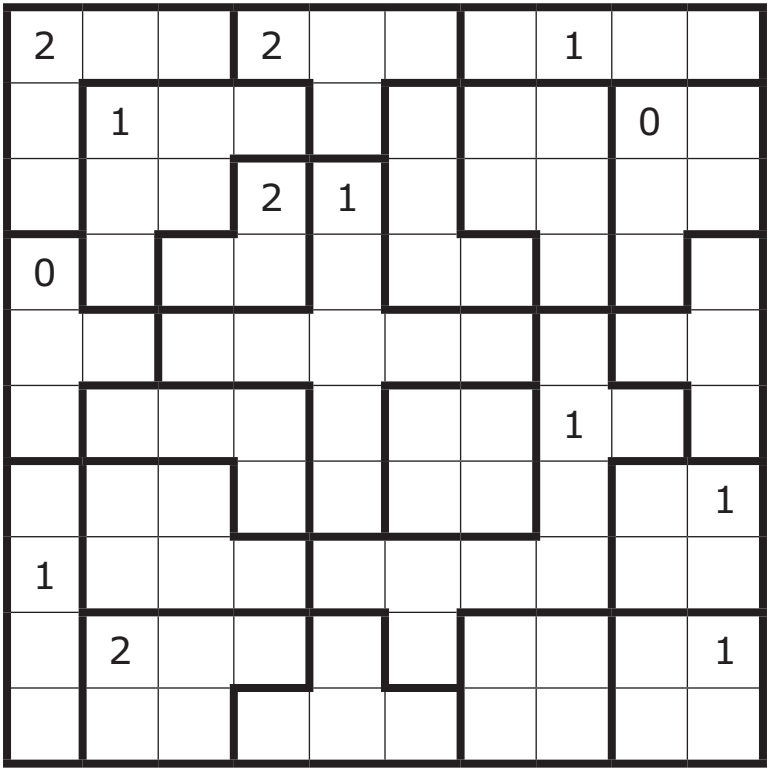
HEYAWACKY

Blacken some fields of the grid, so that black fields don’t touch each other. All white fields remain orthogonally connected. A hint inside a region gives the number of black fields in that region. Hints may be blackened, but still hold. No horizontal or vertical sequence of white fields may span more than two regions.