with more than sixty recipes for margaritas on the rocks, served up, and frosty blended versions, from renowned mixologists across the globe.

The margarita has long dominated as America's favorite cocktail, be it for happy hour, brunch, or Margarita Monday. It's liquid vacation, sunshine in a glass, fuel for festivities. Margaritas now populate grocery store aisles in ready-to-drink cans, and bartenders can attest that this classic cocktail continues to be a bestseller. *Margarita Time* showcases beloved, straightforward versions of the margarita as well as elevated, approachable, and crafty riffs created by established bartenders from revered bars and restaurants. The bartenders also share their preferred tequilas along with their favorite margarita specs. The introduction includes a history of the drink's origins, as well as guidance on ingredients to buy and suggested bottles for stocking the home bar. *Margarita Time* celebrates the margarita in all its forms, including recipes for: Mezcal Margarita and Ranch Water; Mexican Martini and Oaxacan Sunset; Frozen Jägerita; Super Strawberry Marg; Spa Day Margarita and Margarita Verde and Picante Amante and Margarita al Pastor. *Margarita Time* leads us on an adventurous cocktail tour through a panoply of recipes starring this classic cocktail.

9781984862945 • 3/25/2025
HC • \$19.99 U.S. (\$26.99 CAN)
160 pages • 6½ x 9 inches
60-75 photographs

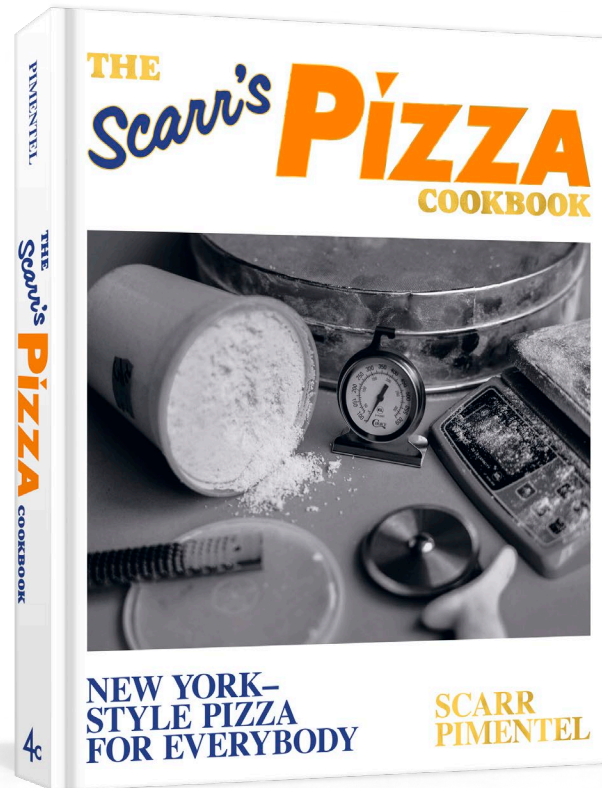


“This book celebrates the margarita in all its forms, from the classic recipe to the frozen slushy to variations demonstrating how this simple tequila cocktail has evolved in the hands and imaginations of today’s bartenders.”



The Scarr's Pizza Cookbook

New York-Style Pizza for Everybody



This is New York–style pizza for everybody.

After working at some of New York's most iconic pizzerias and restaurants, Scarr Pimentel opened Scarr's Pizza to put his own healthy spin on the classic New York–style pizza slice. Now, in a debut cookbook using all-natural and organic ingredients with thirty recipes and step-by-step photos, he shares his ethos alongside the techniques and recipes you need to make great pizza at home. Starting with round and square variations of his dough that includes the famous freshly milled grains—recommended, but not required—Scarr breaks down the anatomy of his famous pies. Learn the tips and tricks to mill your own flour, source the freshest ingredients, and make the best tasting sauce and toppings, all while being guided by Scarr's unfussy, encouraging voice. Recreate your favorites from Scarr's Pizza plus some new items, including pizza pies like Original, Marinara, and Hotboi; Extras like Calzones, Vegan Garlic Knots, and Meatball Parm; and cocktails like DJ CK Lemonade, Guava Margarita, and Vegan Piña Colada.



Born and raised in Manhattan, **SCARR PIMENTEL** grew up surrounded by family and friends in the food industry, which inspired his love for restaurants. After working in various spots Downtown, Scarr opened Scarr's Pizza on the Chinatown/LES border in 2016. With a focus on all-natural and organic ingredients, Scarr's Pizza is committed to creating high-quality products for the community and beyond.

9781984861443 • 3/25/2025
HC • \$30.00 U.S. (\$39.99 CAN)
224 pages • 7½ x 9½ inches
150-200 photographs
4 Color Books



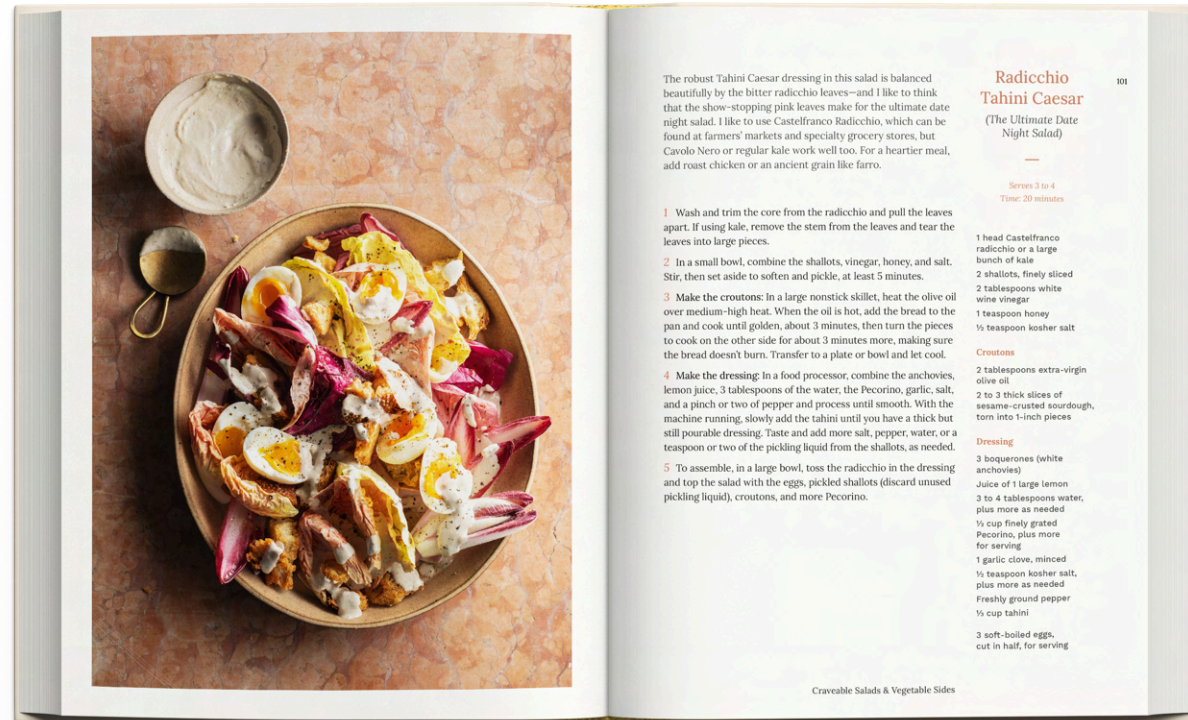
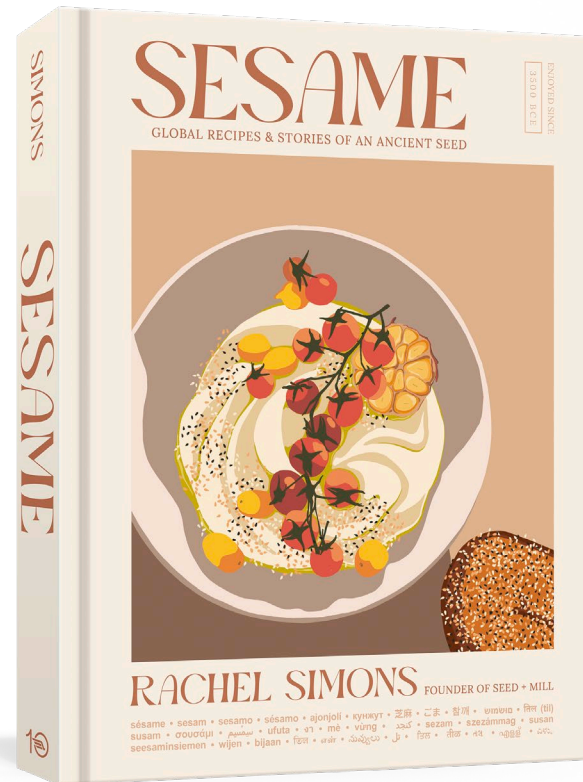


“Pizza is synonymous with New York... Especially slice pizza. It was born here, you know what I’m saying? And the reason it was born here— it just caters to everyone.”



Sesame

Global Recipes + Stories of an Ancient Seed



RACHEL SIMONS is the founder of Seed+Mill, the first store devoted to sesame products in the United States. Their high-quality tahini and halva are favorites of chefs such as Zoë François, Carolina Gelen, Dan Kluger, and Ayesha Nurdjaja. Seed+Mill products are carried in more than 1700 stores including Whole Foods, Sprouts, and beloved specialty stores across the US. Seed+Mill has been featured in *Forbes*, *The New York Times*, *Food52*, *Bon Appétit*, and more.

