



**FIREFLY BOOKS**

**SPRING 2024 CATALOGUE  
CANADA**

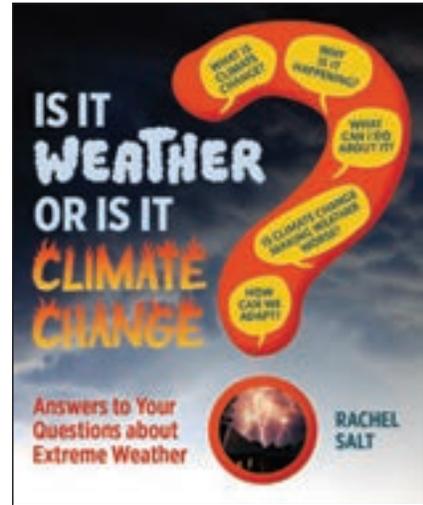
Dear readers,

At Firefly, we build books that will last in the public's interest for a long time.

This season our first book is about the creature that has lived on Earth the longest — the turtle. And the new last book in this catalogue is *Is It Weather, or Is It Climate Change?*

Wildlife, our future on Earth, and good living are what you'll find here.

Thanks for your interest in our books.



Lionel Koffler, President

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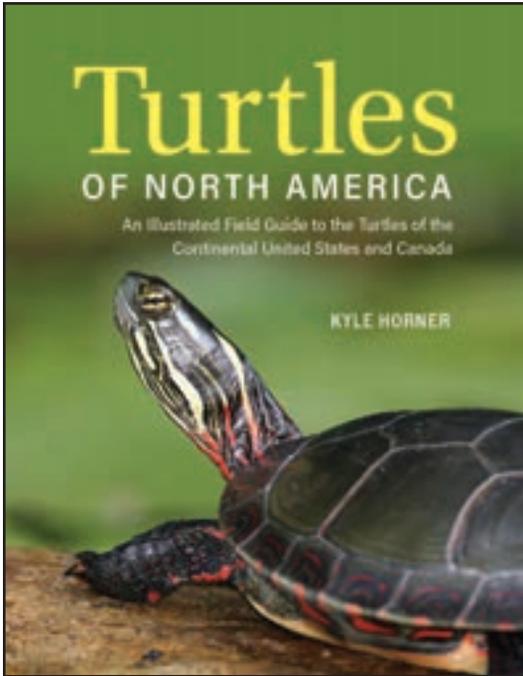
When price differs between US and Canada, two prices are shown. Prices and title availability subject to change without notice.

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Funded by the Government of Canada



Cover image from *Strange Sea Creatures* by Erich Hoyt (see page 3).  
Image © Susan Mears



# TURTLES OF NORTH AMERICA

*An Illustrated Field Guide to the Turtles of the Continental United States and Canada*

Kyle Horner

Introduction by Sue Carstairs

Turtles are among the most fascinating, attractive, easily recognized and loved vertebrates on the planet. Yet, of the hundreds of species worldwide, well over half are in danger of becoming extinct due to habitat loss, road mortality, disease, commercial fishing, harvesting for food or sale as pets. Turtles need our help to survive; this book describes some of these common threats to turtles, and how we can take positive action to help them survive and thrive.

Turtles have been around since the time of the dinosaurs — over 230 million years. They have an amazing ability to heal from injuries that would kill many other species as well as incredible physiological capabilities. From tunneling deep into the earth and making kilometer-deep oceanic dives, to full-body freezing in winter and tolerating hot sandy beaches, turtles have remarkable abilities that are belied by their slow-and-steady public image.

*Turtles of North America* begins with an introduction to turtle biology, how they diversified over time and how we classify the groups of turtles that exist today. A section about anatomy details their basic body plan, and how it varies to take advantage of different environments. A section about behavior covers how they live, from what they eat to what eats them, and their importance in the environment.

Fully illustrated species accounts describe the 64 species of turtles that inhabit the continental United States and Canada and the oceans that surround them. For each turtle there are photographs and text that show how to identify the species and give information about its life history. A range map shows where each turtle may be found. To complete this comprehensive guidebook, numerous additional pages highlight interesting or unusual aspects of North American turtle species, and a section about turtle conservation tells you how to protect and support turtles.

**Kyle Horner** is a naturalist and environmental educator who has taught at parks, zoos, botanical gardens, non-profits and the University of Guelph. He was introduced to birds at an early age by his father but has a particular interest in fostering appreciation for some of nature's less-beloved creatures. He lives in Guelph, Ontario.

**Sue Carstairs** (BSc, DVM) is the executive and medical director at the Ontario Turtle Conservation Centre in Peterborough, Ontario. She also teaches a wildlife course to veterinary technicians at Seneca College.

FIREFLY BOOKS

978-0-2281-0466-7

flexibound \$29.95

Ctn qty:

MARCH

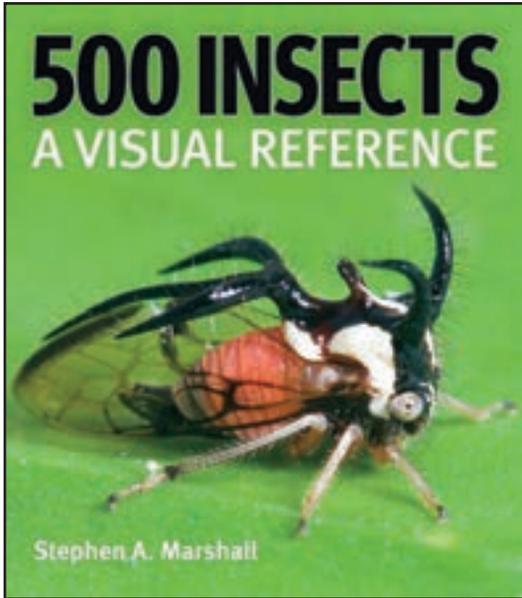
208 pages

7.5 × 9.5

over 250 color photographs, glossary, range maps, index

Rights: World





**NOW IN PAPERBACK**

## 500 INSECTS

*A Visual Reference*  
Stephen A. Marshall

*“Incorporating several newly identified species, this insect field guide provides single-page entries describing 500 of the world’s reported one million recognized varieties. The detail of each full-color, highly magnified photograph is so stunning that, if you’re not fond of bugs, it will doubtlessly incite your flight reflex. Nevertheless, the vivid photographic detail is essential to the book’s scientific value: nothing is lost in creative translation.... Highly recommended for entomology collections.”*

—Library Journal

*Fascinating insects from around the world, including some newly discovered species.*

Insects account for more than half of the approximately 1.7 million named species of all living things. The number of insect species yet undiscovered runs into many further millions.

Stephen Marshall has selected 500 of the most interesting insects from his travels to North and South America, the Caribbean, Australia, New Zealand and beyond. Beautiful photographs show the insects in their natural habitats, and informative “factfiles” provide further details about the lives of these fascinating creatures. Some of the insects are new species, photographed here for the first time.

In addition to the entries for each of the species, there is an introduction on insect biology, classification and distribution, along with information on collecting and photographing insects.

**Stephen A. Marshall** is a Professor Emeritus at the University of Guelph, Ontario. He has discovered hundreds of taxa new to science and published over 200 papers on insect systematics and biodiversity. When he is not working at the University of Guelph Insect Collection (Canada’s oldest insect collection), he can usually be found in his bug-rich backyard on the banks of the Grand River near his hometown of Ferguson, Ontario.

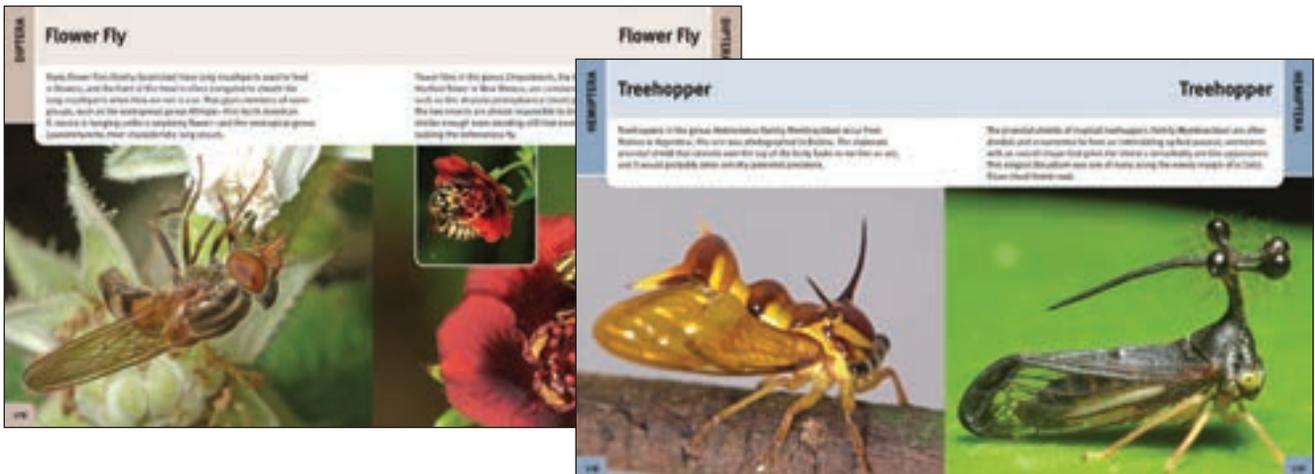
FIREFLY BOOKS                      528 pages  
978-0-2281-0494-0                6 × 6.25  
paperback \$24.95                550 color photographs,  
Ctn qty:                                index

MARCH                                Rights: World



Previous edition (hardcover): 978-1-55407-345-0

Stephen A Marshall is the celebrated author of *Hymenoptera: The Natural History and Diversity of Wasps, Bees and Ants*, 978-0-2281-0371-4





UPDATED PAPERBACK EDITION

## STRANGE SEA CREATURES

Erich Hoyt

*“A young wunderpus octopus, staring you right in the eye, is the perfect choice for the opening spread of Eric Hoyt’s latest book celebrating the oceans’ wonders... Page after page, we see the surprising shapes, colors and intricate details of secretive animals – many in their juvenile forms – that dash to the surface on nocturnal forays. Hoyt’s curated collection of images from various underwater photographers continues into the deep twilight zone and onto the seabed, showcasing the mesmerizing range of life far beneath the waves.”*

–BBC Wildlife Magazine

Marine researchers are discovering new ocean creatures every day, from the warm surface water to the deepest seabed. From the author of *Creatures of the Deep* and other books about the ocean and the creatures that live there, comes this updated softcover edition about some of the most unusual marine life forms.

The book organizes the creatures into three parts based on where they live in the ocean. Informative captions accompany the 90 gorgeous photographs of otherworldly creatures.

FIREFLY BOOKS

978-0-2281-0467-4

paperback with flaps

\$19.95

Ctn qty:

MARCH

112 pages

10 × 10

90 color photographs,

glossary, index

Rights: World



Previous edition (hardcover): 978-0-2281-0297-7



### Part 1. Surface Waters of the Ocean at Night: The Blackwater Vertical Migrators

- In images taken by dedicated blackwater photographers Linda Ianniello and Susan Mears, these mostly larval creatures haunt the near-surface waters making vertical migrations every night to feed.

### Part 2. Middle to Deep Dark Waters: Masters of the Language of Light

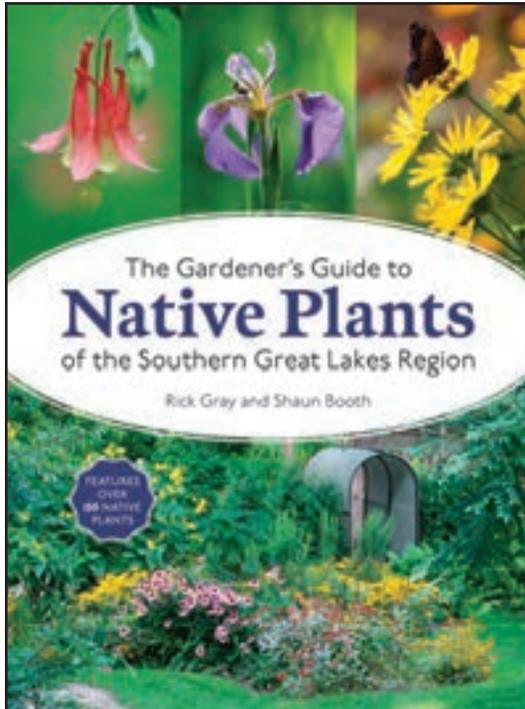
- In this perpetual night, survival is a matter of being able to understand and process light signals, some in different colors, some flashing, some faint — the most sophisticated use of bioluminescence on Earth. The sea creatures here are small with big eyes and even larger mouths with extraordinarily sharp teeth.

### Part 3. The Continental Shelf to the Abyssal Plain: The Bottom Dwellers

- This bottom of the sea has fewer fish, and is populated by such alien-like creatures as no-eyed or tripod fish, sea cucumbers, as well as basket stars, crabs, and worms with species varying by depth and location.

The photographs were taken in the ocean by expert divers and submariners, most of whom are both scientists and underwater photographers. The images display the creatures vividly against a background as black as the ocean depths.

**Erich Hoyt** has spent much of his life on or beside the sea, working with whales and dolphins and marine conservation in the world’s oceans. A noted conservationist and scientist and an award-winning author, he has written 24 books including the acclaimed *Orca: The Whale Called Killer*, *Creatures of the Deep*, *Encyclopedia of Whales, Dolphins and Porpoises*, and the children’s books *Weird Sea Creatures* and *Whale Rescue*. He lives in Dorset, England.



# THE GARDENER'S GUIDE TO NATIVE PLANTS OF THE SOUTHERN GREAT LAKES REGION

Rick Gray and Shaun Booth

Gardening with native plants is perhaps the fastest-growing sector in the gardening world. More and more gardeners are discovering the pleasure and benefits of growing native plants, particularly for our dwindling pollinator and bird populations. *The Gardener's Guide to Native Plants of the Southern Great Lakes Region* is unique in that it distills all the information essential for growing 150 species of garden-worthy native plants into a single, at-a-glance guide.

For each profiled plant, this informative guide tells you:

- What conditions the plant needs for soil type, moisture and light
- How big the plant will get, when the plant will be in bloom and what color the flowers will be
- How to propagate the plant
- Which pests a plant may be susceptible to
- Which USDA Plant Hardiness Zones it grows in
- The Species At Risk status of the plant in Ontario, Indiana, Michigan, New York, Ohio and Pennsylvania
- What the wildlife value of the plant is, including whether it is a host for butterfly and moth caterpillars.

A detailed description of the plant along with photos of the flower, leaf and seed head or berry help you to easily identify each plant. Unique to this book, a detailed map of the native range of the plant within the southern Great Lakes region — including Ontario, Indiana, Michigan, New York, Ohio and Pennsylvania — helps to ensure success in the garden.

