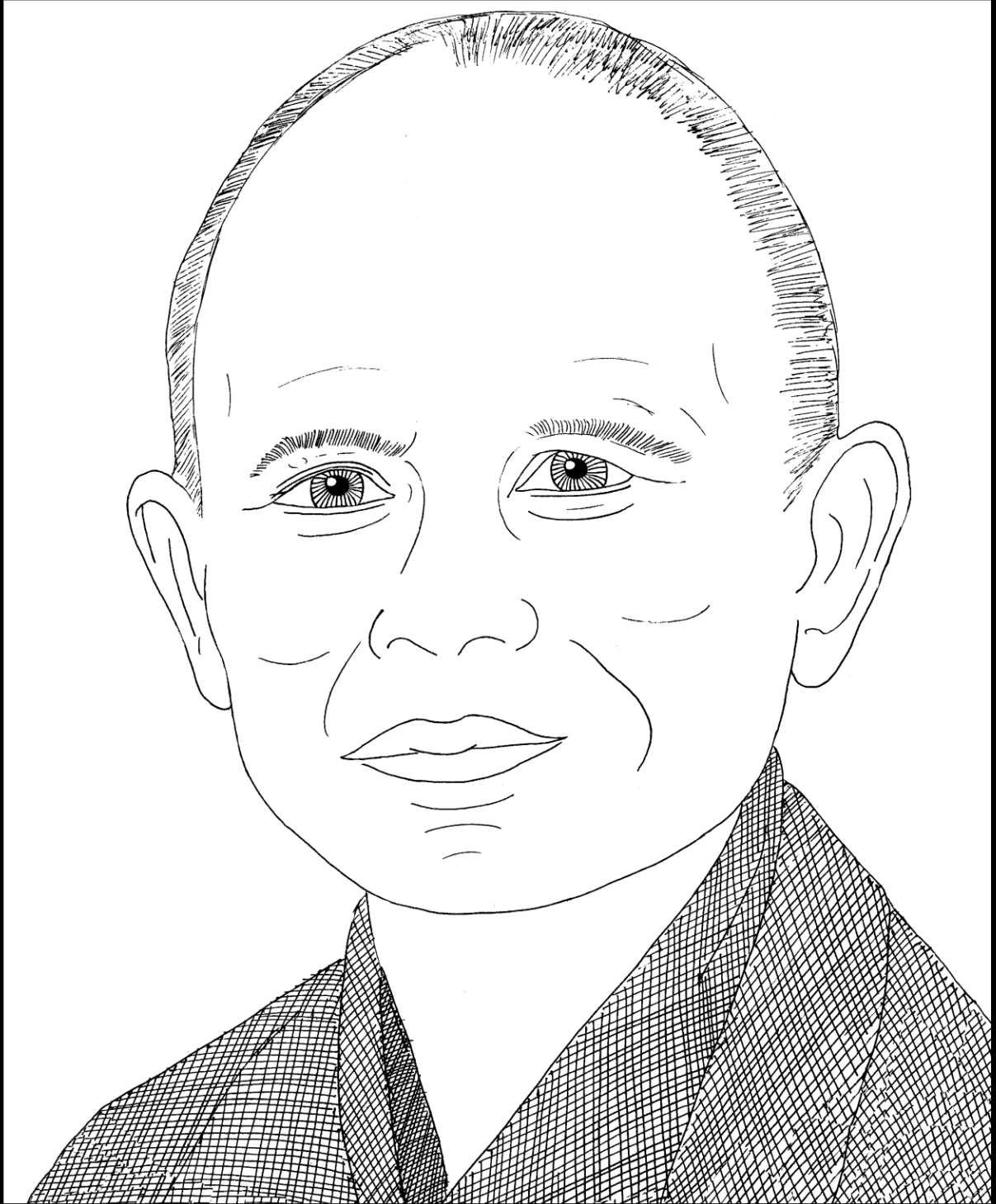


BE A HERO FOR A BETTER WORLD

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"Though we all have the fear and the seeds of anger within us, we must learn not to water those seeds and instead nourish our positive qualities – those of compassion, understanding, and loving kindness."

-- Thich Nhat Hanh

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...every act of compassion makes a difference...every day counts for a better world...

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