A clear, approachable guide to the world of sesame, from halva, tahini, and sesame oil to togarashi, gomasio, and furikake, with more than eighty vegetarian-forward recipes, from the founder of popular tahini outfit Seed+Mill in New York's historic Chelsea Market.

With its delicious nutty taste, nutritional density, and long shelf life, the sesame seed is a tiny ingredient with an enormous cultural impact and a deeply rich history. In *Sesame*, Rachel Simons, co-founder of Seed+Mill celebrates the evolution, history, and diversity of this classic ingredient. Whether it's in the form of a seed, tahini (a ground sesame paste), sesame oil, or halva (a delicate, fudge-like candy made from sesame paste), readers will learn to incorporate sesame in more than eighty traditional and modern global recipes, including Sweet & Salty Sesame Challah; Pear and Pistachio Breakfast Loaf with Sesame Streusel; Lemony Orecchiette with Sesame Pangrattato; Gomasio-Crusted Salmon Skewers; and Tahini Swirled Pavlova with Labneh, Berries & Halva Flakes. Through vibrant photography, evocative storytelling, and contributions from a slate of noted chefs and food luminaries across the globe including David Lebovitz, Molly Yeh, Nisha Vora, and Zoë François, *Sesame* is a loving culinary tribute to the sesame seed: how it has transformed dishes, how it has been translated by different culinary cultures, and how it has tied people and places together through generations.

9781984863638 • 4/29/2025
HC • \$26.00 U.S. (\$36.00 CAN)
224 pages • 7 x 9 inches
70-75 photographs



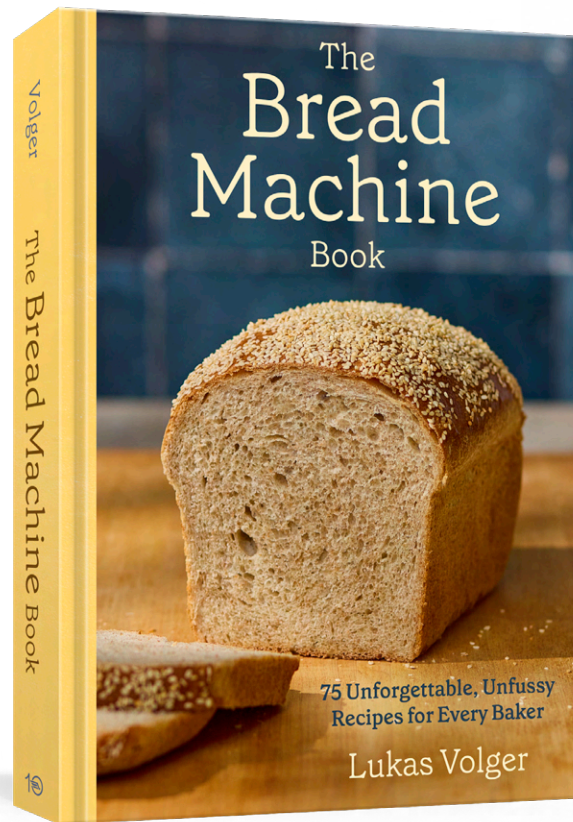


“Use this book as a gateway into the world of possibility—as inspiration for menu planning, for putting together new or unexpected flavor combinations, or for easy and elegant plating and presentation”



The Bread Machine Book

75 Unforgettable, Unfussy Recipes for Every Baker



LUKAS VOLGER is a cookbook author, recipe developer, and entrepreneur in the food space. He's written five previous cookbooks, including *Bowl* and *Start Simple*, and his work has been featured in *The New York Times*, *Bon Appétit*, *The Wall Street Journal*, and elsewhere. Previously he co-created the award-winning queer food journal *Jarry* and the Brooklyn-based line of premium veggie burgers Made by Lukas. He lives in New York.

A modern, everything-you-need-to-know guide to baking perfect bread with a bread machine at home, with seventy-five recipes.

In *The Bread Machine Cookbook*, veteran cookbook author Lukas Volger offers a thorough guide to the versatile bread machine—an appliance that mixes, kneads, proofs, and bakes bread. You'll learn how to buy one, use one, and utilize different ingredients and techniques to make your creations sing, including 75 classic, sourdough, savory, and sweet bread recipes designed for a modern pantry and palate. Recipes include: Buttery Brioche, Honey-Barley Milk Bread, Choose-Your-Own-Adventure Swirl Bread, Date & Pecan Sourdough Loaf, Ranch Rolls, and Matcha Ricotta Tea Cake. Each recipe contains a "faster" and a "slower" method: The fast utilizes the machine's presets (just throw everything into your bread machine and let it work its magic), while the slower isolates the kneading and the baking functions to create bread with more developed flavor and better structure for not much extra work. With comprehensive but easy-to-digest tips for success including measuring methods, temperature targets, machine and visual cues to look for, and opportunities for hijacking your bread machine to knead and proof dough to be baked in your oven, this is the only book you need to bring easy, fail-proof loaves to the table every day.

9780593835432 • 3/4/2025
HC • \$22.99 U.S. (\$30.99 CAN)
208 pages • 7¾ x 10 inches
55 photographs



“Go-to breads that enhance everyday eating: Soft sandwich loaves for packed-lunch PB&Js, hearty whole-grain loaves for avocado toasts and dunking into weeknight soups, and fuss-free recipes that integrate into hectic lives.”

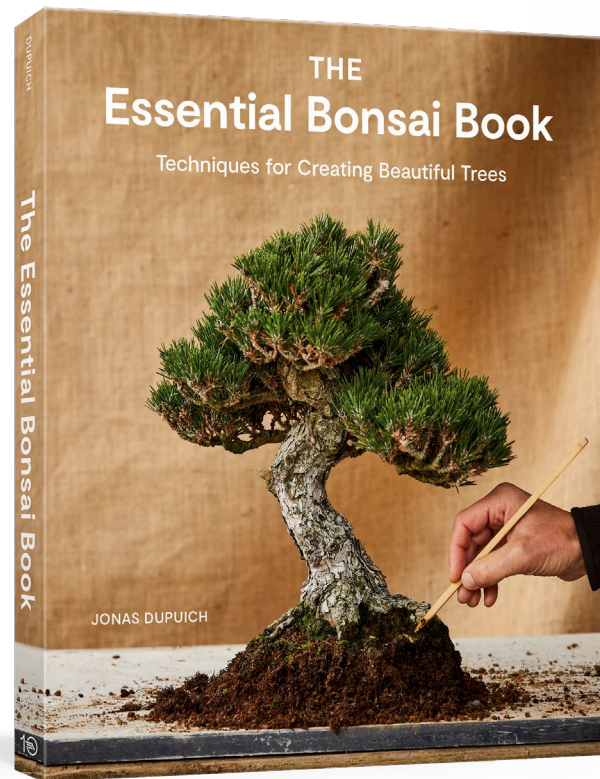




GARDEN & LIFESTYLE

The Essential Bonsai Book

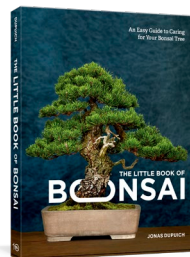
Techniques for Creating Beautiful Trees



JONAS DUPUICH runs a Northern California bonsai nursery where he teaches and writes about bonsai. He is the author of *The Little Book of Bonsai* and the Bonsai Tonight blog, and is co-founder of the Pacific Bonsai Expo. Jonas grows a variety of species and specializes in developing Japanese black pine from seed. His trees have been selected for display in local and regional exhibits, including the U.S. National Bonsai Exhibition. Learn more at "bonsaitonight" online.

A beautifully photographed, in-depth guide to the fundamental techniques used around the world to create exquisite bonsai, from the author of *The Little Book of Bonsai* and the Bonsai Tonight blog.

Whether you're new to the hobby or have been growing bonsai for years, *The Essential Bonsai Book* provides a blueprint for creating trees you can take pride in. Featuring more than 200 color photographs, *The Essential Bonsai Book* describes core techniques for pruning, wiring, and repotting and introduces more advanced topics such as decandling and defoliating. Ample case studies and profiles of bonsai teachers, including Michael Hagedorn, Boon Manakitvipart, and Daisaku Nomoto, reinforce these points and offer perspective from years of professional experience. Readers of *The Essential Bonsai Book* will learn to: identify trees with great potential for training as bonsai; style bonsai in a way that highlights trees' best features; and accelerate development by doing the right work at the right time. *The Essential Bonsai Book* will help you recognize, create, and maintain quality bonsai so you can work on your trees with confidence and get more enjoyment out of this wonderful hobby.