A thorough introductory section covering subjects like shade requirement, naming conventions, plant hardiness zones and more, as well as a common name index and handy tables for quick reference, round out this comprehensive volume. Perfect for both armchair reading and trips to the nursery, *The Gardener's Guide to Native Plants of the Southern Great Lakes Region* will be your go-to reference on native plants.

**Rick Gray** is an avid gardener who over the years has created a fully native garden with over 300 species of native plants. He has a background in sales and marketing, which he taught at the community college level, as well as a bachelor's degree in Natural Resources Management and a masters in Environmental Biology. His website — [NativePlantGardener.ca](http://NativePlantGardener.ca) — features blogs, book reviews on native plant gardening books, and Plant of the Month articles.

**Shaun Booth**, who has a background in ecosystem management, runs an ecological garden design company and native plant nursery called In Our Nature. He uses his knowledge and experience to promote the benefits of native gardening through webinars, volunteering and his Ontario Native Plant Gardening Facebook group, which has over 22,000 followers. His website — [InOurNature.ca](http://InOurNature.ca) — gets about 4,000 hits a month.

FIREFLY BOOKS

978-0-2281-0460-5  
flexibound \$45.00  
Ctn qty:

MARCH

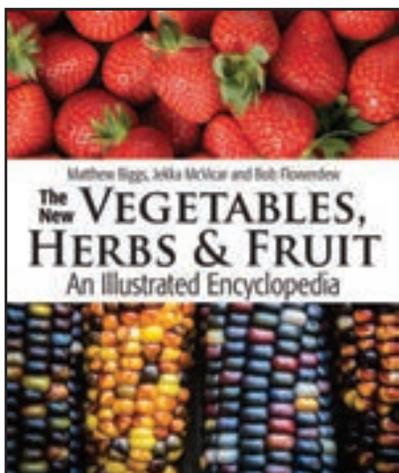
352 pages  
7.5 × 10  
over 500 color  
photographs, tables,  
common name index,  
further reading, range  
maps

Rights: World





## Essential gardening titles



### THE NEW VEGETABLES, HERBS AND FRUIT

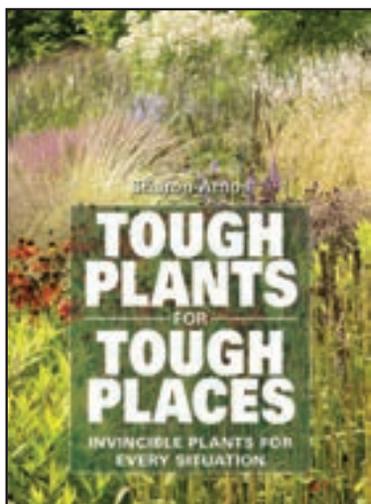
Matthew Biggs, Jekka McVicar and Bob Flowerdew

*“These three amazing authors have put together a must-have book for any vegetable grower.”*

— **Washington Gardener**

This new edition of the huge, classic reference *Vegetables, Herbs and Fruit* is updated in design — with more and better color — and expanded by 60 pages, covering a total of 70 vegetables, 100 herbs and 100 popular fruits. The most current information on plant varieties and cultivation techniques make it the essential sourcebook for all food gardeners, especially for anyone who wants to grow their own produce and who feels that they could use some expert advice.

704 pages · 9 × 10½ · 978-1-77085-798-8 · \$65.00 hardcover  
Rights: U.S. & Canada



*2nd Edition*

### TOUGH PLANTS FOR TOUGH PLACES

*Invincible Plants for Every Situation*

Sharon Amos

*A book gardeners need with climate change upon us.*

Few gardens have perfect growing conditions. Invariably, there's a corner too shady, wet, windy or dry. The solution: a tough plant. Unkillable. One that will shrug off the worst conditions, and even thrive despite them.

*Tough Plants for Tough Places* is an easy-to-use, fully illustrated guide to more than 100 virtually unkillable plants for your garden — whatever the growing conditions.

160 pages · 6¼ × 9 · 978-0-2281-0423-0 · \$24.95 paperback  
Rights: U.S. & Canada



### GARDEN DESIGN

*A Book of Ideas*

Heidi Howcroft and Marianne Majerus

*“Paging through the exquisite photographs in this coffee-table book is like being given a sneak peek into some of the world's most gorgeous private outdoor space.”* — **Publishers Weekly**

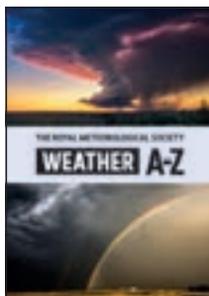
This is a must-have visual reference for garden owners, with over 600 images of gardens and garden elements along with incisive advice on garden design. Through the pictures and words, it takes readers from concept to execution of a personalized garden built on sound design principles.

320 pages · 9½ × 11 · 978-1-77085-874-9 · \$39.95 paperback  
Rights: U.S. & Canada

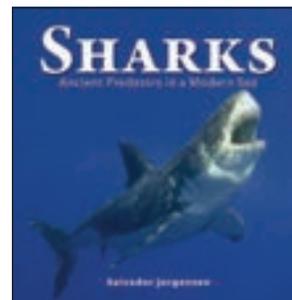
## Essential nature titles



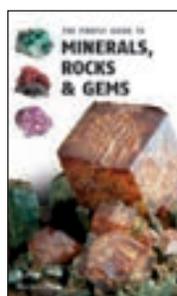
**Weather**  
by The Royal Meteorological Society  
192 pages · 10 × 10  
978-0-2281-0394-3 \$35.00  
plastic-laminated hardcover with jacket  
Rights: U.S. & Canada



**Weather A-Z**  
by The Royal Meteorological Society  
160 pages · 6¼ × 9  
978-0-2281-0396-7 \$19.95  
paperback  
Rights: U.S. & Canada

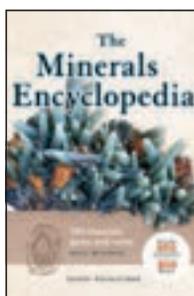


**Sharks**  
Ancient Predators in a Modern Sea  
by Salvador Jorgensen, PhD  
256 pages · 10 × 10  
978-0-2281-0080-5 \$29.95  
paperback  
Rights: World



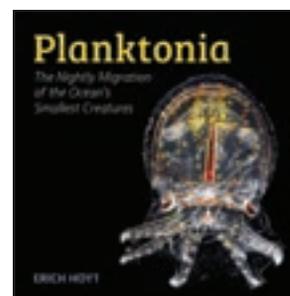
2ND PRINTING

**The Firefly Guide to Minerals, Rocks & Gems**  
by Rupert Hochleitner  
256 pages · 4½ × 7½  
978-0-2281-0228-1 \$19.95  
flexibound with flaps  
Rights: World English

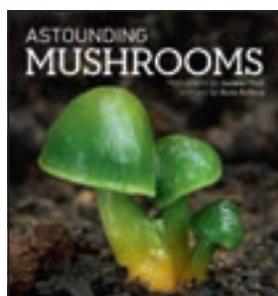


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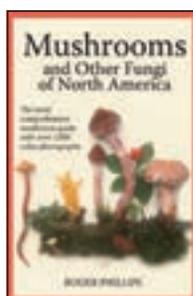
**The Minerals Encyclopedia**  
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448 pages · 5¼ × 7¾  
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sewn paperback with flaps  
Rights: World English



**Planktonia**  
by Erich Hoyt  
176 pages · 10 × 10  
978-0-2281-0383-7 \$35.00  
plastic-laminated hardcover with jacket  
Rights: World

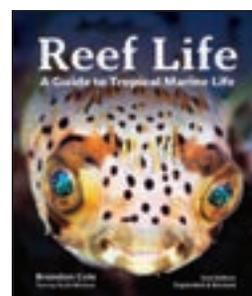


**Astounding Mushrooms**  
by Alain Bellocq  
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978-1-77085-574-8 \$24.95  
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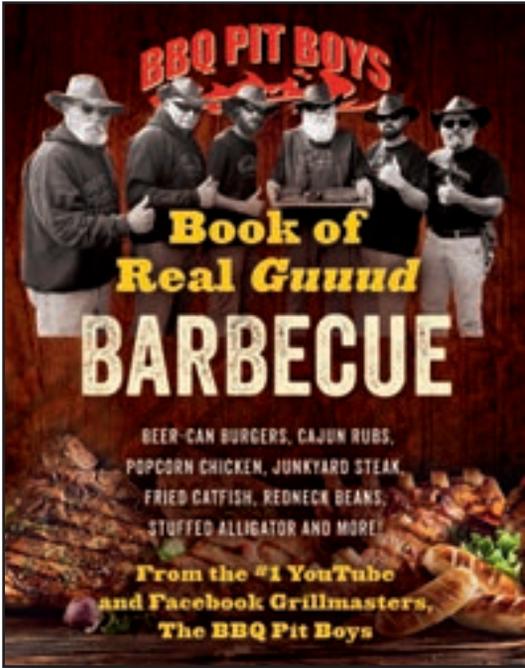


7TH PRINTING

**Mushrooms and Other Fungi of North America**  
by Roger Phillips  
384 pages · 6 × 9  
978-1-55407-651-2 \$29.95  
paperback  
Rights: World



**Reef Life**  
by Brandon Cole  
656 pages · 6¼ × 7  
978-0-2281-0294-6 \$39.95  
paperback  
Rights: World



## THE BBQ PIT BOYS BOOK OF REAL GUUUD BARBECUE

*Beer-Can Burgers, Cajun Rubs, Popcorn Chicken, Junkyard Steak, Fried Catfish, Redneck Beans, Stuffed Alligator and More!*  
BBQ Pit Boys

With over 2.2 million subscribers, and more than 1 billion views, the BBQ Pit Boys are by far the most-watched barbecue cooks on YouTube. And they are Facebook’s #1 BBQ show.

They have millions of people in their online BBQ “community” — the largest in the world — and there are good reasons for that.

Dressed casually in black T-shirts, jeans and sunglasses, the BBQ Pit Boys are the antithesis of your typical cooking-show host with their usual fast patter and gleaming kitchen countertops. Instead they show backyard grillers how to make great BBQ with a few simple elements: charcoal, a grill, a sharp knife and marinades or rubs. And they do it in a low-key, Southern-inflected and confident way, with blues music in the background and an average-joe script.

Their videos have taught millions of people how to grill and slow-barbecue steaks, fish, pork shoulder, lamb and sides like onion wedges and ears of corn — and make it fun. Those viewers go back to the BBQ Pit Boys content over and over. They are a loyal audience who will strongly identify with a book.

*The BBQ Pit Boys Book of Real Guuud Barbecue* is their first book, derived from the thousands of recipes and live-action infotainments featured on their YouTube channel. It contains recipes and methods for almost every backyard griller’s experience and desires, with full-color photos throughout and a design that will resonate with the BBQ Pit Boys’ identity and appeal.

Ready for the prime barbecue season, Mother’s and Father’s Day, and any time you’d like to learn how to make “guuud eatin,” this will be a solid choice for summer fun.

### BBQ Pit Boys’ media statistics:

- Five million+ followers on all platforms
- Number one for all things BBQ on Facebook and YouTube
- In the top 5 percent of all channels on YouTube
- Five million views per month
- Hosts the largest BBQ community in the world, with hundreds of thousands of views and posts each month
- Referenced on 20,000 blogs and thousands of forums.

FIREFLY BOOKS

978-0-2281-0511-4

paperback \$29.95

Ctn qty:

256 pages in color

8 × 10

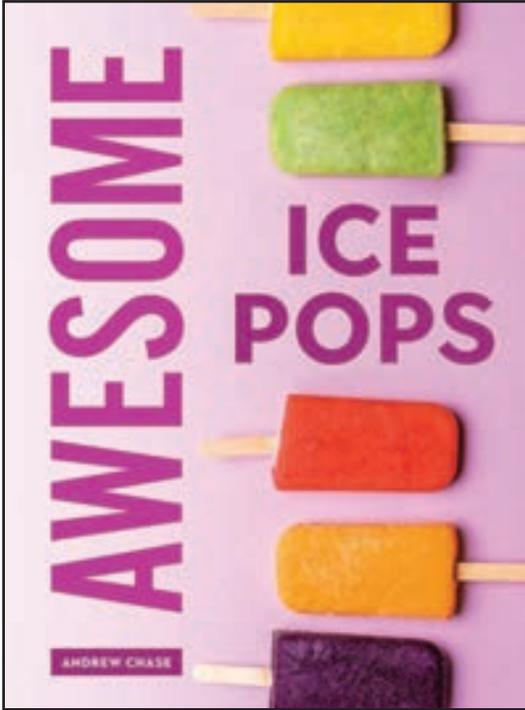
200+ color photographs

Rights: World English

MAY







## AWESOME ICE POPS

70 Cool Treats

Andrew Chase

*From fruity to boozy, there's enough variety in Awesome Ice Pops to keep you and every member of your family experimenting all summer long!*

Making your own ice pops is one of the easiest ways to create mouth-watering homemade treats. The world's favorite hot-weather pick-me-up can satisfy every craving, from fresh and fruity to rich and creamy.

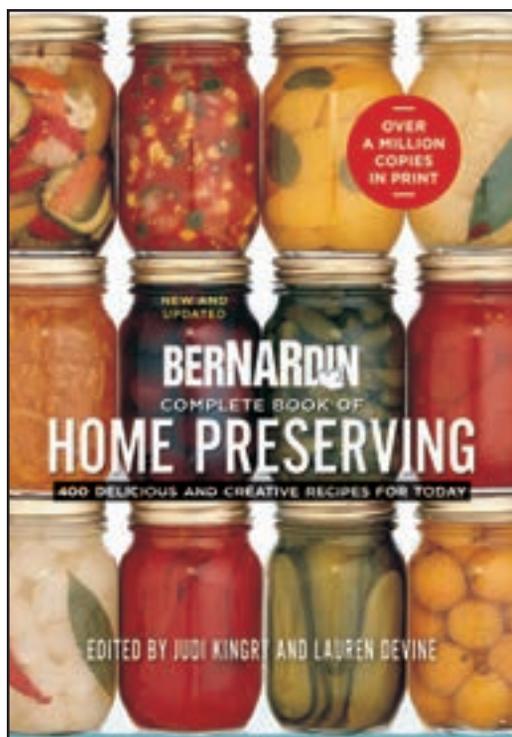
This tantalizing collection contains a wide range of recipes, including tastier versions of old standards like Fudge Ice Pops and Orange Cream Ice Pops to globally inspired flavors, like Hong Kong Milk Tea Ice Pops and Strawberry Lassi Ice Pops, and even cocktail-inspired ice pops (Margarita Ice Pops, anyone?). With recipes to appeal to kids and adults alike, this book provides a super-fun and easy, not to mention delicious, way to cool off.

**Andrew Chase** was the food editor of two leading magazines for more than a decade. A critically acclaimed chef and food writer, he focuses on authentic and creative international cooking, with a particular interest in Chinese and other Asian cuisines.

