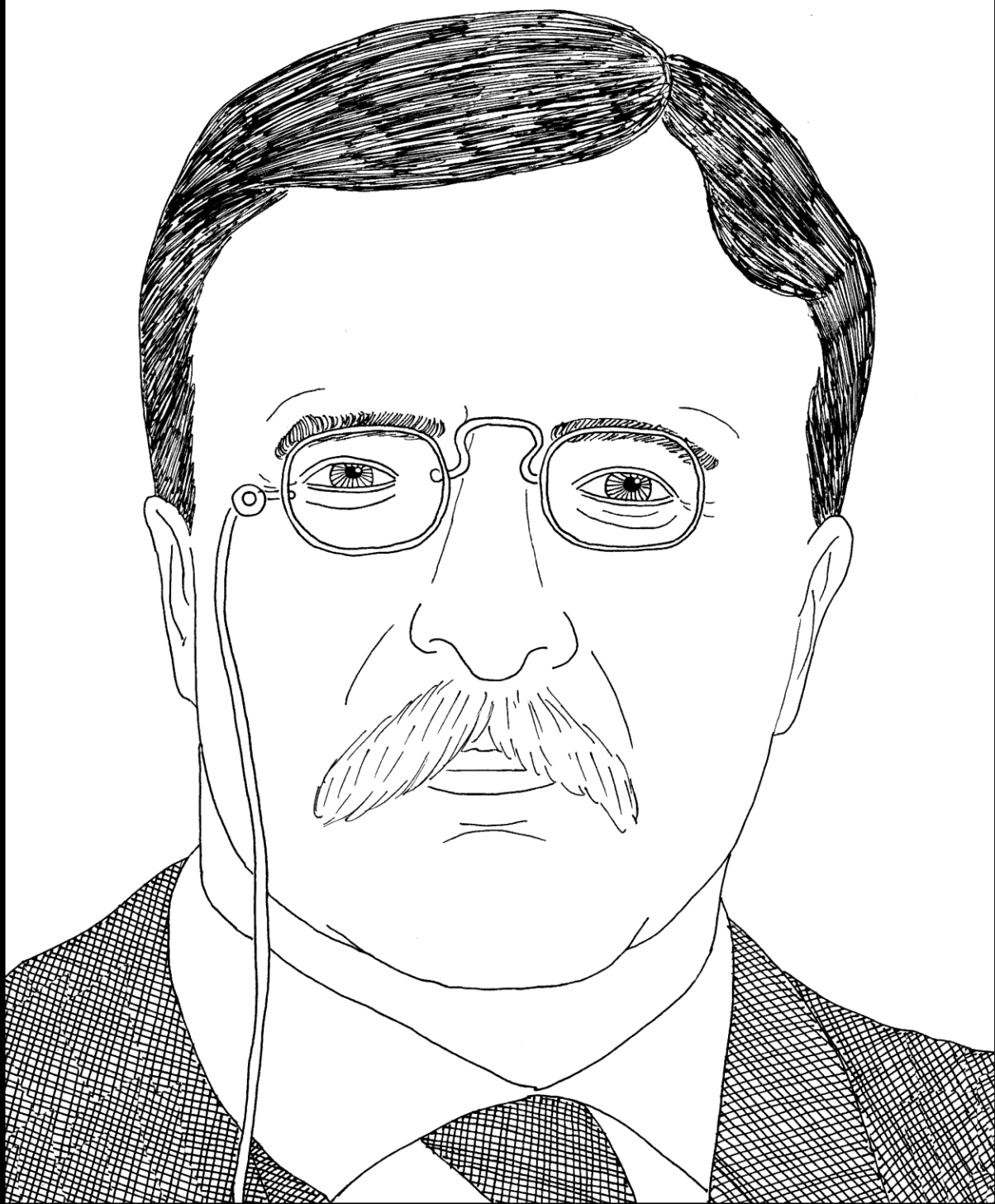


**BE A HERO FOR A BETTER WORLD**

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**"With self-discipline most anything is possible."  
-- Theodore Roosevelt**

**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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