9781984862778 • 4/15/2025
 TR • \$24.99 U.S. (\$33.99 CAN)
 224 pages • 7 1/8 x 9 inches
 300 photographs

ALSO AVAILABLE
**THE LITTLE BOOK
 OF BONSAI**
 9780399582592

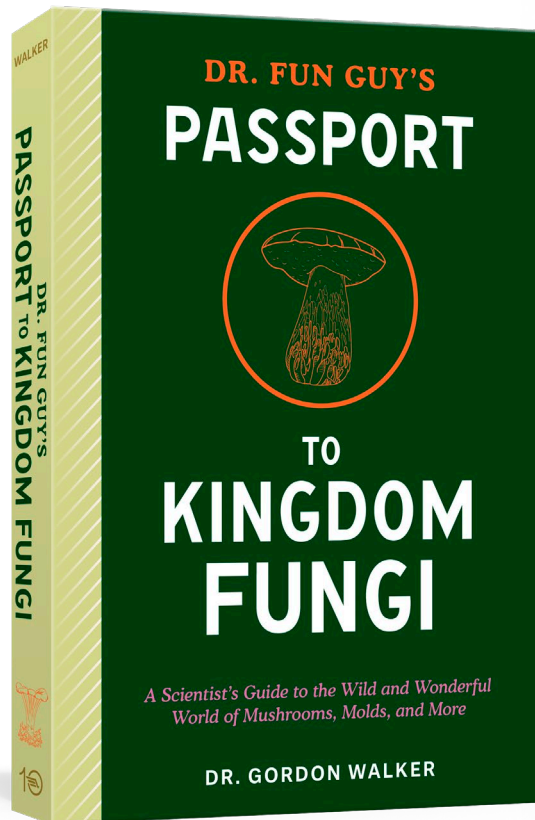


“*The Essential Bonsai Book* helps you ask better questions and learn from your experience... perfect for bonsai practitioners who are taking steps to improve their trees and want to learn new techniques.”



Dr. Fun Guy's Passport to Kingdom Fungi

A Scientist's Guide to the Wild and Wonderful World of Mushrooms, Molds, and More



DR. GORDON WALKER is originally from Cambridge, Massachusetts, but also spent time growing up on the Northshore of Massachusetts. For college, he attended UC Santa Cruz, obtaining a BS in biochemistry. For graduate school, he attended UC Davis where he completed his PhD in biochemistry and molecular biology. He then worked at Opus One Winery isolating wild yeast and pioneering new wine technologies. He spent time working in biotechnology around the San Francisco Bay Area then returned to UC Davis where he completed post-doctoral work on fermentation process control. Besides his passion for all things fungi and fermentation, he is an avid chef, forager, sailor, scuba diver, and gardener. He resides in Napa, California.

Learn the basics of fungal biology, foraging, and identification in this in-depth illustrated introduction from the beloved scientist, mushroom enthusiast, and social media star behind Fascinated By Fungi.

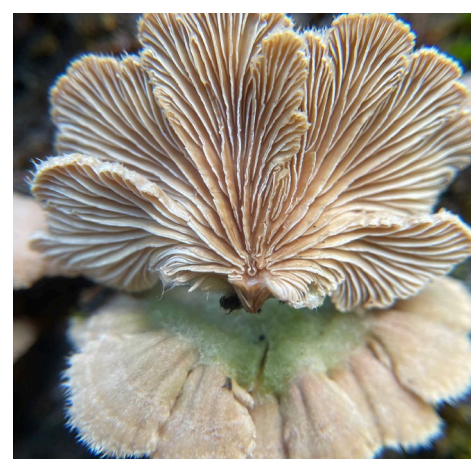
In *Dr. Fun Guy's Passport to Kingdom Fungi*, Dr. Gordon Walker brings his scientific knowledge and love for everything fungi to the page. The first section of this book is written in a comprehensive question-and-answer format. Starting with "What are fungi?," you'll learn everything from what mycelium is and fungi's evolution and biochemistry to how they are classified and how they impact our world today. You will also find information on best foraging practices and culinary techniques. The second half of the book introduces you to mushroom identification skills and profiles various mushrooms and other fungi, from incredible edibles you can find in the wild to the dangerously toxic, medicinal, and just plain weird. Finally, you'll find fungal phenomena, showing the amazing breadth and diversity of the fungal kingdom. With colorful and comprehensive science illustrations, mushroom photography, and QR codes that link to resources to help you continue your fungal explorations, this is the perfect portal to step through into the world of mushrooms.

9781984861795 • 4/22/2025
 TR • \$26.99 U.S. (\$36.99 CAN)
 320 pages • 6 x 9 inches
 625 photographs, 50 illustrations



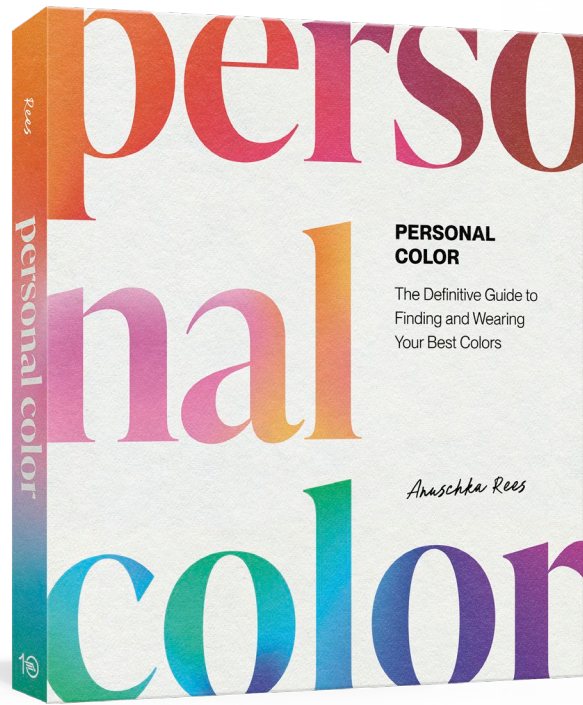


“We are witnessing the dawning of a new era of fungal appreciation. Now is the time to give fungi our full attention and understanding, recognizing their interconnected nature and the essential roles they play worldwide.”



Personal Color

The Definitive Guide to Finding and Wearing Your Best Colors



ANUSCHKA REES is a Berlin-based writer and the author of *The Curated Closet* and *Beyond Beautiful*. Her books have been translated into more than twelve languages. She loves color, art, and fashion and enjoys the challenge of breaking down abstract visual concepts into practical takeaways. Her mom introduced her to color analysis as a teenager, and she spent twenty years identifying as a Light Spring. After immersing herself in color theory for *Personal Color*, she knows she is actually a Light Summer.

The definitive modern guide to finding your season and best colors, from the author of *The Curated Closet*.

Why do some colors look radiant and effortless on one person but completely wash out another? The answer is color theory. In *Personal Color*, you'll harness the power of color theory to identify your color season and discover which shades best harmonize with your unique skin tone, hair, and eye color to make your natural beauty shine. Learn how to accurately predict whether a color will suit you (or not); find your color season (spring, summer, autumn, or winter) and subtype (clear, true, light, soft, or deep); broaden your "color horizon" beyond safe neutrals and on-trend shades; accurately assess photos and color descriptions when shopping online; and pick makeup and hair colors that work best for you. Featuring step-by-step instructions to identify your personal color palette, hundreds of color swatches, and example photos of models of all races, genders, and ages, *Personal Color* is a timeless resource full of exercises, charts, cheat sheets, and glossaries that you'll find yourself reaching for again and again.

9780593836217 • 7/8/2025
TR • \$24.99 U.S. (\$33.99 CAN)
336 pages • 8 x 9 inches
Full-color photographs and
images throughout





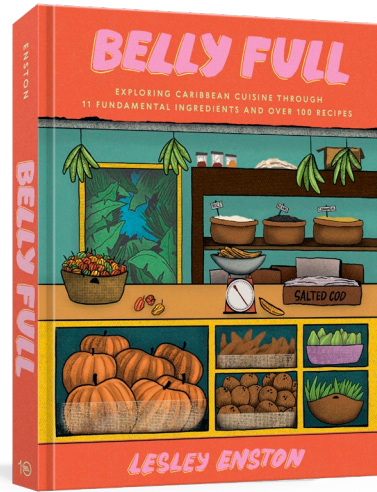
“Color analysis is about leaning into your natural color essence. We are not trying to correct, fix, or balance out anything, because your natural coloring is already perfectly harmonious as it is.”