ROBERT ROSE 176 pages  
 978-0-7788-0719-3 7.5 x 10  
 paperback \$24.95 full-color photography  
 Ctn qty: Rights: World

MAY





**UPDATED FOR CANADA**

## BERNARDIN COMPLETE BOOK OF HOME PRESERVING

*400 Delicious and Creative Recipes for Today*

*From the experts, the updated bible in home preserving*

*The Bernardin Complete Book of Home Preserving* is the bestselling home preserving book in the world and it's been updated again!

### What's new?

- New information and changes throughout the book reflect the best in current standards from the experts at Bernardin.
- Every updated recipe has been thoroughly tested and refined by the quality engineers at Bernardin.
- All changes make the book – which already has over a million copies in print – easier to use and an even better resource for home preservers.

Bernardin Home Canning Products are the gold standard in home preserving supplies. Their trademark jars are on display in stores every summer from coast to coast. Bernardin has more than a 90% market share.

This bible from the experts on home preserving is an obvious companion to their products. And there is a new generation ready to try out home preserving. *The Bernardin Complete Book of Home Preserving* is just what they need to get started.

### What's inside?

- The broadest selection of 400 innovative recipes. Home cooks can choose from 36 jams, 24 jellies, 15 salsas, 17 relishes, 51 pickle recipes, 22 tomato recipes, plus fruit spreads, savory sauces, chutneys and more.
- Comprehensive directions on safe canning and preserving methods plus lists of required equipment and utensils.
- A specific section for first-timers and handy tips for the experienced, with solutions to every home canning problem.
- A produce purchase guide and an extensive glossary that identifies everything that might need explaining.

**Judi Kingry** honed her skills and passion for preserving as the Marketing and Consumer Services Manager at Bernardin®.

**Lauren Devine** has experience as a Product Research and Test Kitchen Scientist at Ball® Fresh Preserving.

**Sarah Page** brings her knowledge and expertise to this updated edition. She has experience as the Culinary Marketing Manager for Ball® Fresh Preserving.

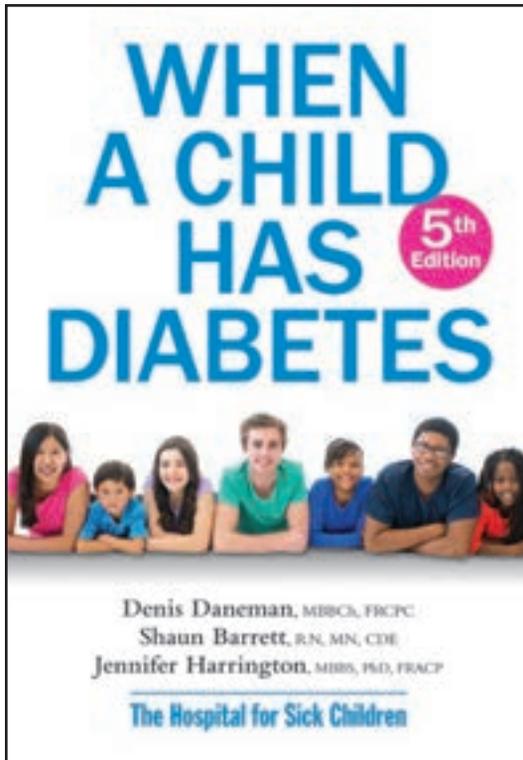
ROBERT ROSE 496 pages  
 978-0-7788-0137-5 7 × 10  
 paperback \$29.95 48 full-color photographs,  
 Ctn qty: 16 index

AVAILABLE Rights: Canada



Also available in 6-copy 978-0-7788-0289-1  
 paperback display: 6-copy paperback  
 display: \$179.70  
 Ctn qty: 1





**5th EDITION**

**WHEN A CHILD HAS DIABETES**

Denis Daneman, Shaun Barrett, Jennifer Harrington

*An updated and revised 5th edition of one of the most highly respected resources on juvenile diabetes, from the Diabetes Team at the world-renowned Hospital for Sick Children*

The Center for Disease Control and Prevention reports that, annually, more than 200,000 US and Canadian children are diagnosed with juvenile diabetes. For the parents and caregivers of the children diagnosed with juvenile diabetes every year, the key to successful diabetes management is to learn as much as possible about diabetes from a trusted and reliable source. Armed with this knowledge, they will be able to improve quality of life for both their children and themselves.

This updated and revised 5th edition offers the latest medical expertise, based on current research and standards for diagnosis, and features an even more user-friendly format, case studies, charts and Q&A sections.

A must-have for anyone caring for a child with diabetes, **When a Child Has Diabetes** covers the causes of diabetes, current and evolving treatments, blood glucose management, meal planning, associated conditions, strategies for adjustment and much more. With its friendly, approachable style, this comprehensive and supportive guide will help parents and children learn the hands-on skills needed for at-home diabetes care so they can all live happy, healthy lives.

**Denis Daneman**, OC, MBBCh, DSc(Med), FRCPC, FFPAED(Hon) RCPI, is Professor and Chair Emeritus at the Department of Pediatrics, University of Toronto, and Pediatrician-in-Chief Emeritus at The Hospital for Sick Children (SickKids). He is an officer of the Order of Canada.

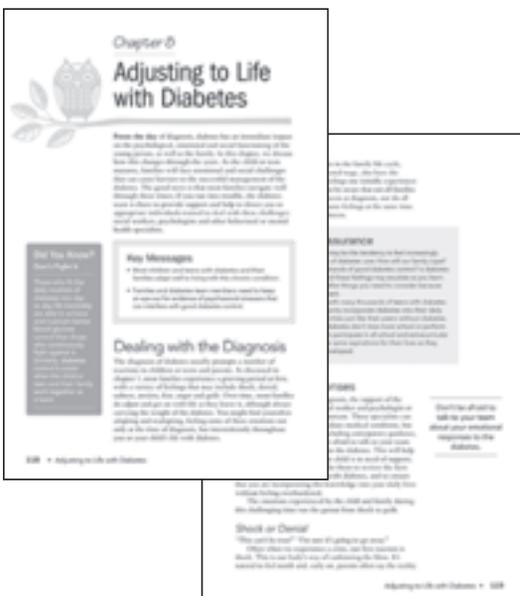
**Shaun Barrett**, RN, MN, CDE, is a Clinical Nurse Specialist and Certified Diabetes Educator, who has been a part of the SickKids Diabetes Team for more than 20 years.

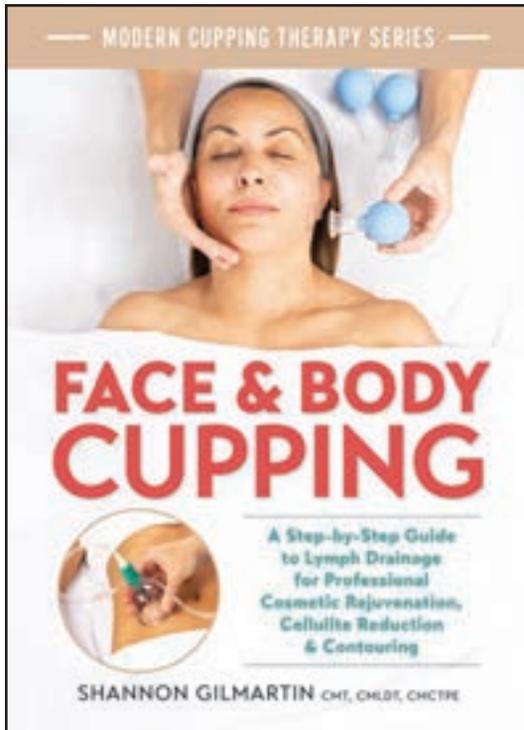
**Jennifer Harrington**, MBBS, PhD, FRACP, is a Pediatric Endocrinologist at the Women’s and Children’s Hospital in Adelaide, Australia. She previously was a member of the SickKids Diabetes team for 10 years.

ROBERT ROSE                      240 pages  
 978-0-7788-0717-9                7 × 10  
 paperback \$29.95                B&W, includes graphs  
 Ctn qty:                                and charts  
  
 MARCH                                Rights: World



Previous edition (paperback): 978-0-7788-0613-4





## FACE AND BODY CUPPING

*A Step-by-Step Guide to Lymph Drainage for Professional Cosmetic Rejuvenation, Cellulite Reduction and Contouring*

Shannon Gilmartin, CMT, CMLDT, CMCTPE

*This book teaches the best and safest professionally applied, therapeutic methods for face cupping for cosmetic rejuvenation and body cupping for cellulite reduction and contouring.*

Cupping has become one of the most popular therapeutic tools employed by acupuncturists, massage therapists, physical therapists, athletic trainers and estheticians. When done correctly, cupping offers a whole new dimension of therapeutic benefit from muscle relief and stress reduction to treatment of more complicated, pathological conditions, the healing effects of cupping are as diverse as its variety of applications. And with this wonderful range of therapeutic potential comes one of the most popular adaptations of cupping currently known the world over: cupping for cosmetic benefit.

Author Shannon Gilmartin's internationally recognized teaching program includes her first book, *The Guide to Modern Cupping Therapy*. In this new book, **Face and Body Cupping**, Shannon has created a program for educating bodywork professionals and cupping practitioners.

This book examines the effects of cups, the physical responses they evoke, and the relative anatomy involved with cupping for esthetic purposes, specifically the integumentary, circulatory and muscular systems. Step-by-step photographs and detailed information outline the different types of cupping equipment, using cups on the body, how to use cups on the body for esthetic purposes and what to do before and after for maximum benefit.

**Shannon Gilmartin** is a certified massage therapist, certified manual lymph drainage practitioner and certified modern cupping therapy practitioner and educator. Author of *The Guide to Modern Cupping Therapy*, she has over 20 years of experience in therapeutic bodywork. She has taught all over the United States and abroad and practises in Virginia Beach.

ROBERT ROSE

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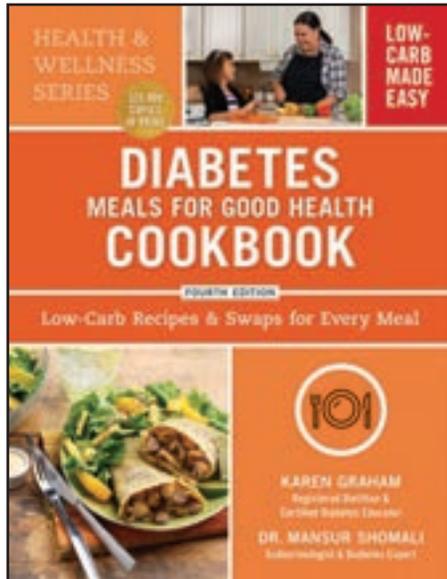
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## Important Diabetes books



**4th EDITION**

### DIABETES MEALS FOR GOOD HEALTH COOKBOOK

*Low-Carb Recipes & Swaps for Every Meal*  
Karen Graham and Dr. Mansur Shomali

This 4th edition of the cookbook companion to Karen Graham's best-selling *Complete Diabetes Guide* includes all the most up-to-date dietary information for those living with diabetes or prediabetes. Recent CDC reports indicate that over 37 million Americans have diabetes and another 96 million have prediabetes. Trending fad diets like keto and Atkins have been used to help people with diabetes manage their caloric intake and lose weight. However, these restrictive diets are challenging to maintain and may lead to future health concerns.

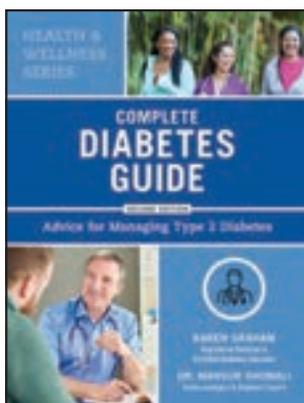
This book presents clear instructions and an easy-to-follow meal plan for safely transitioning to a healthy, sustainable low carbohydrate diet.

**Karen Graham**, RD, CDE is a Registered Dietitian, Certified Diabetes Educator and nutrition counsellor with over 30 years of specialization in the management and treatment of diabetes. She lives in British Columbia, Canada, where she works as a Public Health Dietician.

**Mansur Shomali**, MD, CM, is a physician, researcher and educator specializing in endocrinology, diabetes and metabolism. He resides near Baltimore, Maryland.

ROBERT ROSE                      288 pages  
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**Diabetes Essentials**  
by Karen Graham, RD, CDE  
and Dr. Mansur Shomali,  
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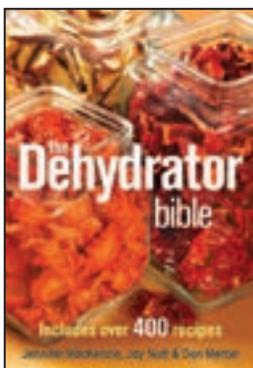
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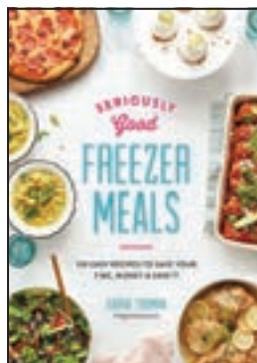
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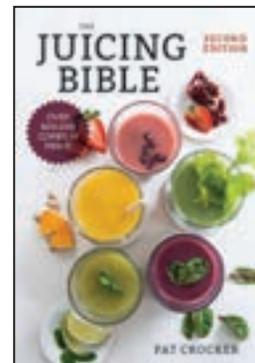
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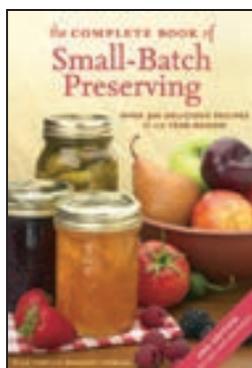
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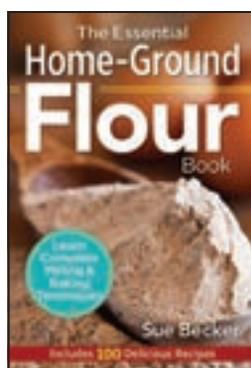
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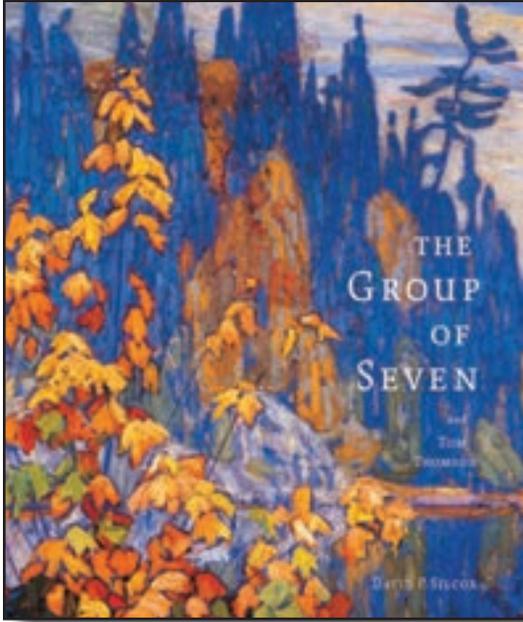
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**BACK IN PRINT**

**THE GROUP OF SEVEN AND TOM THOMSON**

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*“Silcox [is] a wonderfully lucid stylist... this definitive volume presents 400 supreme color reproductions... covering the entire spectrum of the proficient and prolific group’s magnificent output ... every painting is vibrantly, radiantly, and gloriously alive: a veritable hymn to life.”*

— Booklist

At a critical time in Canada’s history, the Group of Seven revolutionized the country’s appreciation of itself by celebrating Canada as a wild and beautiful land. These paintings of the wilderness evoke the same response in viewers today as they did when first exhibited.

