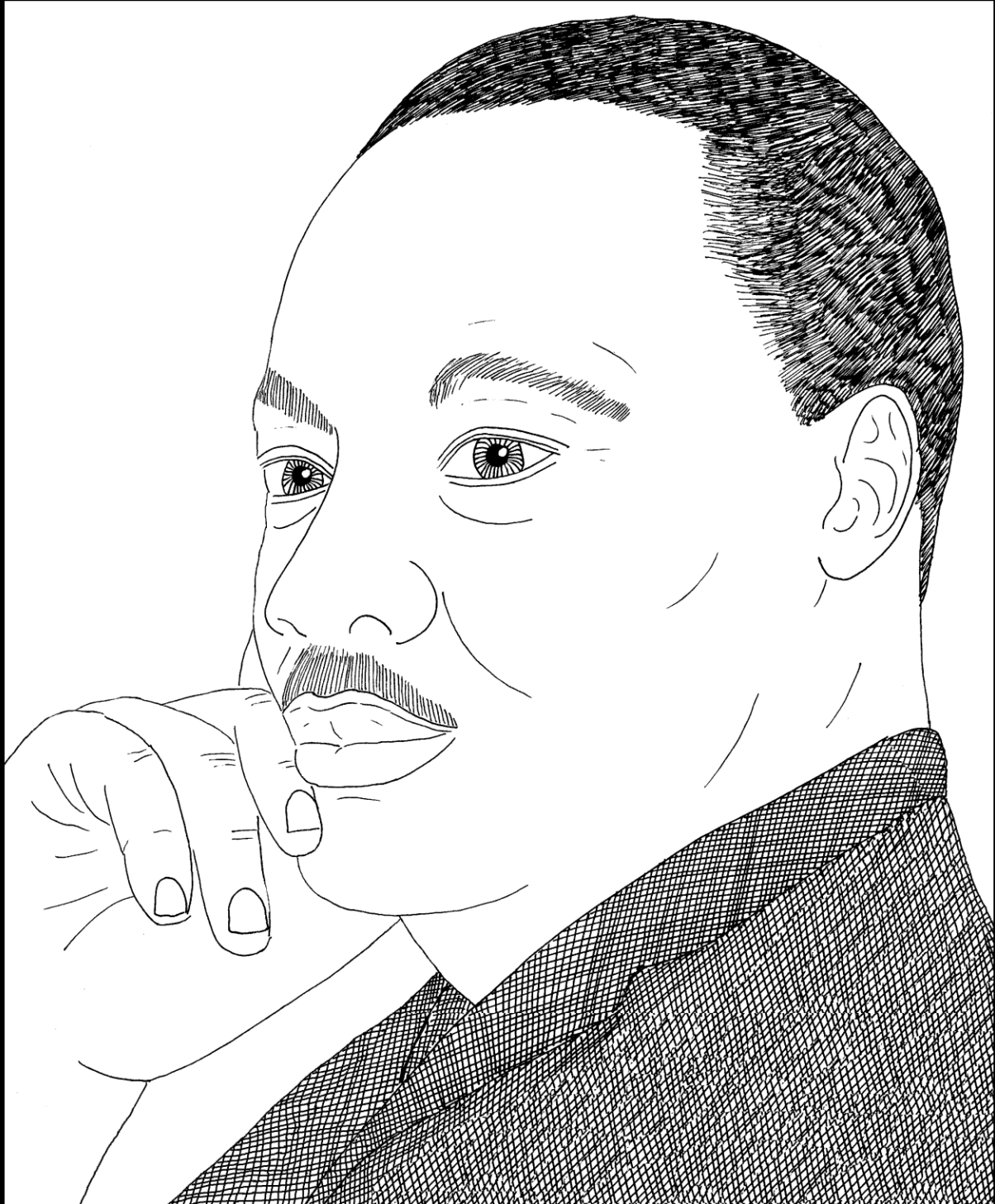


# BE A HERO FOR A BETTER WORLD

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**"As long as the mind is enslaved, the body can never be free. Psychological freedom, a firm sense of self-esteem, is the most powerful weapon against the long night of physical slavery."**

**-- Martin Luther King, Jr.**

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

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