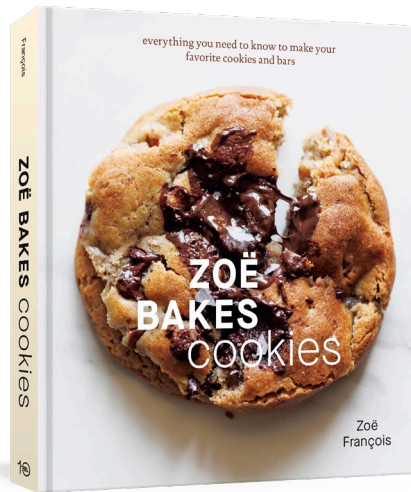


MORE BOOKS
TO SAVOR

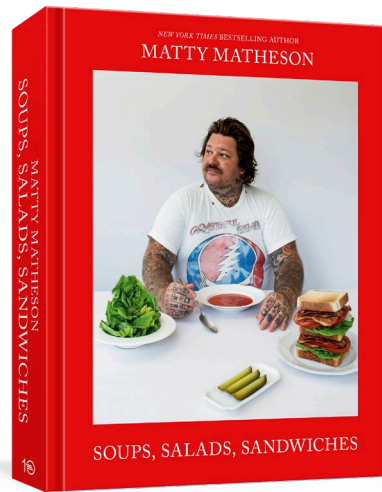
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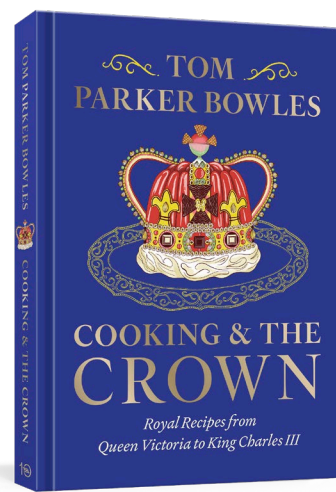
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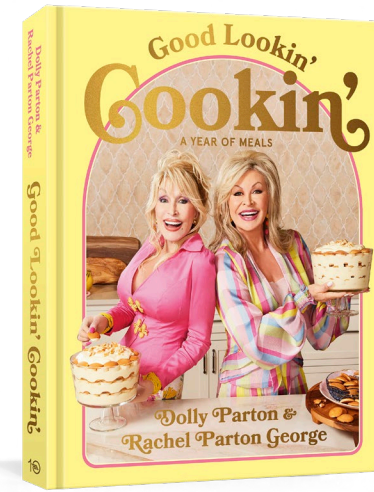
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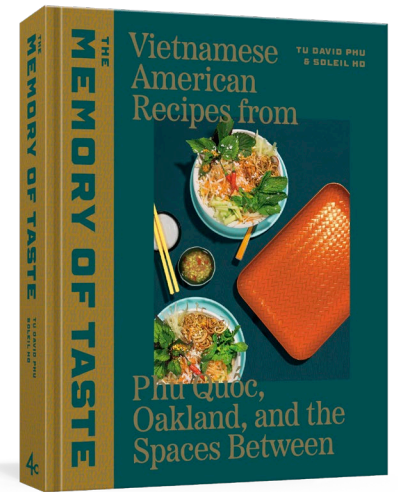
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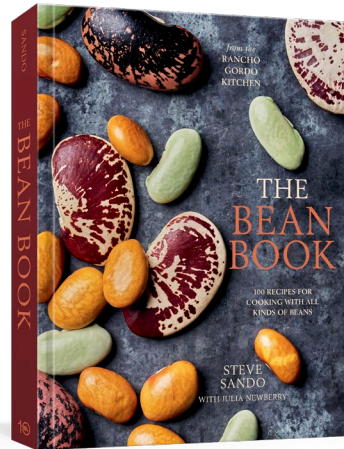
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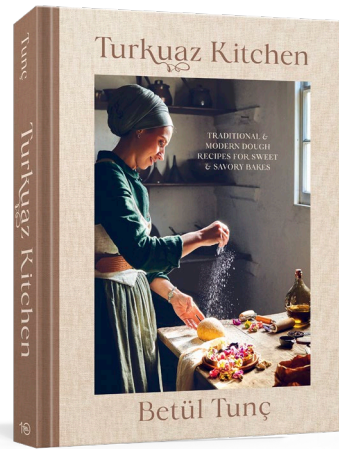
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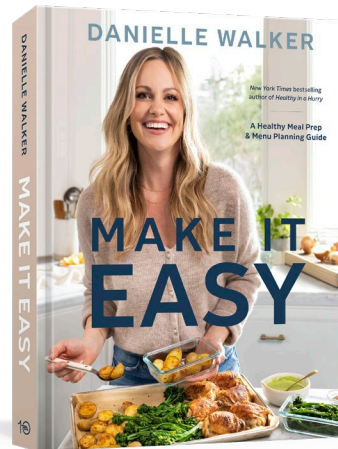
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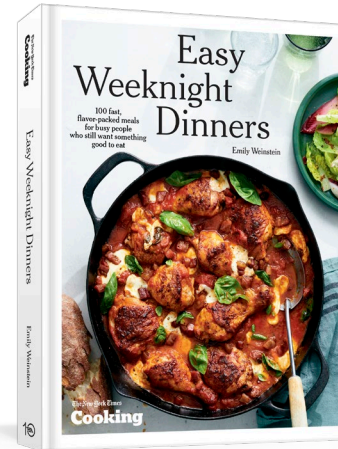
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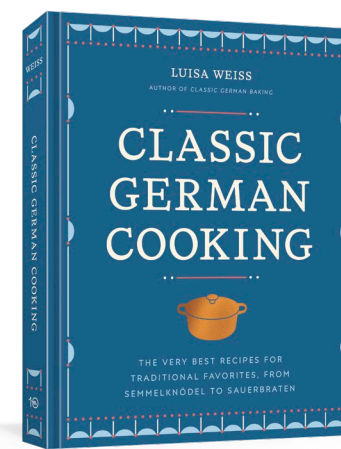
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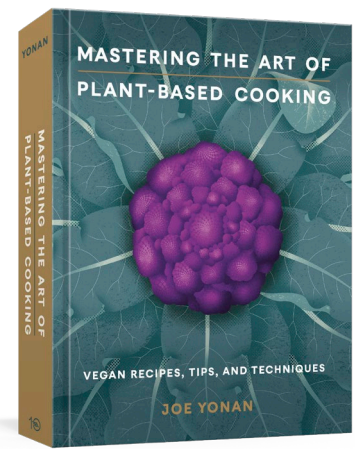
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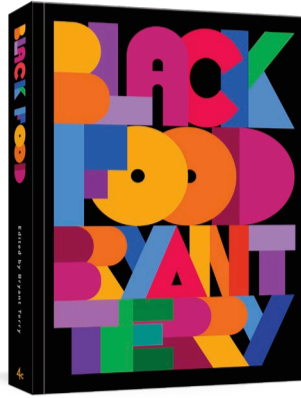


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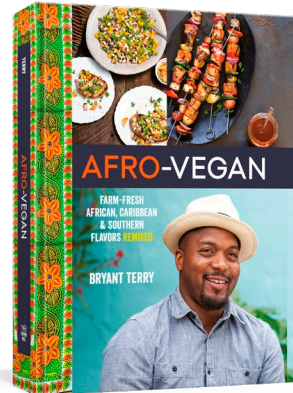


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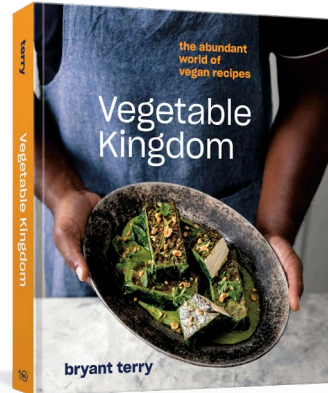
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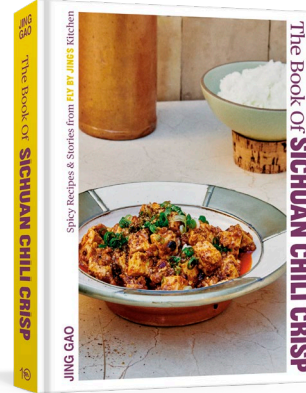
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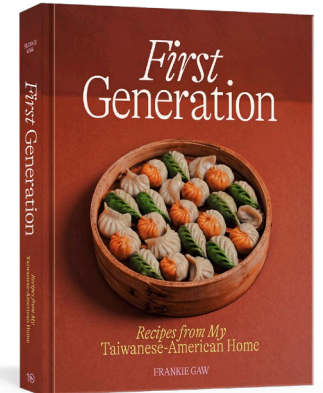
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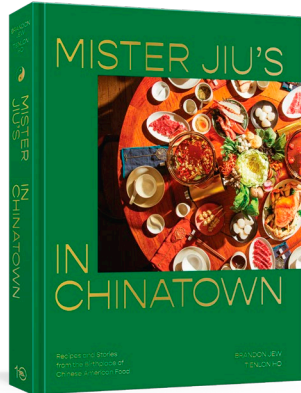
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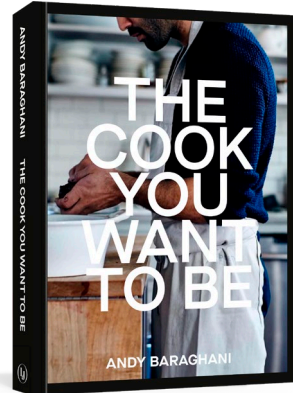
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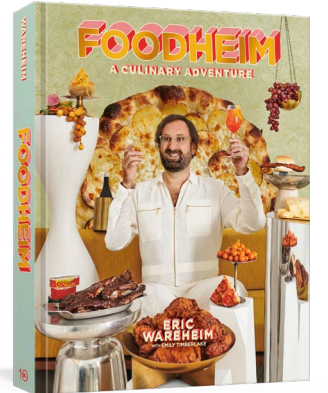
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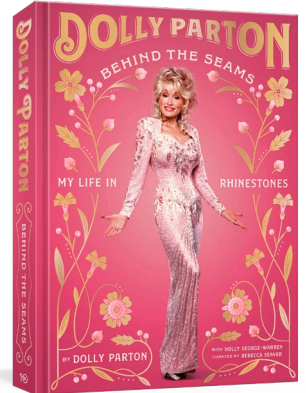
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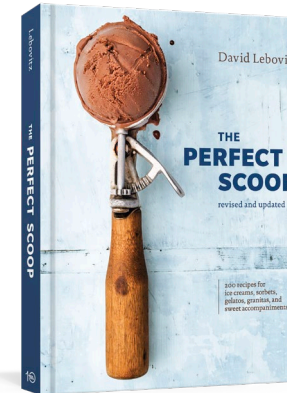
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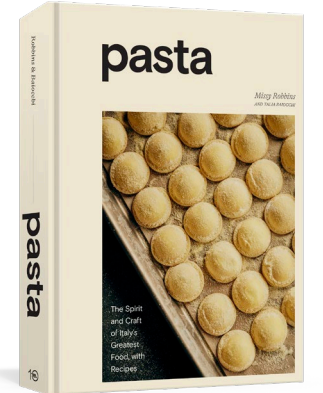
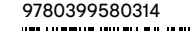
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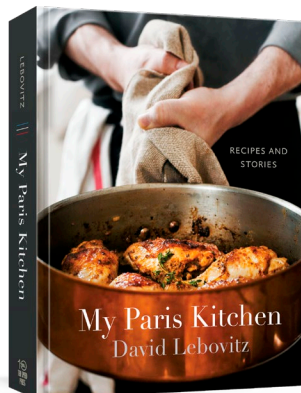
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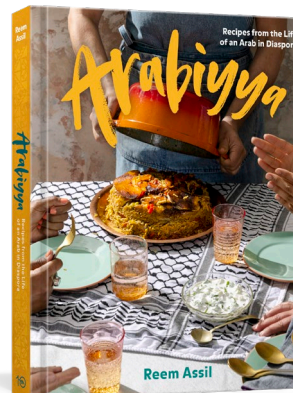
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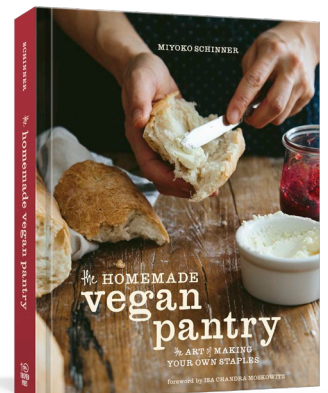
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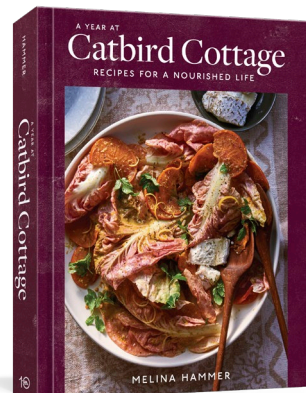
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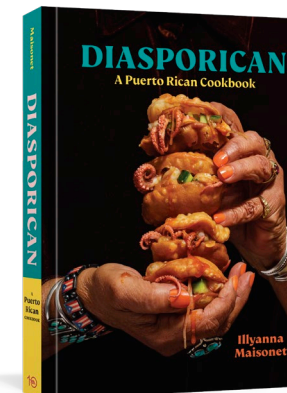
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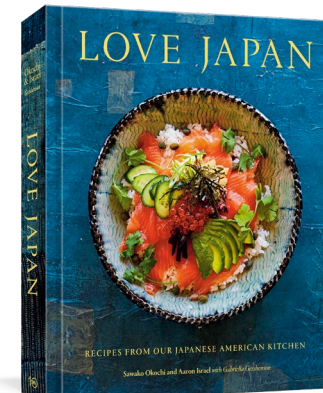
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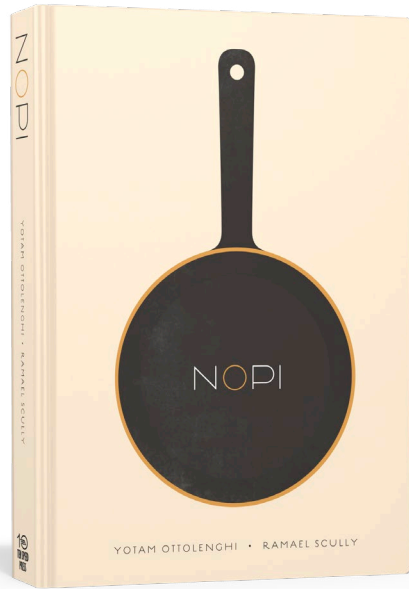