This paperback edition of *The Group of Seven and Tom Thomson* is more affordable yet as complete as the celebrated original hardcover edition. This award-winning bestseller includes many never-before-reproduced paintings and presents the most complete and extensive collection of these artists’ works ever published. The 400 paintings and drawings reveal the remarkable genius of all 10 painters who, at some point, were part of the movement. Tom Thomson, who died before the Group was established, was always present in the public mind.

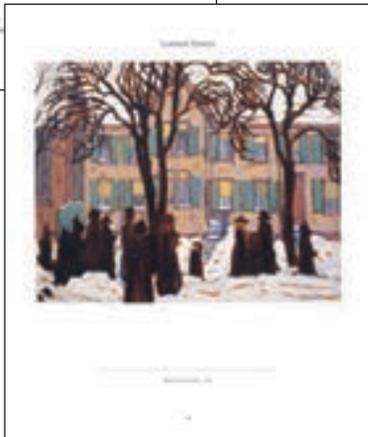
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MARCH

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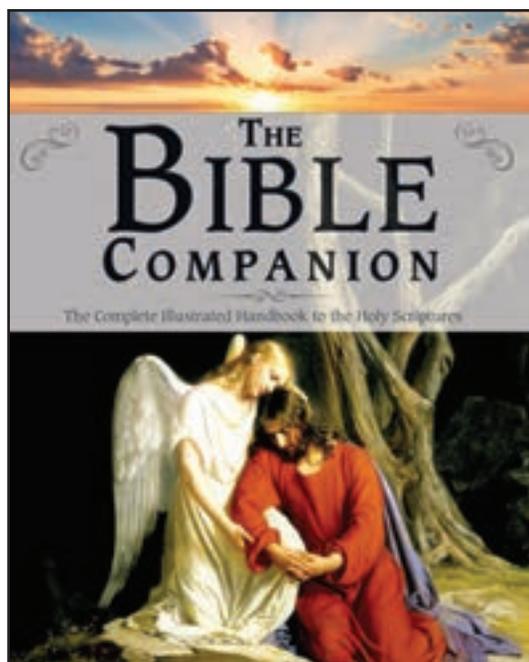
The artwork is organized by the various regions of Canada, with additional sections on the war years and still-life paintings. Introductory essays provide a context for a greater understanding and appreciation of Canada’s most celebrated artists.

**David P. Silcox**, former managing director of Sotheby’s Canada, is an art historian, a cultural administrator and a senior fellow at Massey College. He is also widely recognized for his writings on the artists David Milne, Christopher Pratt and Jack Bush.

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## THE BIBLE COMPANION

*The Complete Illustrated Handbook to the Holy Scriptures*

Barbara Calamari

The Bible — considered the sacred word of God by many in the Western world — consists of 66 different books composed by a diverse group of prophets, kings, statesmen, shepherds, poets, tax collectors, musicians, fishermen and priests.

Spanning a time period of about 1,600 years, written in Hebrew, Aramaic and Greek, the Bible begins at the dawn of creation and ends with the apocalypse and the Last Judgment. Containing poetry, stories, proverbs, historical narration, laws and prophecy, many believers of many faiths find the Bible to be an invaluable source book for solving practical everyday problems and dilemmas as well as comfort in difficult times.

*The Bible Companion* seeks to demystify this sacred text, giving context and analysis to the stories and enriching one's reading experience of the Bible.

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From the Pentateuch — Genesis, Exodus, Leviticus, Numbers and Deuteronomy — through the books of Joshua, Judges, Kings and Prophets, each book of the Old Testament is described, analyzed for its special significance, accompanied by famous artworks and further enriched by sidebars that explain the money and measurements of the day, prayers and prayer books, and landmarks like Solomon's temple.

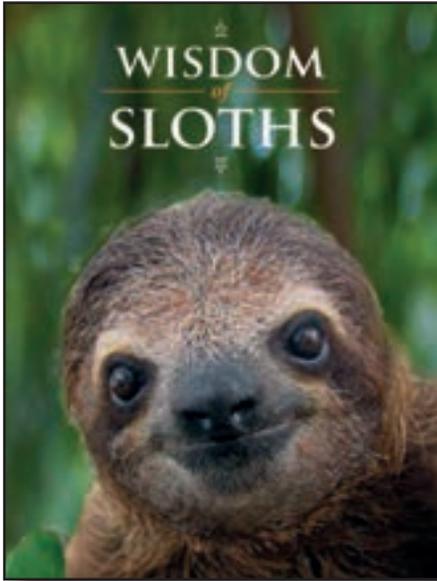
The New Testament section begins with a survey of life in the time of Jesus, followed by the Gospels according to the saints Matthew, Mark, Luke and John, the Chronology of the gospels, and the Epistles.

Some of the most interesting religious artworks ever created accompany every book, and extra spreads and sidebars discuss the Dead Sea Scrolls, Bethlehem and Nazareth, and contain maps of the Eastern Mediterranean.

This book will give many hours of pleasurable reading and browsing, but also unlock relationships, chronologies and philosophies as they change through the stories and the writers of the Bible.

**Barbara Calamari** is a freelance writer who has worked in film and television. She lives in New York City.





# WISDOM OF SLOTHS

Compiled by Lisa Purcell

*"Whenever I feel the need to exercise, I lie down until it goes away." —Paul Terry*

*If ever a book could lift your spirits and make you smile — this is it!*

*Wisdom of Sloths* is a wise and whimsical book that passes along optimistic and heartfelt messages about idleness and energy, hopes of sleep and dreams.

*"When the going gets tough, the tough take a nap." —Tom Hopkinson*

Here for the first time, charming images of this entertaining animal are presented with an inspiring compendium of wise words and wits through the ages.

*"I've heard that hard work won't kill anyone. But why take the chance?" —W.C. Fields*

The pairing of quotations and images will turn the grumpiest frown upside down. Make somebody smile today with *Wisdom of Sloths*.

*"Never put off till tomorrow what may be done the day after tomorrow, just as well." —Mark Twain*

**Lisa Purcell** is a writer and editor with a degree from Princeton University. She specializes in wellness, exercise and anatomy books. She lives in New York City.

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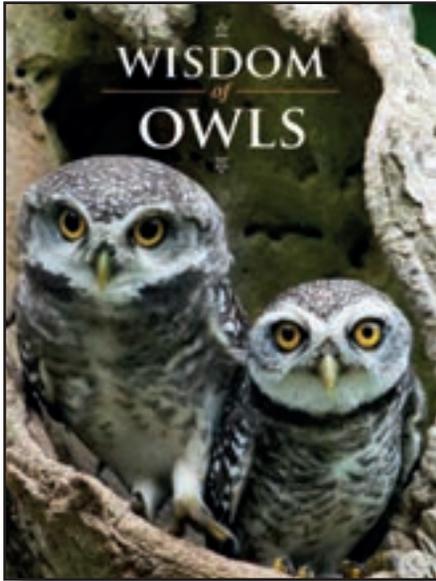
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full color throughout

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FEBRUARY





## WISDOM OF OWLS

Compiled by Lisa Purcell

*“It’s all in the eyes: those magnificent piercing optics are what make all owls look like they are deep in concentrated scrutiny and steeped in long-lost knowledge.” — Matt Swell*

With their big round eyes and intense gaze, owls have long captured our hearts and imaginations. Here, charming images of these mysterious nocturnal raptors are presented with an inspiring compendium of wise words and wits throughout the ages. The pairing of quotations and images will turn even the grumpiest frown upside down. **Wisdom of Owls** makes the perfect present for a forlorn friend, a perky pal, a loved one or even yourself — no matter what the mood.

People quoted include Toni Morrison, C.S. Lewis, Maya Angelou, Abraham Lincoln and, one of the great invokers of owls, William Shakespeare.

*“Those who are easily shocked should be shocked more often.” — Mae West*

Make somebody smile today — with the delightful **Wisdom of Owls**.

**Lisa Purcell** is a writer and editor with a degree from Princeton University. She specializes in wellness, exercise and anatomy books. She lives in New York City.

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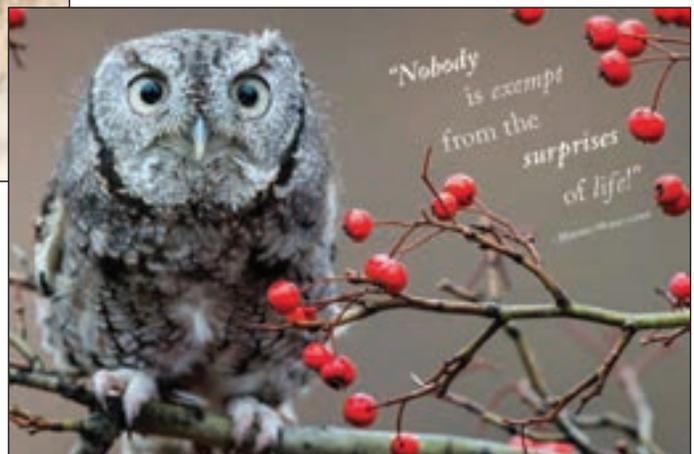
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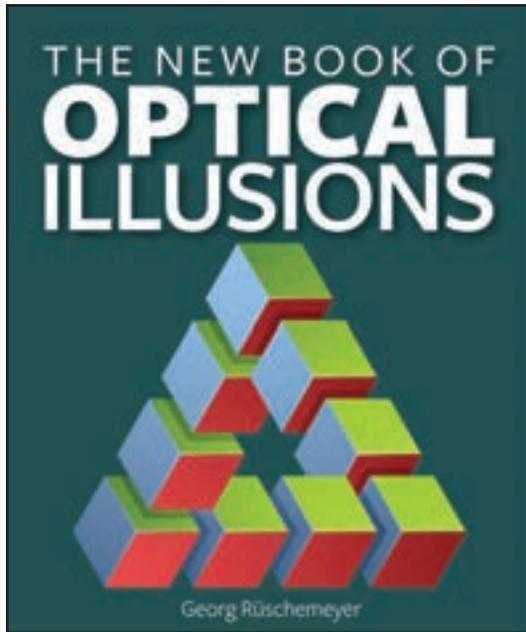
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MARCH





**BACK IN PRINT**

**THE NEW BOOK OF OPTICAL ILLUSIONS**

Georg Rüschemeyer

*How 33 ancient, familiar and new optical illusions work, with 150 examples.*

**The New Book of Optical Illusions** is a mind-bending collection of 150 of the most significant optical phenomena, loosely grouped into 33 chapters according to particular visual effect.

An optical illusion has two elements. One is the perceived illusion, what you see. It may be merging lines, moving shapes or conflicting sizes. The other element is the scientific explanation or neuronal basis of the illusion. Here enters **The New Book of Optical Illusions**, which describes the latter — the science of an optical illusion.

Concise text describes the history of the optical illusions and their origin. Some are ancient (like a 3D Roman mosaic in a 2nd-century BC home on Malta) and others are modern (like emoticons and street art). There are rarely seen phenomena, works by great illusionists, like M.C. Escher, and well-known illusions like the Impossible Triangle and the Albert Einstein/Marilyn Monroe portrait.

Some of the illusions are:

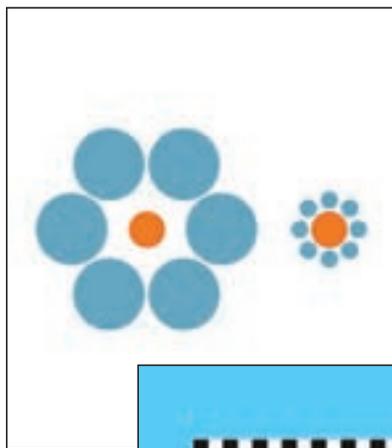
- Seeing Things That Are Not There — Discovered on a BBC studio wall in the 1950s, this illusion involves shadows that seem to flit up and down along columns of stripes. Apparently the number of identical lines causes the brain to lose proper focus on what it is seeing.
- Flashes from the Corner of the Eye — The Scintillating Grid is a variation of the classic Hermann Grid first described in 1870. In this illusion, circles in an intersecting grid disappear and reappear elsewhere. It is a complex effect rooted in lateral inhibition, which increases the contrast between light and dark in the retina.

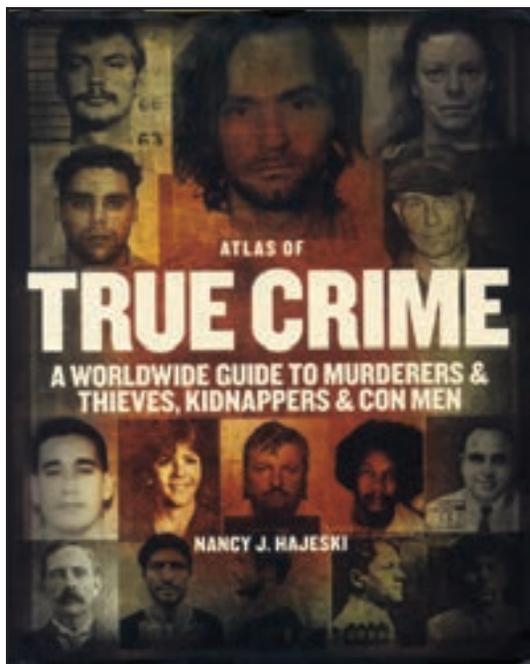
Perfect for young and adult readers and enthusiasts of optical illusions, this is a great selection for circulating collections and retail customers.

**Georg Rüschemeyer** is a freelance journalist. He studied biology in Germany and at the University of Colorado. He is now working for leading German magazines, including *GEO*, *Frankfurter Allgemeine Zeitung*, and others. He lives in England.

FIREFLY BOOKS  
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 200 full color illustrations throughout  
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## ATLAS OF TRUE CRIME

*A Worldwide Guide to Murderers and Thieves, Kidnappers & Con Men*

Nancy J. Hajeski

*“Crime is a fact of the human species, a fact of that species alone.” –Georges Bataille, French philosopher*

Interest in criminal behavior continues to flourish.

The worse the crime and the greater the notoriety of the perpetrator, the more the public yearns to digest every detail.

*Atlas of True Crime* offers a wide-ranging survey of the criminal underworld from the 1850s to the present, providing illustrated histories of dozens of infamous individuals who have left their mark on society—in the darkest ways possible.

