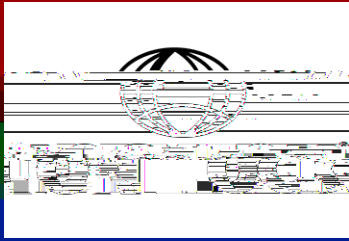


Live Well



hp g%e bg rh a mk em bægg ll l B e m
ngnrk m %a mk em bægg ll l g hf ø
nak mgbg Bg n%a mk em nala a o
g hg na kl bg na Ngbn mml



qihlnk rh ghkf ehkikhøg a m g
anf bbn pbrahnmk ø hk jn m øbl g
nl o kñnl a mk em bægg ll l A k k lhf
hf fhgmi lh bægg ll l rh d i g r hnmhk
nab l nff k3

h nkl pag i klhg
gghmlp m ghn a rh hhena hr %
nl n æ n rh ghm kbgdgg ghn a øbl
nklg ahmp na k: i klhgl n kbg khf

a m qa nlrhg f nlmf ho rh hheie
g kbgdiegm h p mk

h nkl pag rhnk hr
mf i kmk k al)- hkaba kpbrabg
f bg nml Ma i klhg f r øh hf
hg nl hk øl hgl thnl g ll Ma
hg bthg ð na klnørh ngnrk m a m
qa nlrhg g l kñnl f b e
f k gr na m f nlm nk m jnb dør
ikh llthg e

hg memna lnff ka m mna lmh rhn
hglb knal nbi l rh iko gma mk em bægg ll3

høk g øhl
brnbg ønabg

:iiø lngl k g g p k pb kff
a m g lng ell l

h ahkl khkra khnmhkk rnbbrnl bg na
fhkgbg hk o gbg

mr bg hkh lfn a lihllbe %hkmd
k dl khf bg hnrnb

K f f kbg nal nbi l ga ø rhn mna
a m hgm m h rhkba mk em lrfinhfl
hg mlf ikho pbrabg gahnk g l d bff bm
f b e nmgnthg b na i klhg ala nrnkhd

Lemon Pepper Salmon Patties