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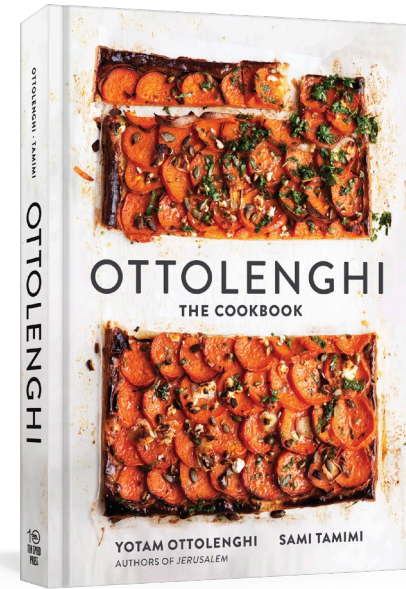
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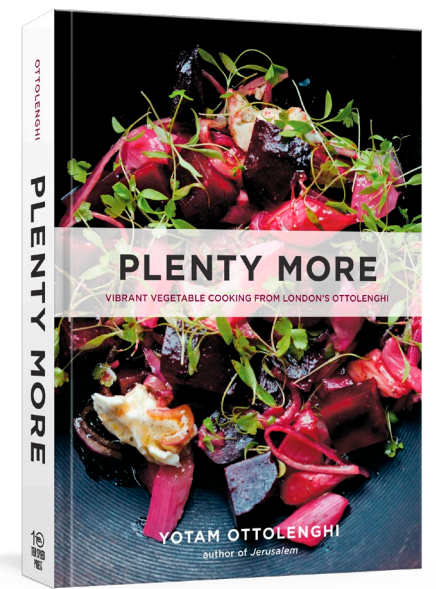
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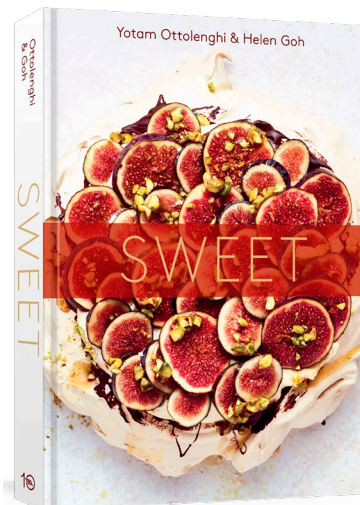
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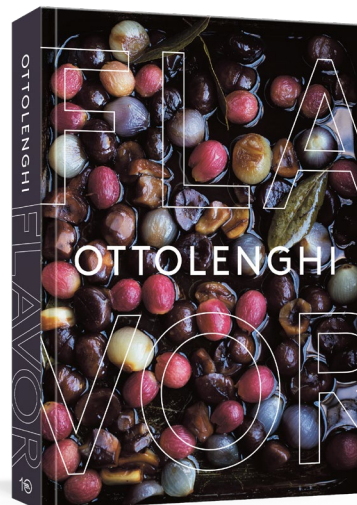
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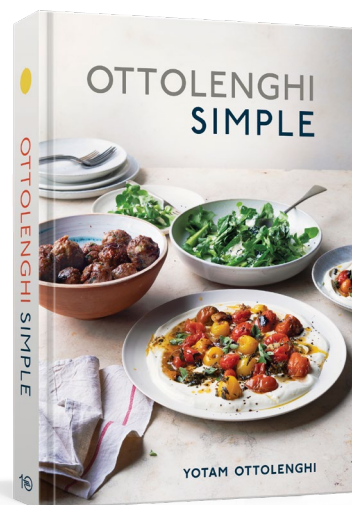
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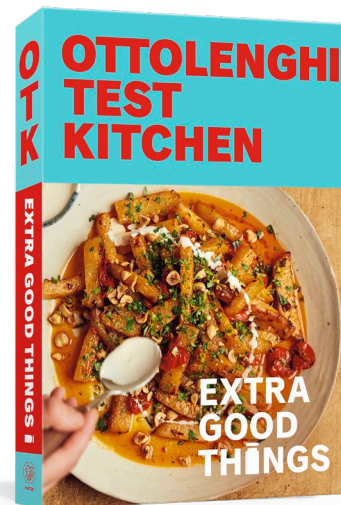
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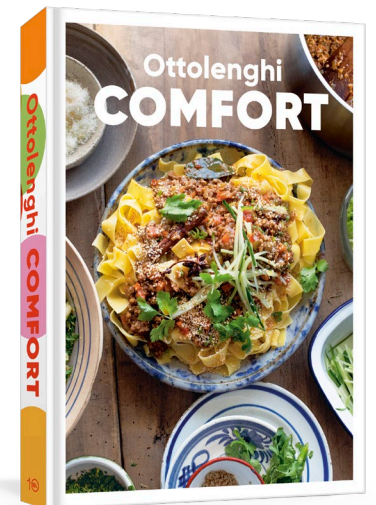
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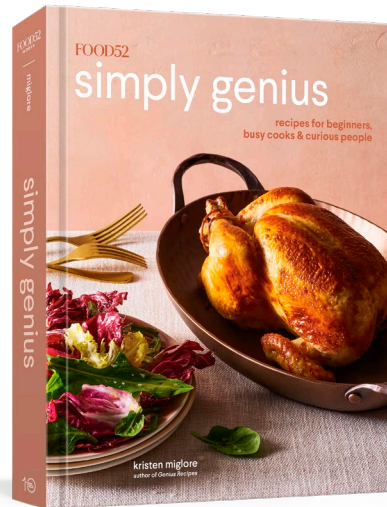