Profiled are the apex serial killers: John Wayne Gacy, Ted Bundy and David Berkowitz; the cannibals: Jeffrey Dahmer, Ed Gein and Albert Fish; and the spree killers like Richard Speck, Charles Whitman and Charles Manson; plus murderers and cannibals from around the world.

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approx. 800 color and  
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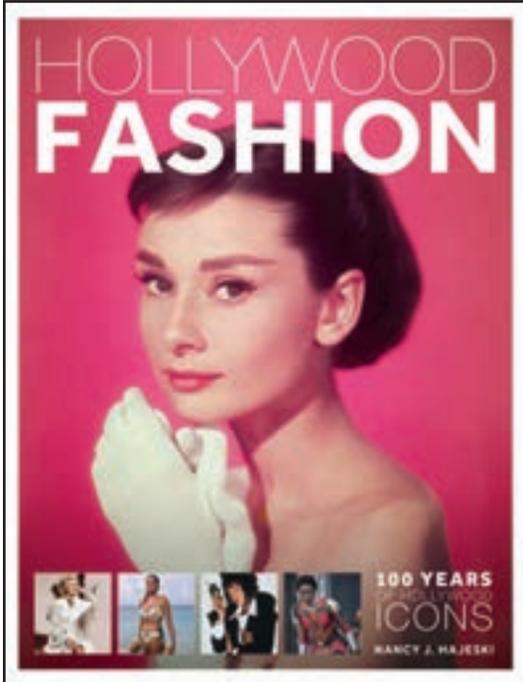
Other contents include:

- Crimebusters and the history of policing
- The advent of forensic science
- Bootleggers and bank robbers
- Top crime bosses of the past century
- Unsolved murders and Hollywood homicides
- Romances gone wrong
- A look into the minds of serial killers
- Notorious Asian, European and South American killers
- Kidnappers
- Big robberies and grand thefts
- White collar criminals and embezzlers.

Filled with striking archival photos in a full-color design with full-color maps, this expansive volume will fascinate true-crime buffs everywhere.

*New York Times* bestselling author **Nancy J. Hajeski** has written about a variety of subjects, including nature, history, biography and health. She is the author of *Hollywood Fashion: 100 Years of Hollywood Icons*, *Beatles: Here, There and Everywhere* and *Ali: The Official Portrait of the “Greatest.”* Hajeski lives in the Catskill Mountains of New York.





## HOLLYWOOD FASHION

*100 Years of Hollywood Icons*

Nancy J. Hajeski

**Hollywood Fashion** explores the art and legacy of the cinematic costume designer, starting with the birth of the modern motion picture industry on a prime piece of California real estate known as Hollywood.

Readers will discover how film clothing evolved from actors selecting items from their home wardrobes to outfits customized for their roles — everything from suits of armor to ball gowns to office attire to lingerie, all created by a studio designer and a dedicated staff of costumers.

They will also encounter the actresses from each decade who displayed a distinct fashion sense, on and off the screen — women who made the costumer’s job less demanding by embodying the character and evoking the time, place and circumstances the designer wished to portray.

“Feature spreads” throughout the chronological chapters include:

- Style makers: offering biographies of the legendary designers and showcasing their most outstanding creations
- Style trends: exploring the social movements and cultural phenomena that affected movie costumes and further influenced how America — and the world — dressed
- Album of trendsetters: highlighting red carpet fashions and introducing the fans’ favorite Blondes, Brunettes and Redheads
- Men of the decade: showing how male actors used fashion — contemporary, historical or futuristic — to create a character or enhance ambience.

**Hollywood Fashion** will leave readers with a wider understanding of film costuming and an increased appreciation for the men and women who clothed the stars — and made the spellbinding world of the American cinema memorable.

*New York Times* bestselling author **Nancy J. Hajeski** has written about a variety of subjects, including nature, history, biography and health. She is the author of *Atlas of True Crime: A Worldwide Guide to Murderers and Thieves, Kidnappers & Con Men*, *Beatles: Here, There and Everywhere* and *Ali: The Official Portrait of the “Greatest.”* Hajeski lives in the Catskill Mountains of New York.

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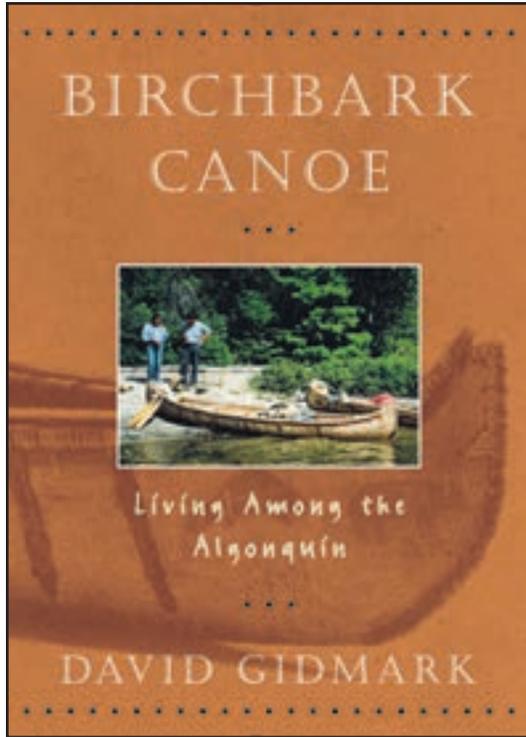
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MARCH







**BACK IN PRINT**

**BIRCHBARK CANOE**

*Living Among the Algonquin*  
David Gidmark

Discover the dying art of birchbark canoe building as seen through the eyes of someone who is passionate about it. In this book David Gidmark tells the story of the building of a traditional birchbark canoe and his apprenticeship learning the skills and the language of the Algonquin of western Quebec.

Through learning how to do (how to strip the bark from the tree, fashion gunwales from the cedar logs, carve the ribs with a crooked knife and sew the huge sheets of bark onto the frame with spruce root), David Gidmark learns how to see the wilderness and relate to it in Algonquin ways that are very different from ours. As his knowledge increases, so does his respect for the culture and wisdom of native peoples.

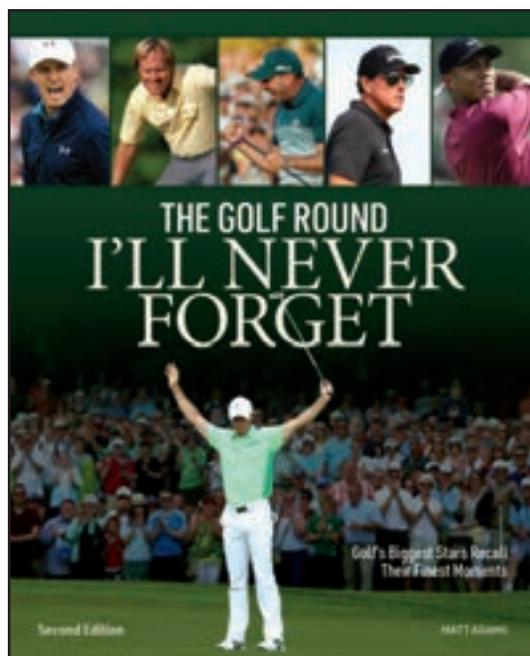
Part way through this odyssey, he meets his future wife, Ernestine, a young Ojibway woman who was taken at the age of five from her family and placed in a residential school. As she and David made a life together in the woods, she was able to begin relearning her language and culture.

**FIREFLY BOOKS**                      224 pages  
**978-0-2281-0477-3**                    6.75 × 9.375  
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 Ctn qty:                                    b&w photographs,  
     illustrations  
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**David Gidmark** teaches canoe building in Wisconsin, New York, Tahiti and Quebec. His previous books include *Building a Birchbark Canoe*. Gidmark and his wife live in Maniwaki, Quebec.





**2nd EDITION — WITH 32 MORE PAGES**

## THE GOLF ROUND I'LL NEVER FORGET

*Golf's Biggest Stars Recall Their Finest Moments*

Matt Adams

With careers that often span decades — and with most tournaments determined after four 18-hole rounds — golfers have a lot to consider when choosing a single, stand-out round as the one they'll never forget. Even so, there is always one that leaps to mind for these legends of the links.

From famous firsts to courageous comebacks, golf's best interviewer, Matt Adams, compiles over 50 incredible rounds from some of golf's best and brightest stars.

In *The Golf Round I'll Never Forget*, readers will march the final round at Cherry Hills with Arnold Palmer for his remarkable 1960 U.S. Open comeback win. Similarly, they will revel in the 46-year-old Jack Nicklaus' come-from-behind victory at the 1986 Masters. And, of course, most will vividly recall the Tiger Slam — the unforgettable rounds by Tiger Woods that encompassed the never-before-achieved feat of winning all four majors in succession.

This updated and expanded second edition also features the following great rounds:

- Billy Casper at the 1966 U.S. Open
- Sergio Garcia at the 2017 Masters
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- Gary Player at the 1978 Masters
- Gene Sarazen at the 1935 Masters
- Craig Stadler at the 1982 Masters
- Jordan Spieth at the 2017 Open
- Tom Watson at the 1977 Open
- Jon Rahm at the 2023 Masters
- Lilia Vu at the 2023 Chevron Championship
- Phil Mickelson at the 2021 PGA Championship
- Shane Lowry at the 2019 Open
- Bob Charles at the 1963 Open
- Tiger Woods at the 2019 Masters
- Wyndham Clark at the 2023 U.S. Open.

*The Golf Round I'll Never Forget* is a unique account of some incredible rounds and the golfers who played them.

**Matt Adams** is a Golf Channel personality, a *New York Times* best-selling author and the host of the most-listened-to live daily golf talk show in the world, the "Fairways of Life Show with Matt Adams," available on every major audio platform.

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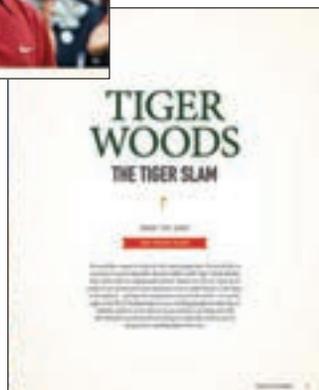
MARCH

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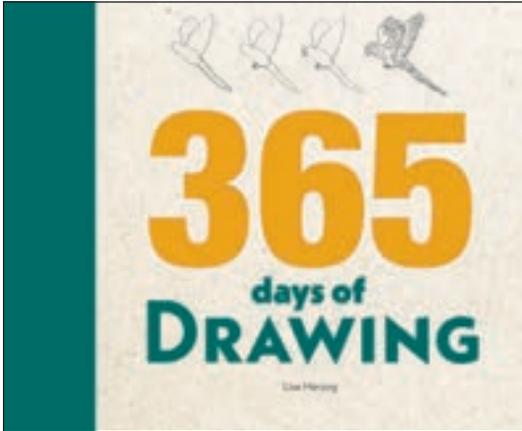
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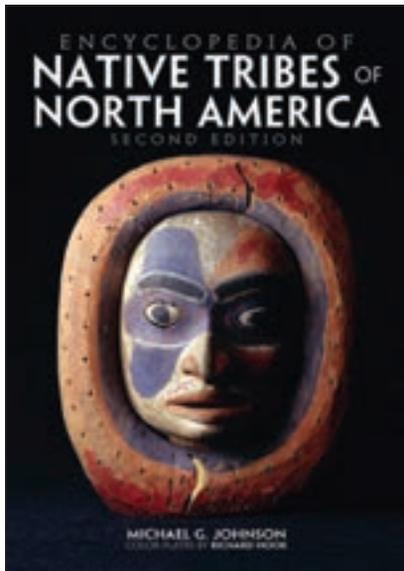
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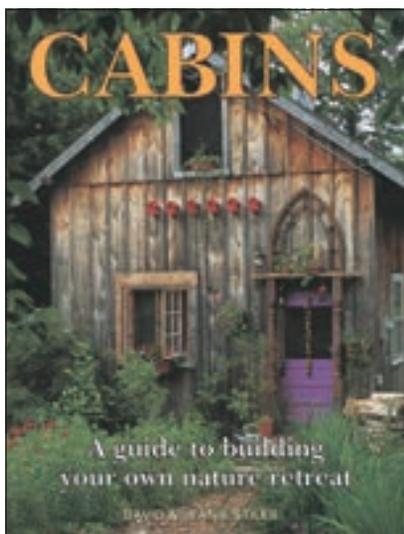
by Michael G. Johnson

An astoundingly beautiful compilation. About 400 tribes, many color maps, illustrations and photos.

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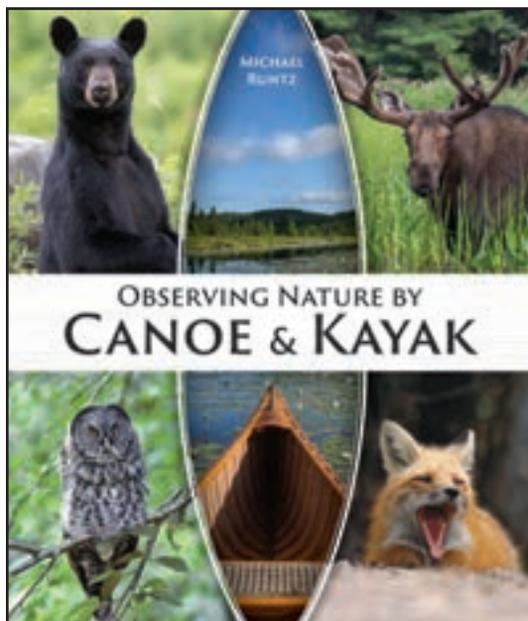
by David and Jeanie Stiles

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## OBSERVING NATURE BY CANOE AND KAYAK

Michael Runtz

Through the pages of *Observing Nature by Canoe and Kayak*, renowned naturalist and seasoned photographer Michael Runtz takes readers on a journey like no other, unveiling the hidden treasures of diverse ecosystems from the vantage point of your canoe or kayak seat.

Allow Runtz's expert guidance to steer you through untouched wilderness, as he seamlessly weaves his extensive knowledge with a deep passion for the natural world and its residents. With every paddle stroke, a new realm of life, color, and wonder reveals itself. From the gentle murmur of a river coursing through dense forests, Runtz's evocative storytelling brings to life the breathtaking biodiversity thriving just beyond the water's edge.

With a photographer's eye and a storyteller's finesse, Runtz introduces you to the astonishing array of species that find their sanctuary along these waterways. Marvel at the display of bird species enlivening the air, as warblers grace the skies and herons bound across lakes in takeoff. Witness the ballet of aquatic life atop and beneath the water's surface, from beavers and river otters to frogs, dragonflies and waterlilies. In this portable, pick-up-and-read volume, over 150 species of plant, mammal, insect and reptile are beautifully rendered in 200 of Runtz's full-color photographs.

