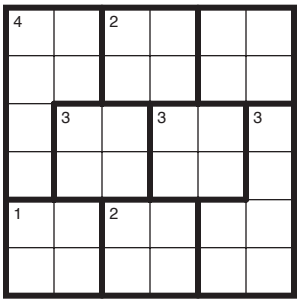
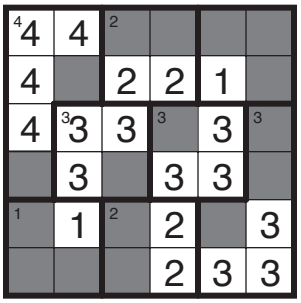
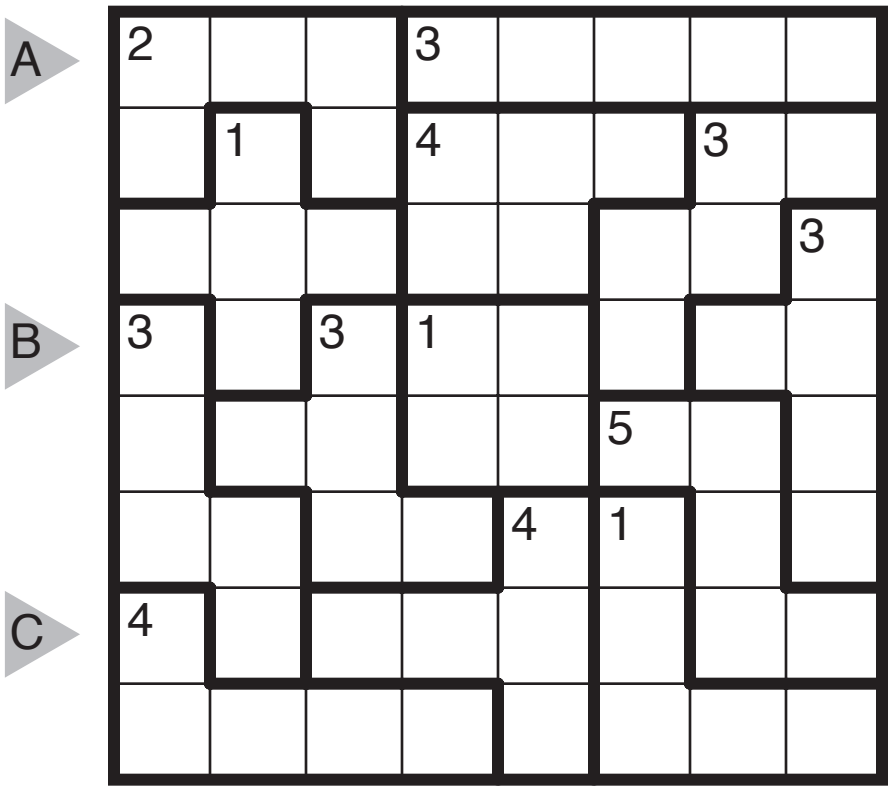
16/05/26:
Nanro (Signpost) by Thomas Snyder
Theme: Pentominoes

Rules: 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 number must be equal to the total count of labeled cells in that bold region, and all bold regions contain at least one labeled cell. The given numbers indicate how many cells are labeled in that region (but not necessarily which cells are labeled). When two numbers are orthogonally adjacent across a region boundary, the numbers must be different.