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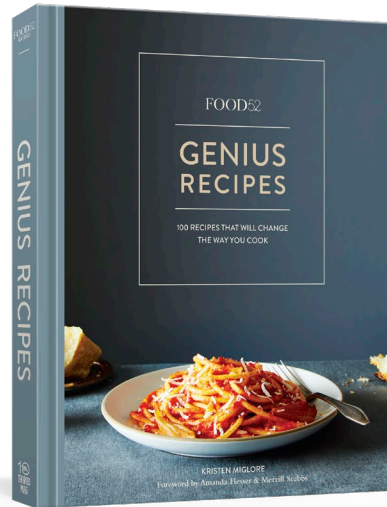



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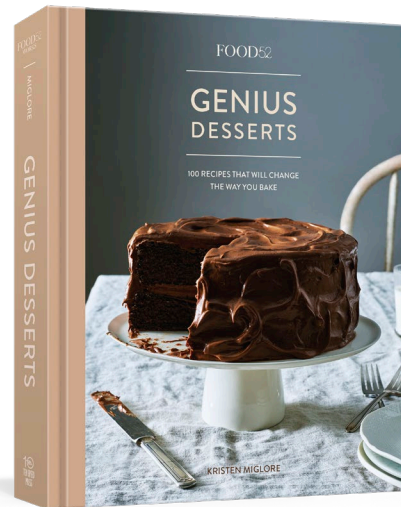

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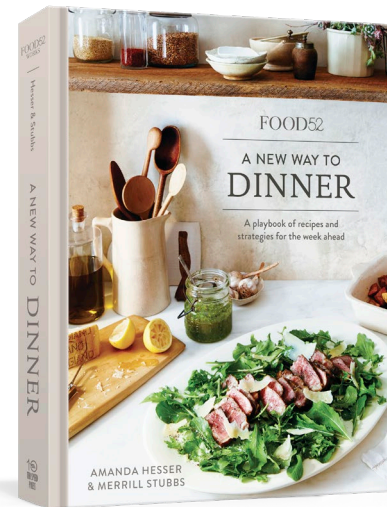
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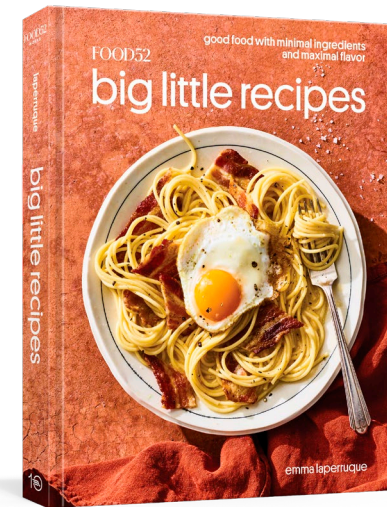
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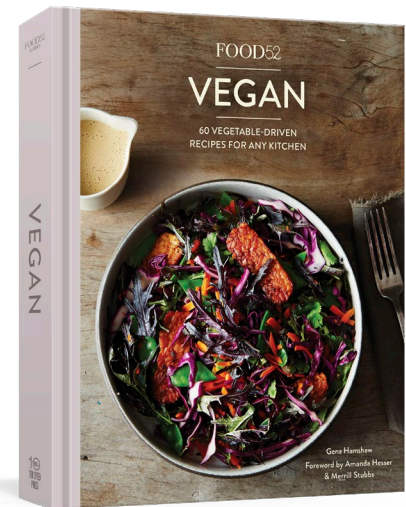
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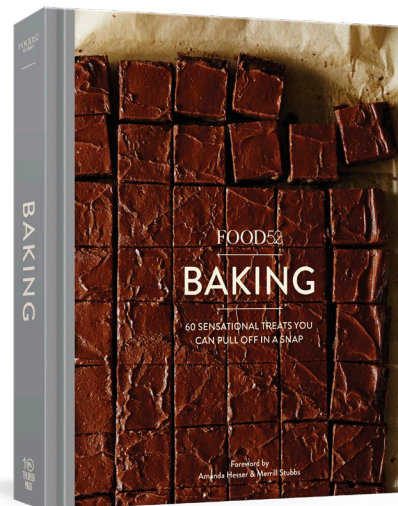
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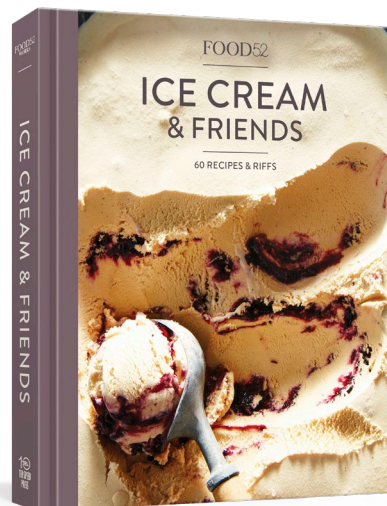
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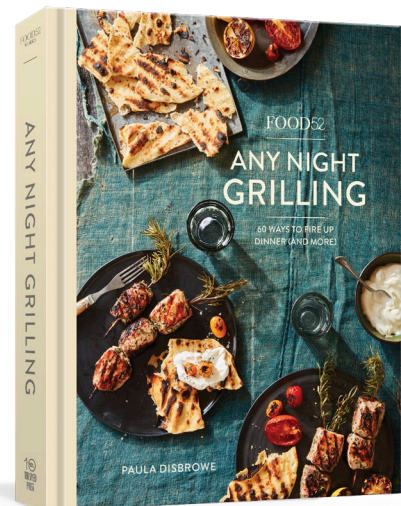
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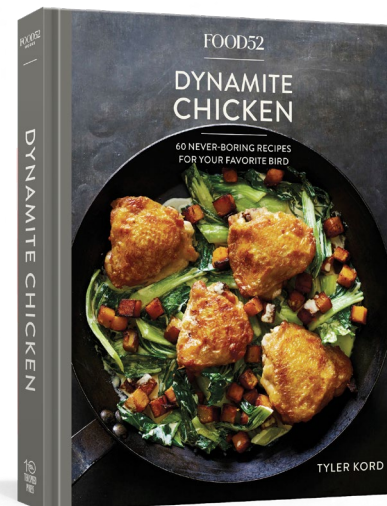
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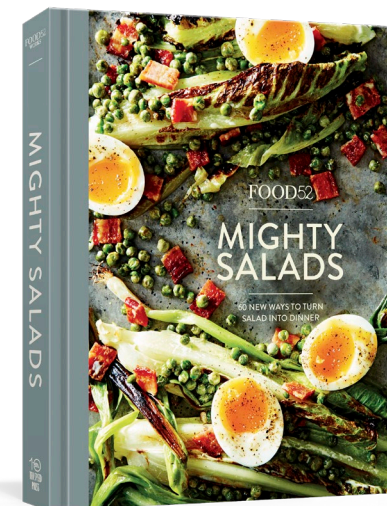
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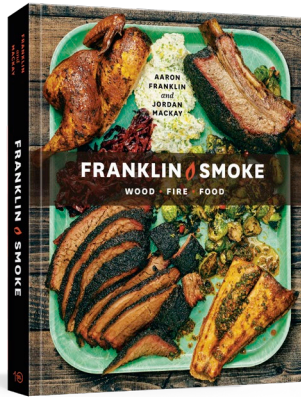
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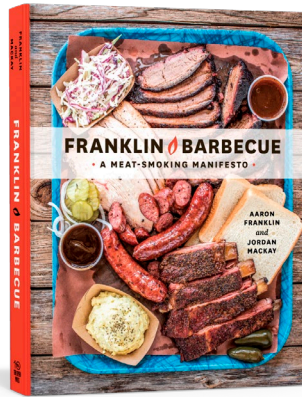
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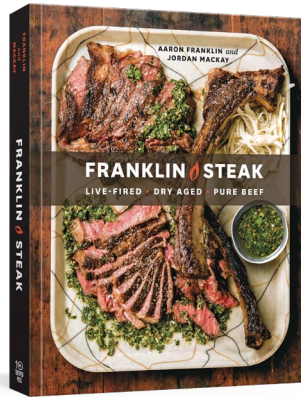
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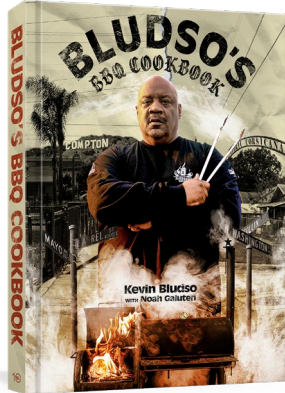
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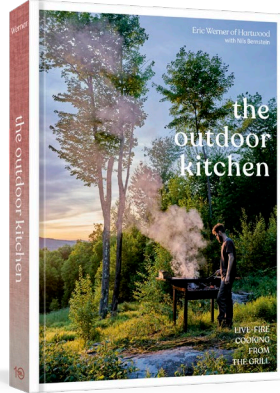
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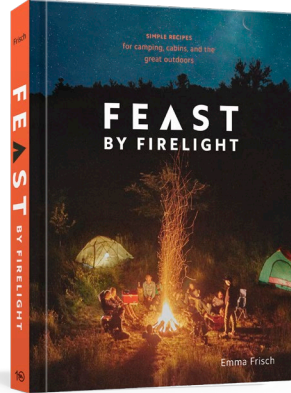
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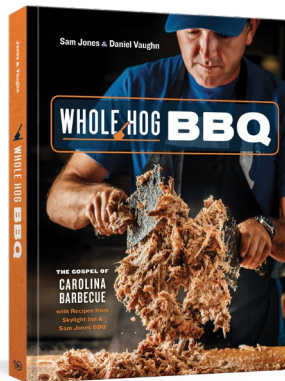
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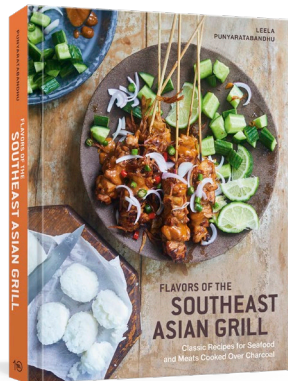
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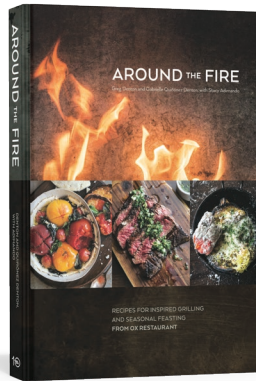
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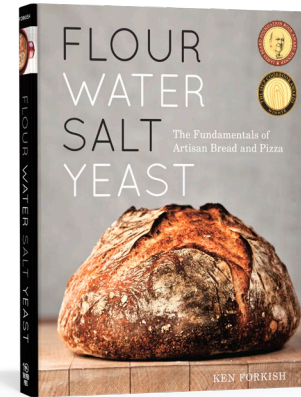


