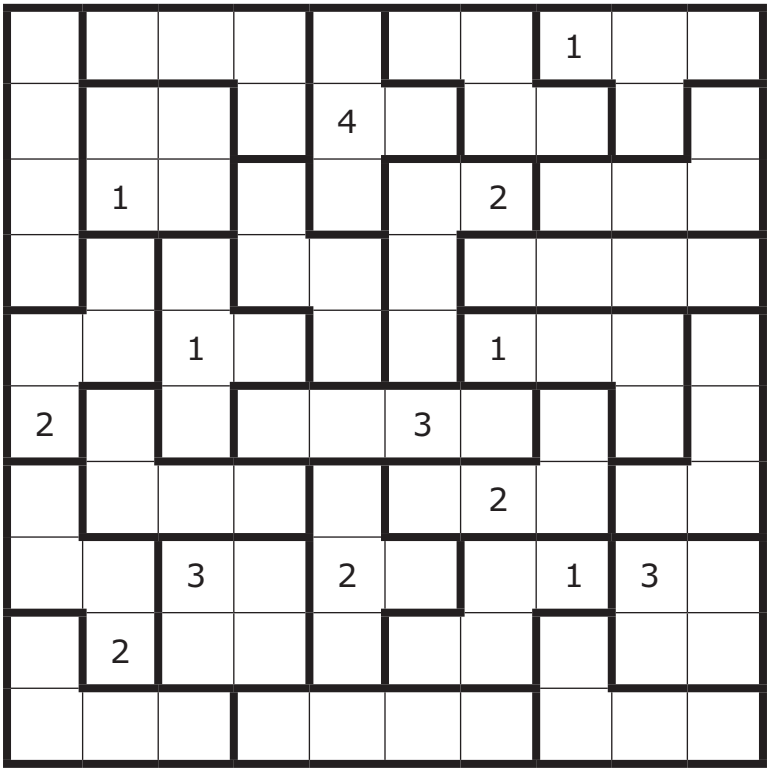
NANRO

Label some cells with numbers to form a single connected group of labeled cells; no 2×2 group of cells may be fully labeled. Each bold region must contain at least one labeled cell. Each number (including any given numbers) must equal the total count of labeled cells in that region. When two numbers are orthogonally adjacent across a region boundary, the numbers must be different.