Whether you're an experienced paddler or a curious newcomer, Runtz's observations and anecdotes will deepen your connection with the natural world. Explore the delicate equilibrium of ecosystems and discover the vital role each creature plays in maintaining the harmony of these habitats. So, seize your paddle and a copy of *Observing Nature by Canoe and Kayak*. Your next canoe adventure awaits.

**Michael Runtz**, a revered Canadian naturalist, photographer and author, has dedicated his life to nature. With a lifelong passion for birdwatching, he's conducted vital surveys on diverse species, from peregrine falcons to king rails. His bestselling books *Dam Builders: The Natural History of Beavers and their Ponds*, *Algonquin Wild* and *An Explorer's Guide to Algonquin Park* mirror his deep connection to wildlife. As the host of the television show *Wild in Nature*, he brought the outdoors into countless homes. Based in Huntsville, Ontario, Runtz continues his role as a prominent naturalist and advocate for the environment.

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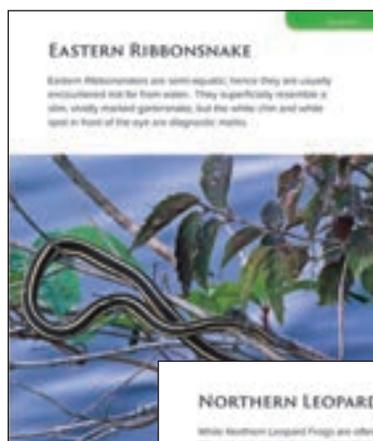
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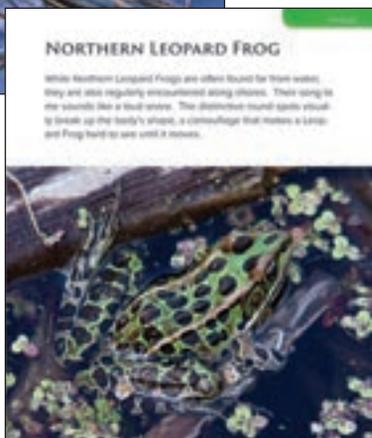
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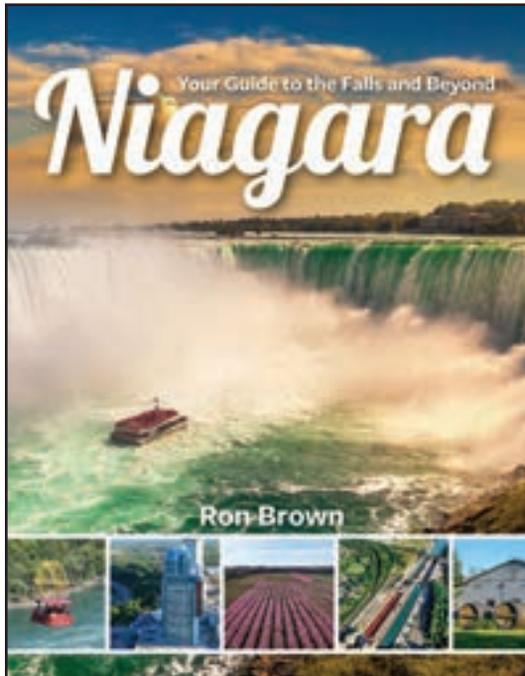
### EASTERN RIBBONSNAKE

Eastern Ribbonsnakes are semi-aquatic, hence they are usually encountered near or in water. They are typically nocturnal in their, usually, marshy habitats, but the white, blue and white spots in front of the eye are diagnostic marks.



### NORTHERN LEOPARD FROG

While Northern Leopard Frogs are often found in fresh water, they are also regularly encountered along shores. Their song in the woods like a dead rattle. Their distinctive round spots usually to break up the body's shape, a camouflage that makes a Leopard Frog hard to see until it moves.



## NIAGARA

*Your Guide to the Falls and Beyond*

Ron Brown

This book takes readers beyond the lights and the sounds of the City of the Falls to venture to lesser-known but equally fascinating sites that abound across the region.

The first-known European to gaze upon Niagara Falls was a Jesuit priest and explorer named Louis Hennepin in 1688. He took his somewhat exaggerated description of its size and power back to amazed Europeans. From then on, the Falls became a must-see destination for people from around the world and one of Canada's leading tourist attractions.

But there is more to the Niagara region than a mighty cataract. There are the world-class hotels and casinos, the Shaw Festival, the wineries, the hydroelectric generators, the natural wonders, the historic sites, and the Welland Canal — an engineering marvel and vital transportation link.

This book is the story of the falls and beyond, covering:

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- Lost villages and ghost towns
- Niagara's railway legacy, and more!

**Ron Brown** is an award-winning author and travel writer. An authority on Ontario's geography, Brown has written more than two dozen books on ghost towns and unusual roadside attractions of Ontario, as well as on Canada's lesser-known heritage features. He has shared his stories on radio and TV, and his travel articles have been featured in numerous North American newspapers and magazines. He lives in Toronto, Ontario.

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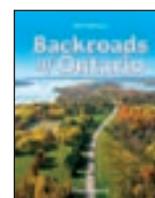
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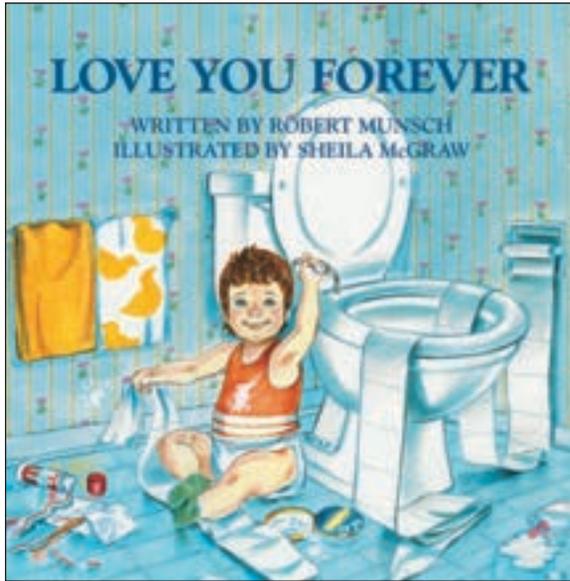


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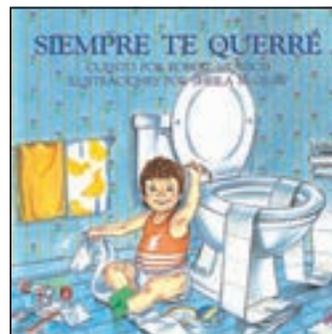
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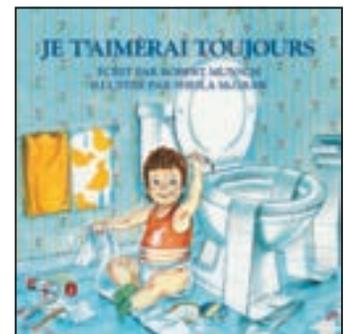
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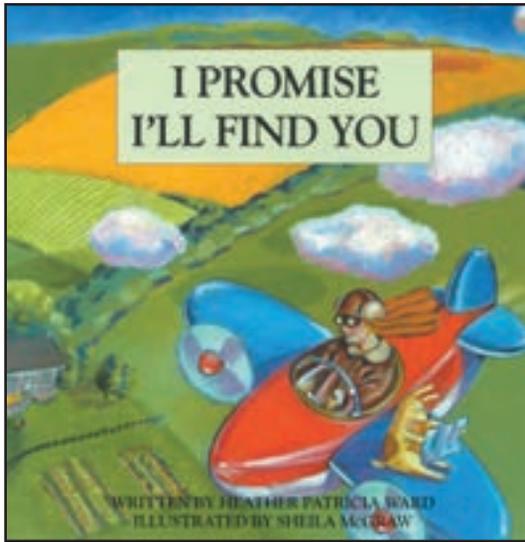
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**I PROMISE I'LL FIND YOU**

Heather Patricia Ward; illustrated by Sheila McGraw

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A beloved classic that continues to reassure children.

*I Promise I'll Find You* is a moving story that parents will love reading to and sharing with their children again and again.

The fear of being separated from loved ones is a universal emotion. Consider a child who feels lost — wandering away from home, becoming separated in a crowd, or feeling frightened in a new and strange place.

*I Promise I'll Find You* is a perennial favorite of parents and children alike; it's like a comforting hug, a warm lap, a reassuring kiss and the enveloping arms of a parent who pledges, no matter what happens, "I promise I'll find you."

In 11 warm and simple verses, Heather Patricia Ward delivers a timeless message of reassurance. Sheila McGraw's imaginative illustrations show a devoted mother and an amusing dog as they search the world over for a lost child: at sea, in the city, over mountains and even in outer space.

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**Heather Patricia Ward** is the mother of four children, and this is her first book. **Sheila McGraw** illustrated the perennial bestseller, *Love You Forever*.

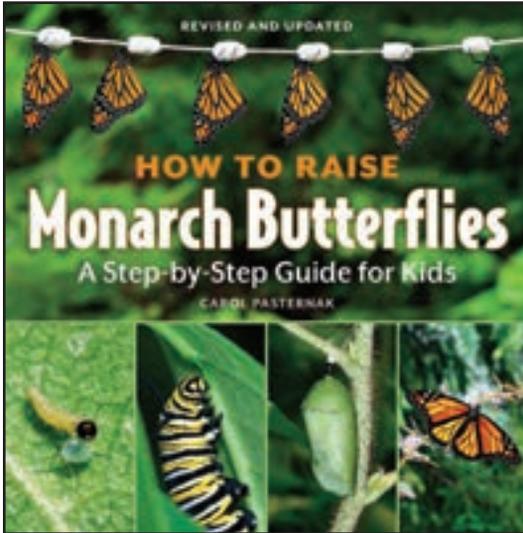
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And if I had no other way,  
 I'd walk or crawl or run,  
 I'd search to the very end of the earth,  
 For you my precious one.



**BACK IN PRINT**

**HOW TO RAISE MONARCH BUTTERFLIES**

*A Step-by-Step Guide for Kids*

Carol Pasternak

*“A vivid and concise guidebook that anyone, not just educators or parents, would find beneficial in their butterfly-raising endeavors. Full of butterfly insights and mind-boggling facts, it offers something to learn for everyone. From finding caterpillars and avoiding common predators to tracking your adult butterflies by utilizing citizen science efforts, this book leaves no leaf unturned when it comes to raising your very own Monarch butterflies. Even gardeners would find this book useful, as it includes tips for creating butterfly-centric gardens.”*

— Green Teacher

*“Pasternak has written a clear, practical and family-friendly guide to raising butterflies, which includes plenty of compelling scientific information along the way and ends by explaining what we can do to save their habitat.”*

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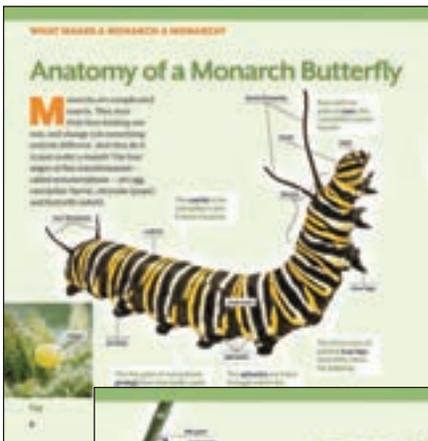
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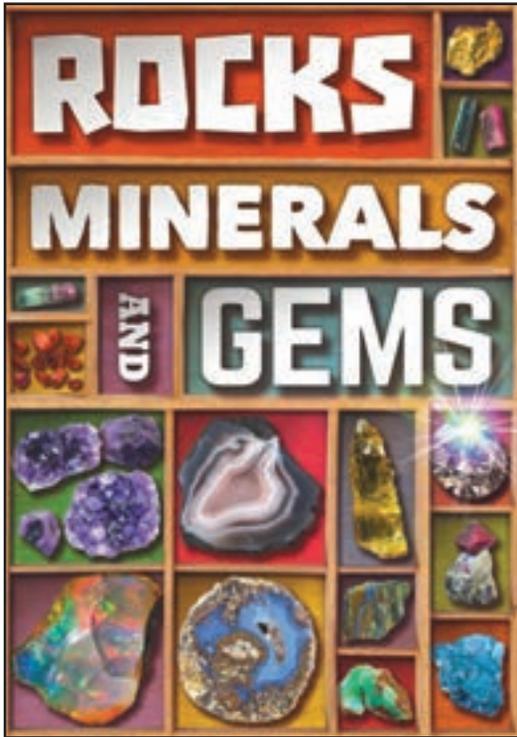
Observing a Monarch butterfly as it transforms itself from caterpillar to chrysalis to butterfly is among the most thrilling experiences that nature offers. Raising Monarch butterflies is made easy with the help of this detailed guide.

**How to Raise Monarch Butterflies** explains what threats Monarchs face today and how readers can help conserve the Monarch’s feeding grounds from encroachment. Revel in one of the most remarkable miracles of nature.

This updated edition contains:

- More than 40 new colorful and detailed photos
- More secrets to help you find eggs and caterpillars
- Instructions on how to feed a Monarch and more details on their care
- Expanded information on varieties and propagation of milkweeds
- New page on the diverse insects in the milkweed patch
- New suggestions for starting a butterfly garden, including a large photograph of an outstanding Monarch waystation.

**Carol Pasternak** is a photographer, personal trainer and educator who raises Monarch butterflies with her family in Toronto, Ontario.



**BACK IN PRINT**

## ROCKS, MINERALS AND GEMS

John Farndon

*“Highly detailed and methodologically sound, the book is a quality introduction to geology and to applying scientific principles in practical settings.” – Booklist*

*The ultimate identification guide to hundreds of rocks, minerals and gems.*

This is a definitive full color guide for young readers. It includes an introduction to rocks, minerals and gems and how they form, how and where to look for them, how to identify rocks and minerals, and everything there is to know about building a collection.

Packed with fun facts and practical activities, the book features high-definition color photography and data keys that show noteworthy qualities of each specimen in extraordinary detail.

**Rocks, Minerals and Gems** shows how to read the landscape for clues and identify different rock types — from dazzling diamonds to grainy sandstone. It describes fascinating facts and data boxes provide short facts to help with quick identification.

Earth’s most precious rocks, minerals and gems can be anywhere and everywhere in the world — from riverbeds to beaches, cliff faces to fields. The only equipment needed is a backpack, a smartphone and some good walking shoes — and maybe a small bag to carry home the treasure.

**John Farndon** is the author of hundreds of books, including *Stuff You Need to Know!* and the award-winning *Do Not Open!* Many of his books focus on popular science, nature, and environmental issues. His *Practical Encyclopedia of Rocks and Minerals* is widely used as a reference work by geologists.