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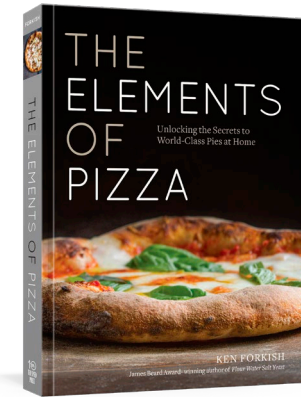


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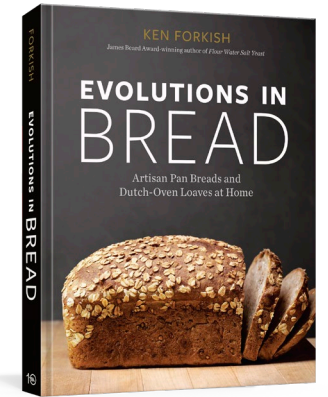
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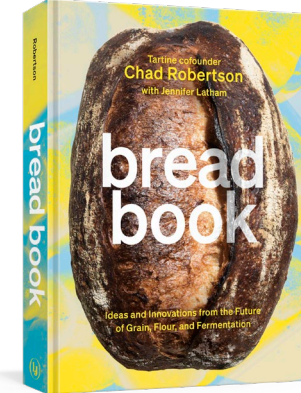
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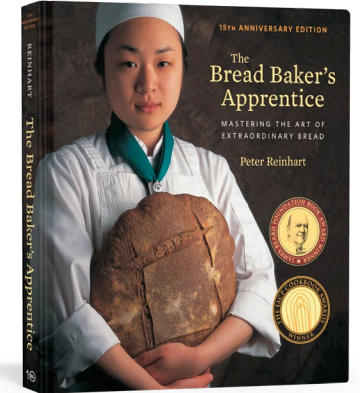
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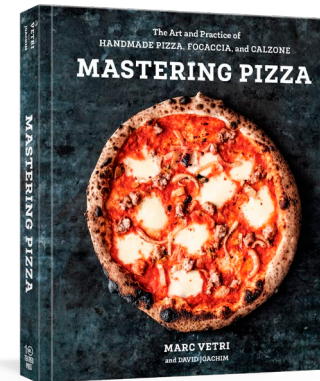
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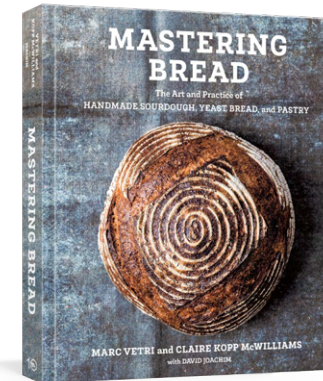
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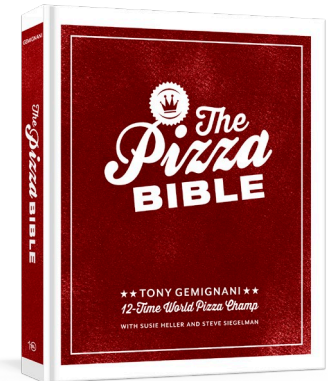
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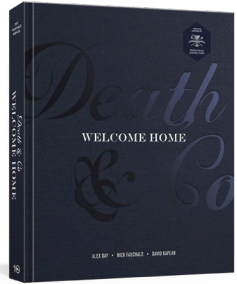


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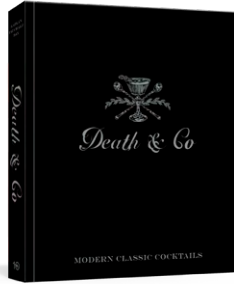


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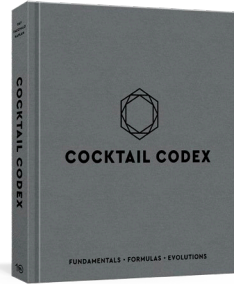
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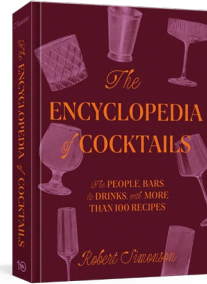
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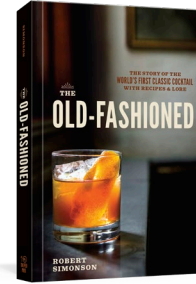
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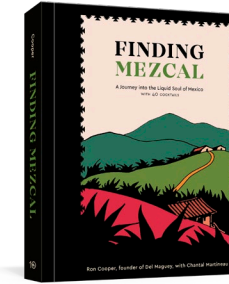
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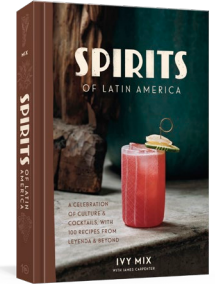
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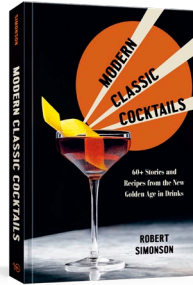
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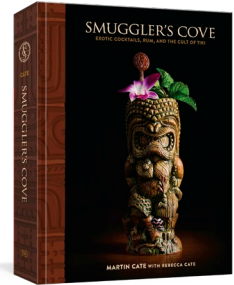
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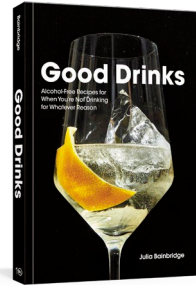
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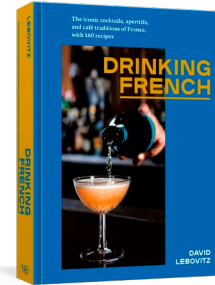
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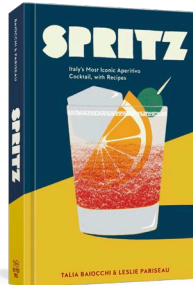
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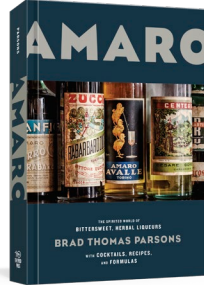
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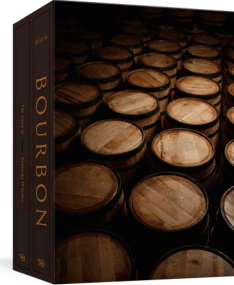
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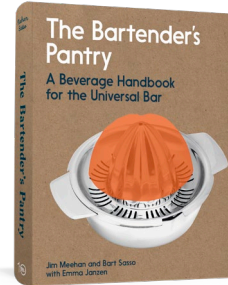
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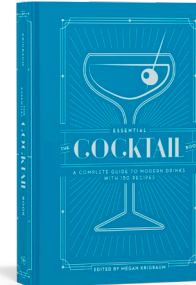
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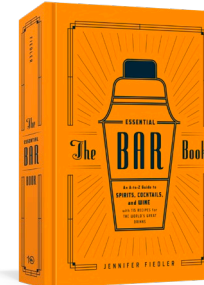
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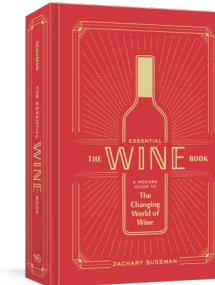
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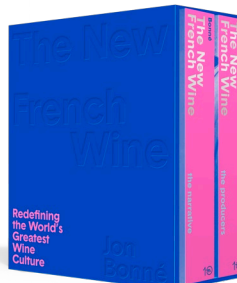
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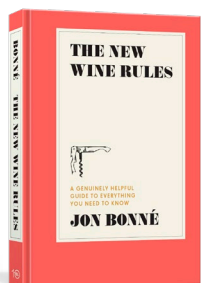
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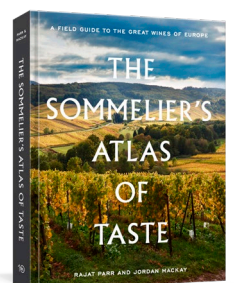
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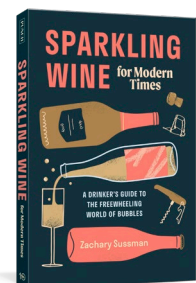
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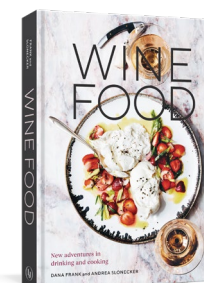
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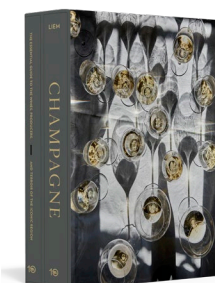
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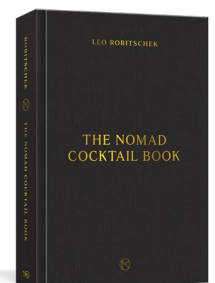
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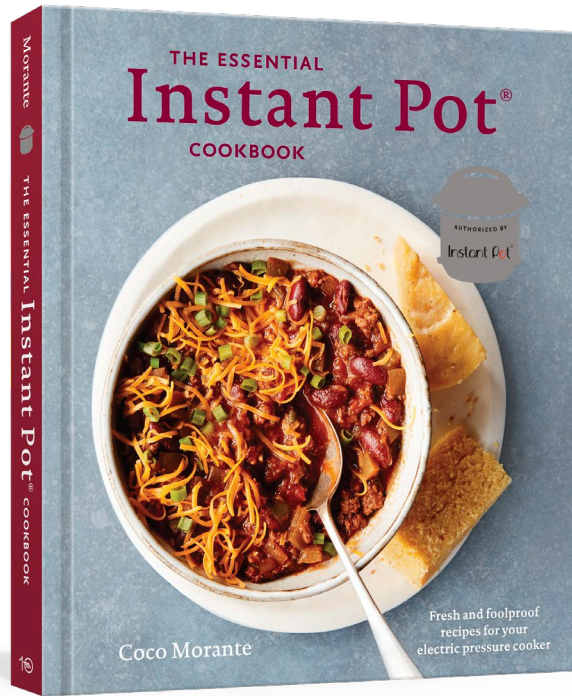