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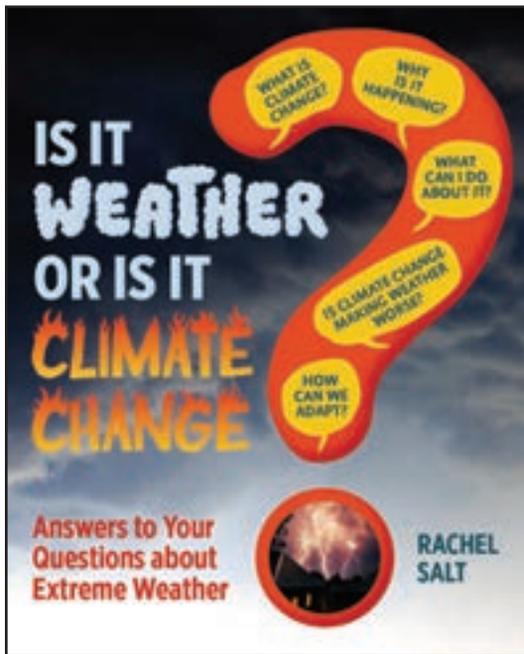
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# IS IT WEATHER OR IS IT CLIMATE CHANGE?

*Answers to Your Questions about Extreme Weather*  
 Rachel Salt

***“The world is reaching the tipping point beyond which climate change may become irreversible. If this happens, we risk denying present and future generations the right to a healthy and sustainable planet – the whole of humanity stands to lose.”***  
 – Kofi Annan (1938–2018), former Secretary-General of the UN

Heatwaves. Floods. Wildfires. Damaging hurricanes. The weather seems to be getting worse these days. But is it just the weather, or is it the result of a rapidly changing climate? In *Is It Weather or Is It Climate Change?*, author Rachel Salt answers five key questions about climate change: What is climate change? What causes it? How do we know it’s real? Does climate change cause extreme weather? And can we still prevent the worst impacts? Young readers are then taken on a global survey of recent weather disasters and learn how climate change can be linked to each one. Here are the locations that will be studied in this book:

- British Columbia, Canada, and the Pacific Coast
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But it’s not all doom and gloom. Salt also breaks down the key adaptations that need to be implemented to prevent widespread disaster as well as the broader changes we need to make at both individual and governmental levels to mitigate the worst effects of a changing climate. With illustrations, diagrams, photos and enlightening text, *Is It Weather or Is It Climate Change?* is essential reading for the next generation of climate champions.

**Rachel Salt** is an author and science communicator with a master’s degree in Environmental Biology from the University of Guelph. Her first book *The Plastic Problem* was nominated for a Red Cedar Book Award, and her second book *Your Plastic Footprint* appeared on the 2021 edition of The List, a recommended selection of books for youth from the Toronto Public Library. Rachel lives in Hamilton, Ontario, with her husband and son.

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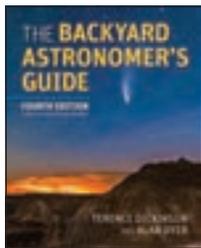
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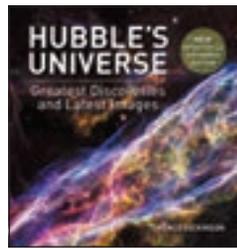
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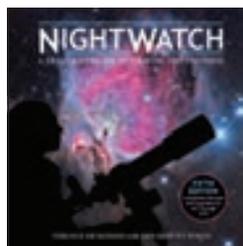
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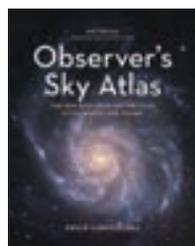
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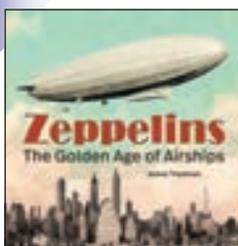


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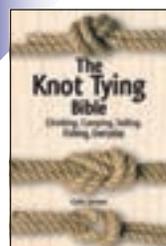
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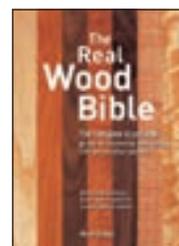


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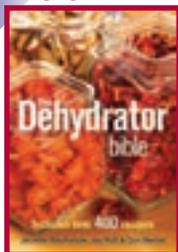
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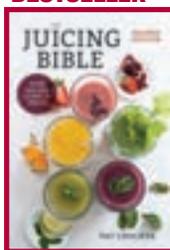


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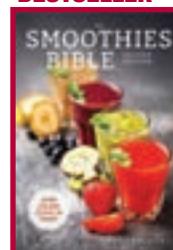
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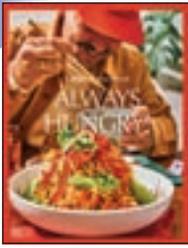
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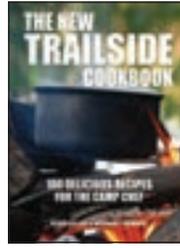
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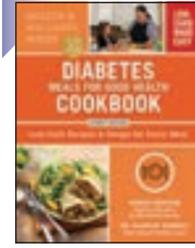


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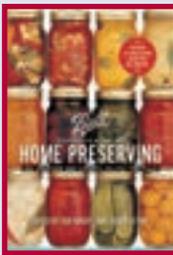
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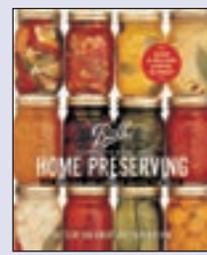
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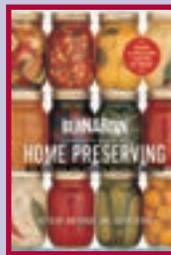
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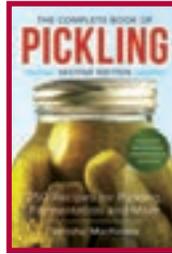
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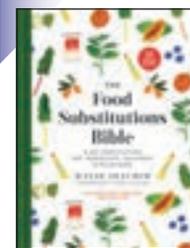
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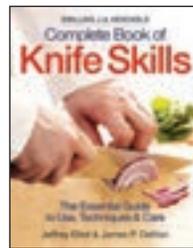


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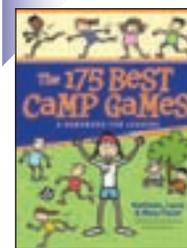


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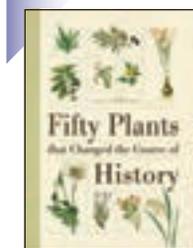
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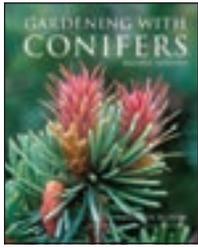


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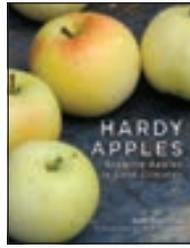
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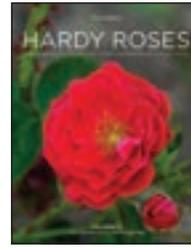
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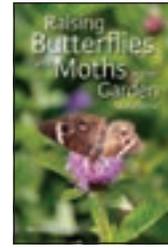
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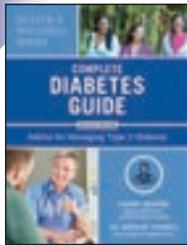


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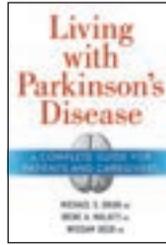
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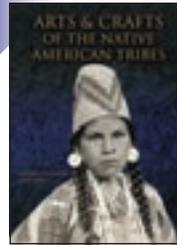


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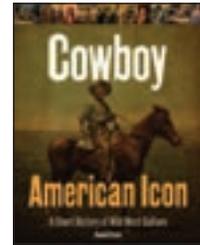


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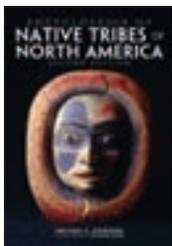
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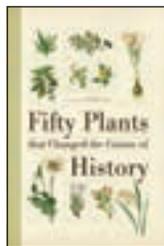
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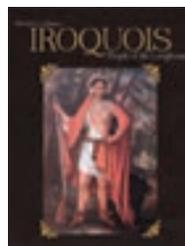
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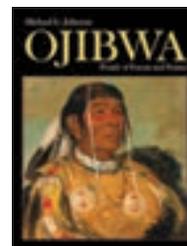
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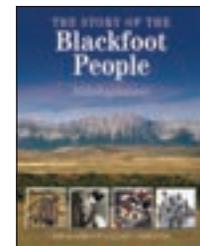
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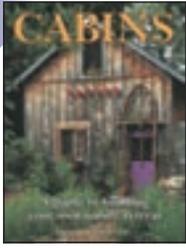


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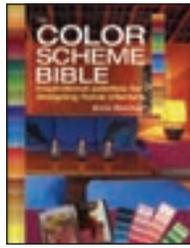
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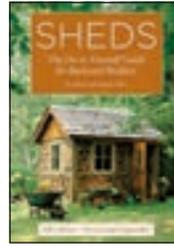
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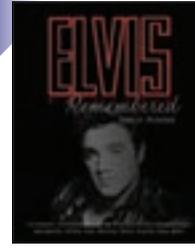
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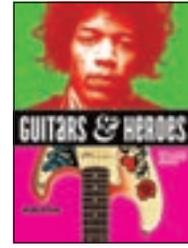
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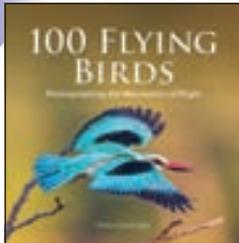
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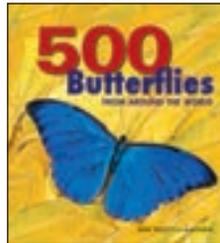
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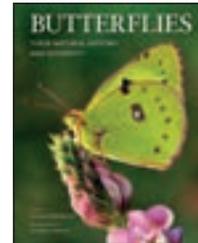
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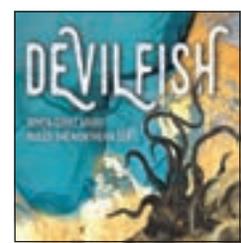
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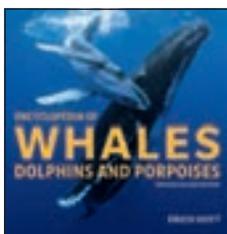
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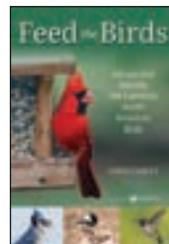
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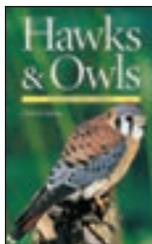
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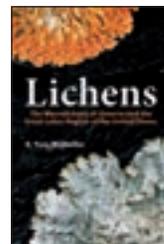
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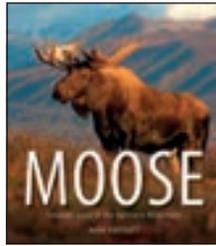
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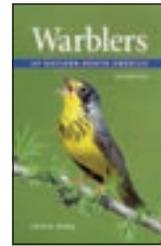
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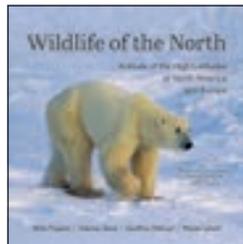


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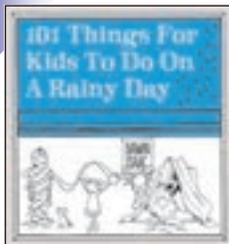


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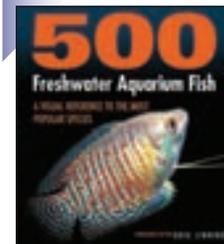


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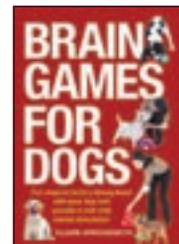


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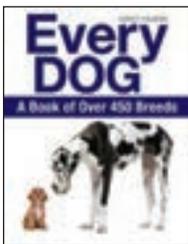


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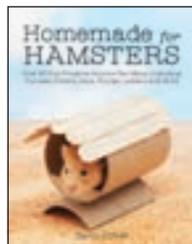


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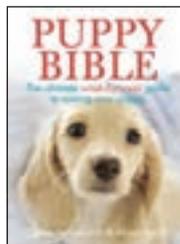
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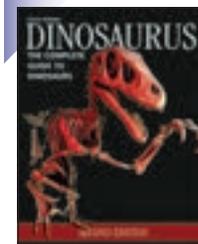
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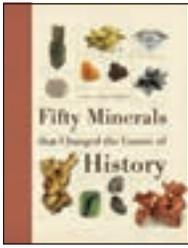
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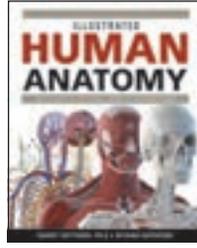
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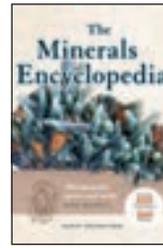
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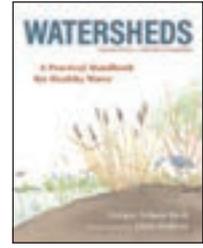
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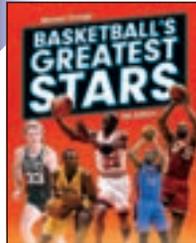
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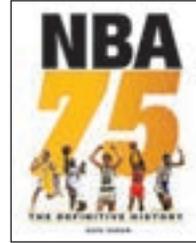
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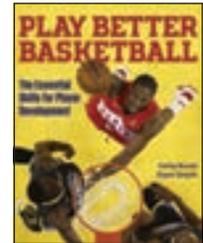
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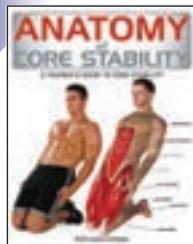


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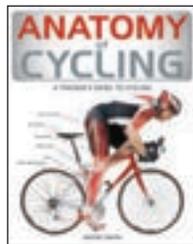


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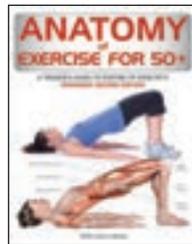
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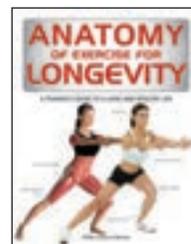
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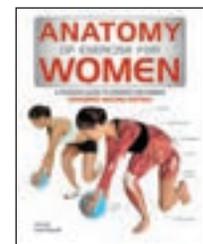
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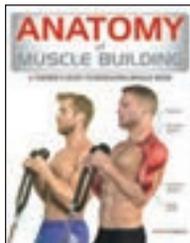
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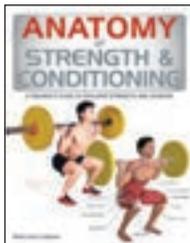
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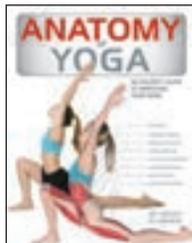
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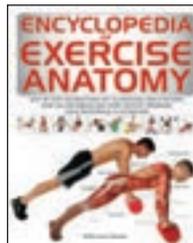
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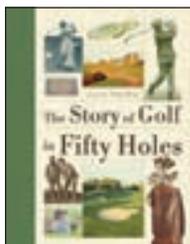


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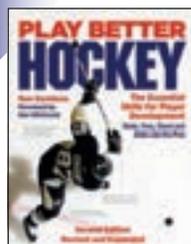


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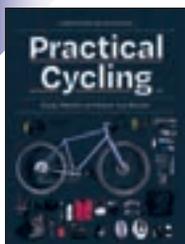
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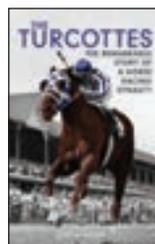


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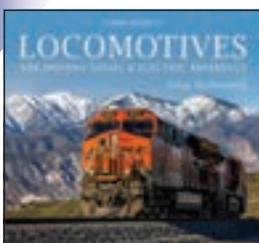
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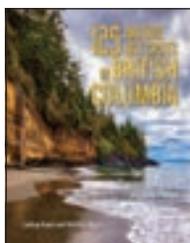


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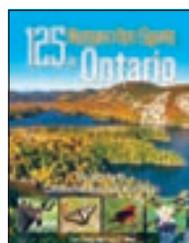
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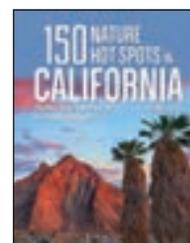
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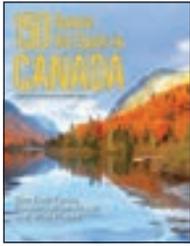
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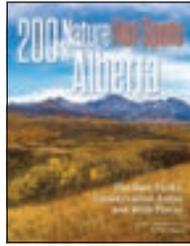
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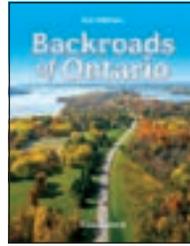
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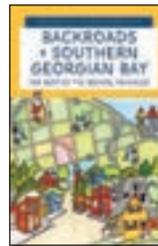
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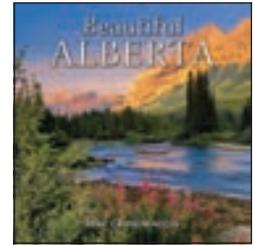
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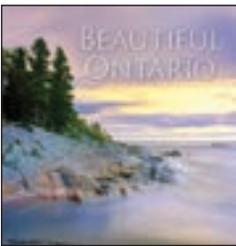
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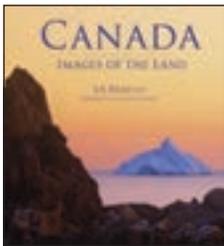
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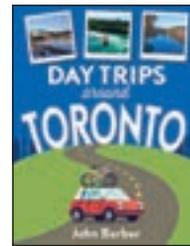
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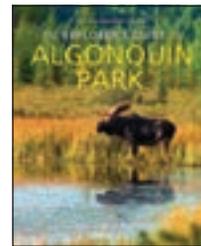
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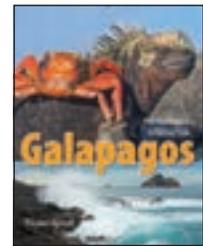
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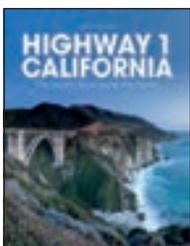
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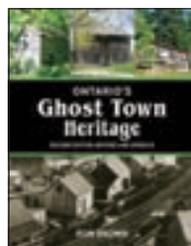
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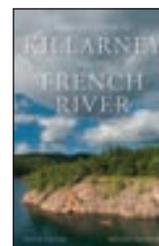
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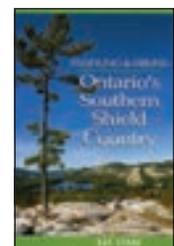
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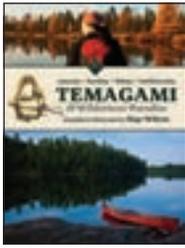
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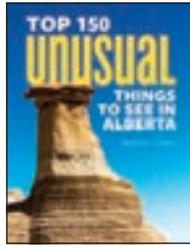
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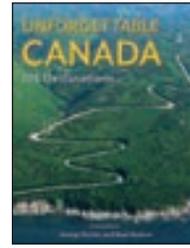
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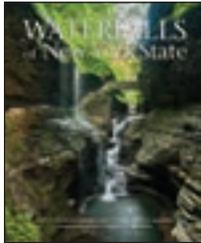
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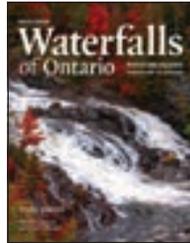
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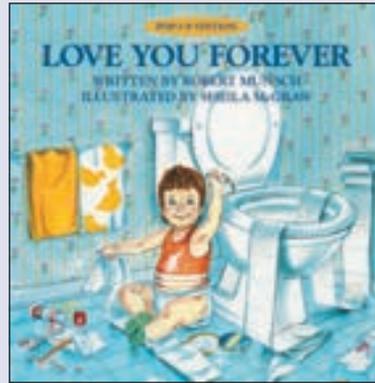
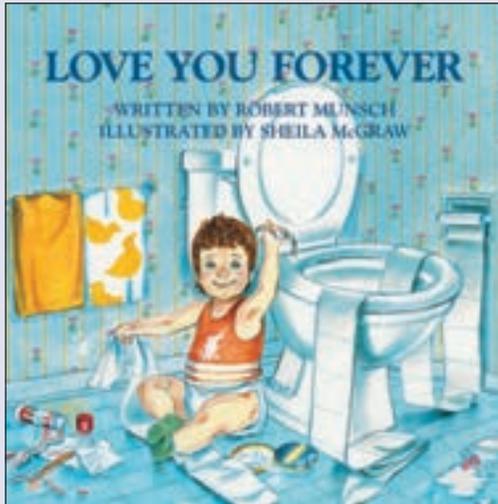


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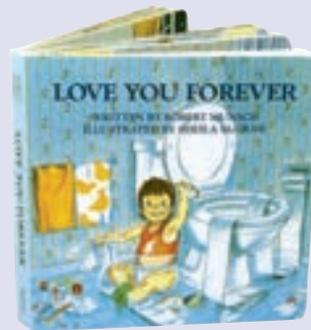
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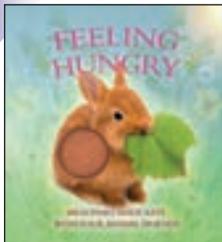
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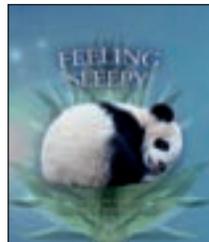
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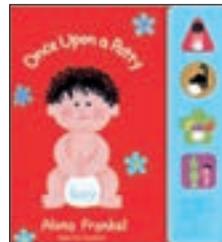
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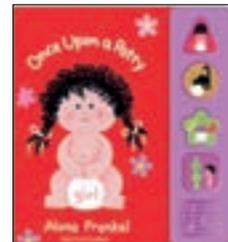
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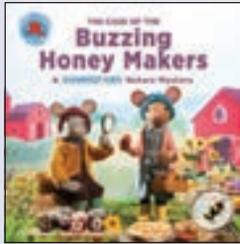
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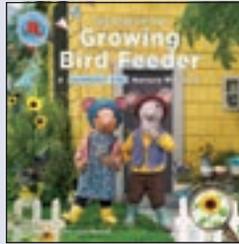
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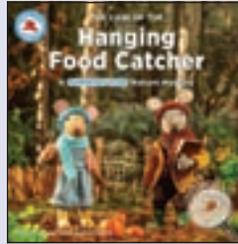
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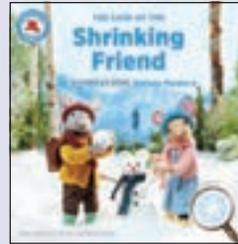
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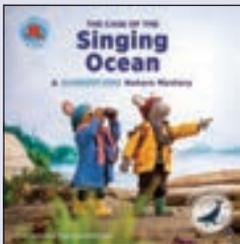
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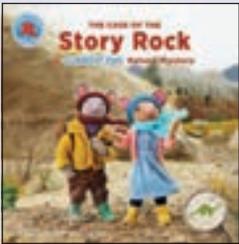
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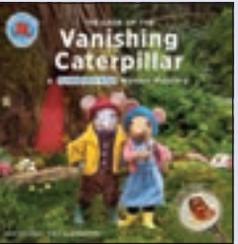
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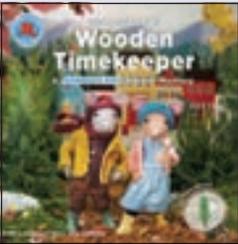
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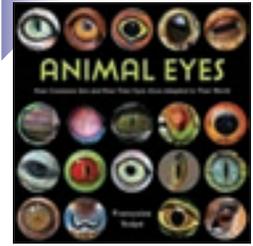


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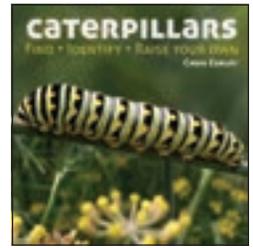
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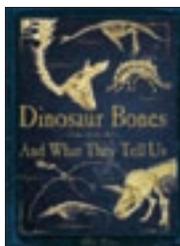
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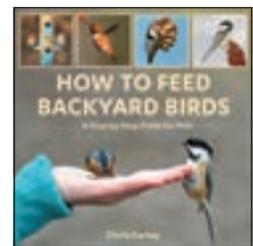
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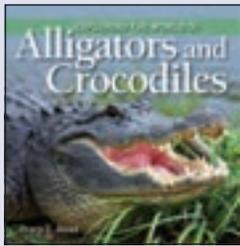
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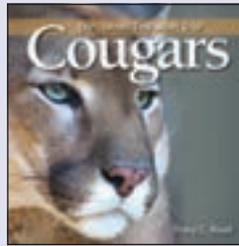
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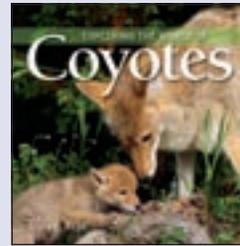
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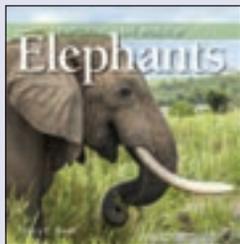
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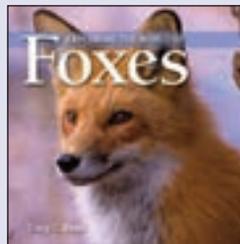
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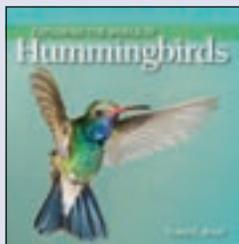
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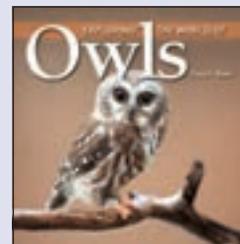
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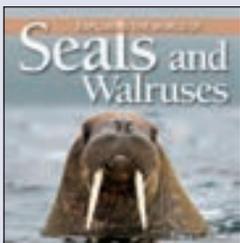
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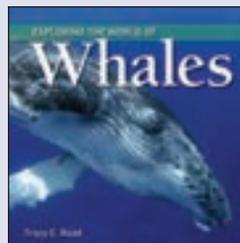
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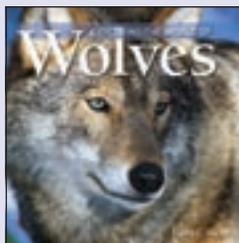
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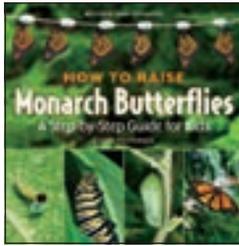


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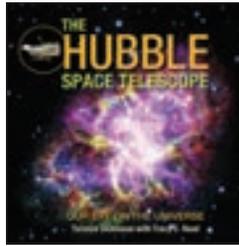


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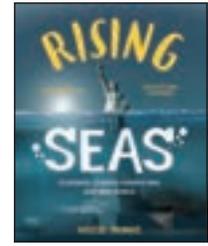
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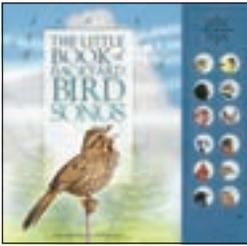


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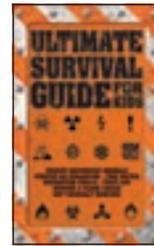
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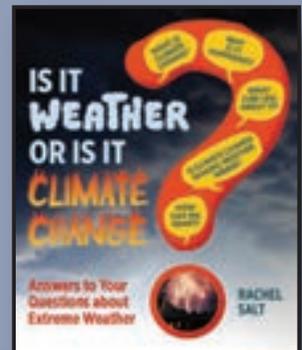
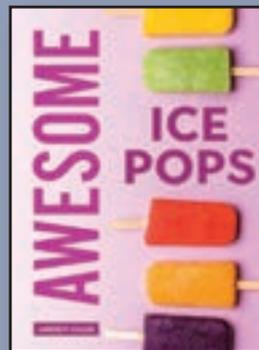
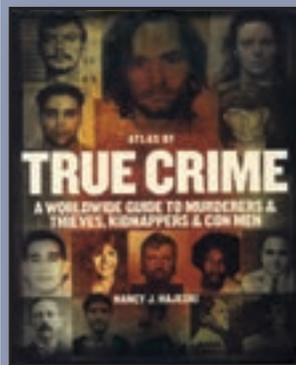
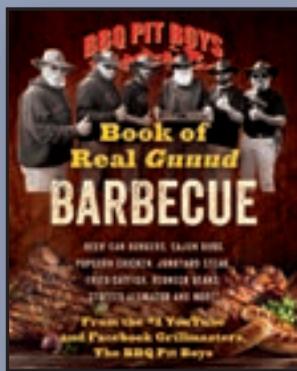
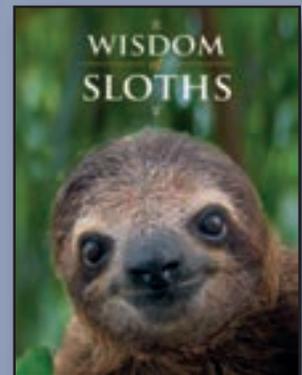
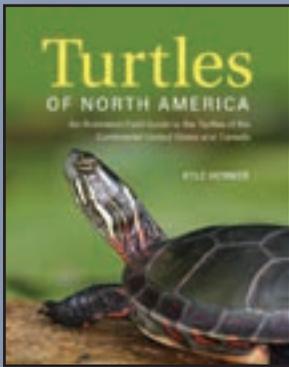
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