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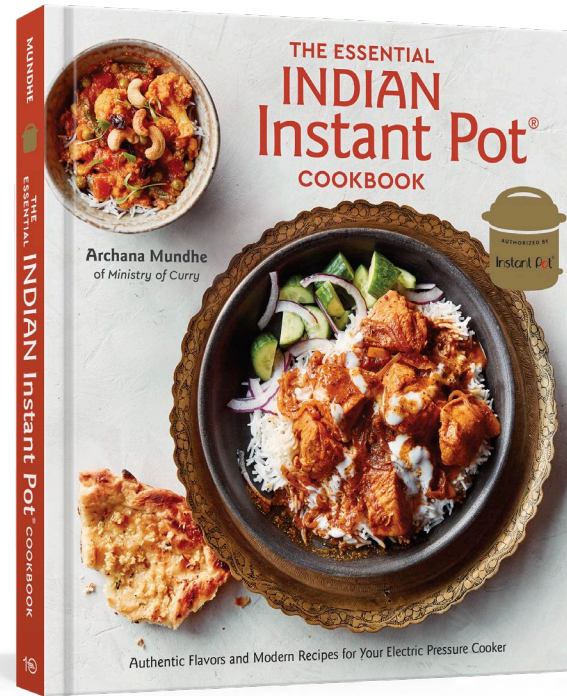


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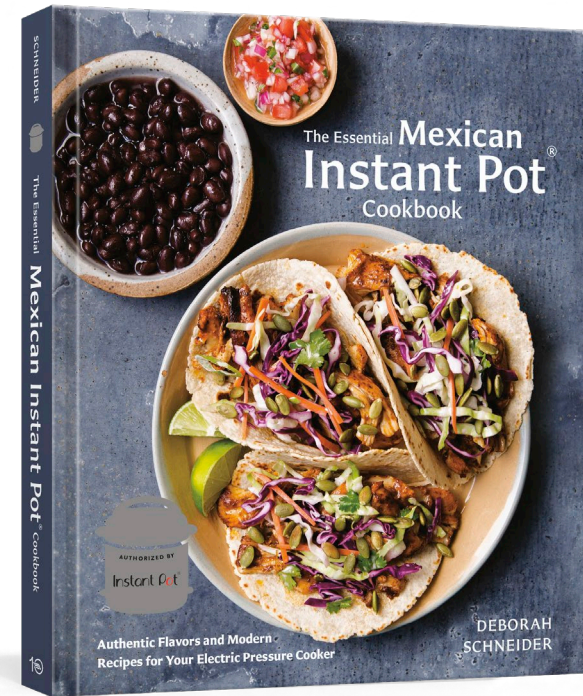
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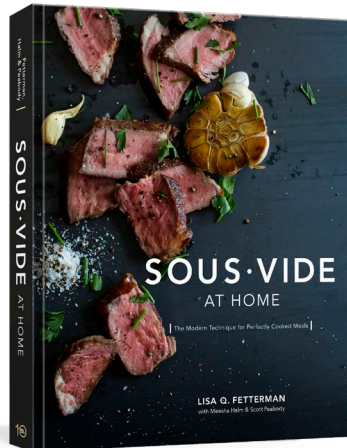
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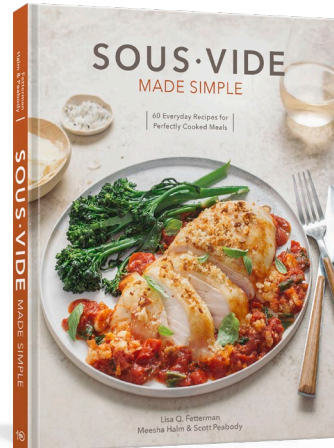
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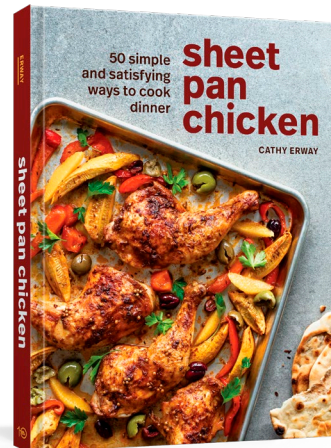
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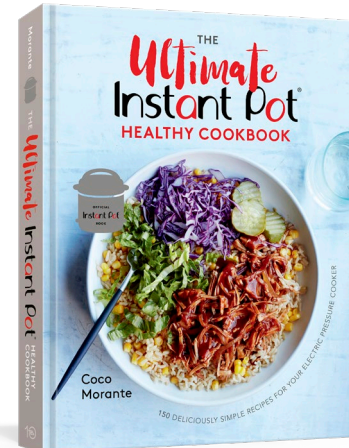
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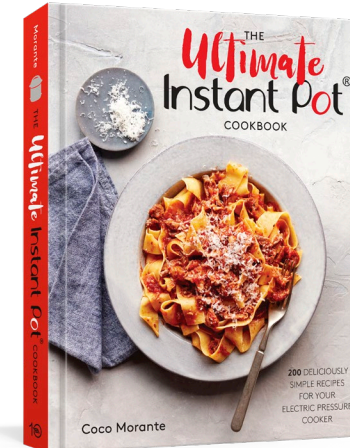
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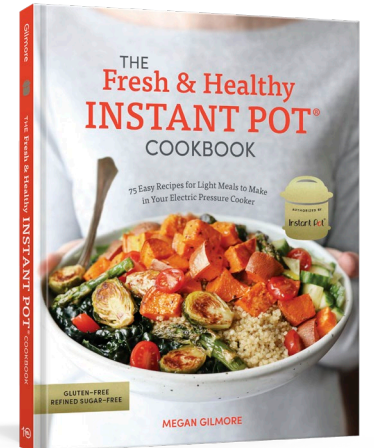
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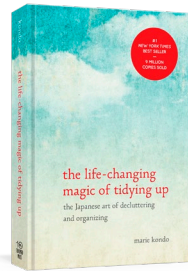
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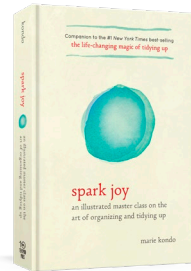
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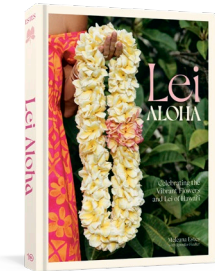
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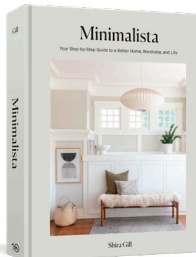
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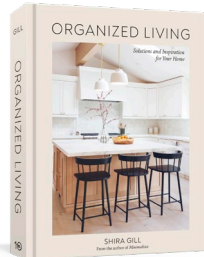
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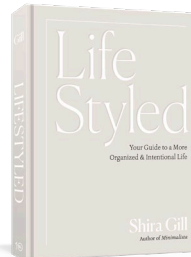
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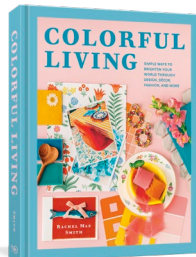
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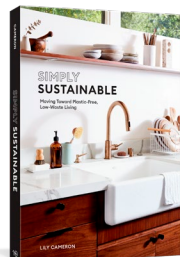
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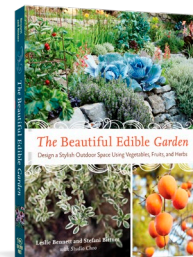
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