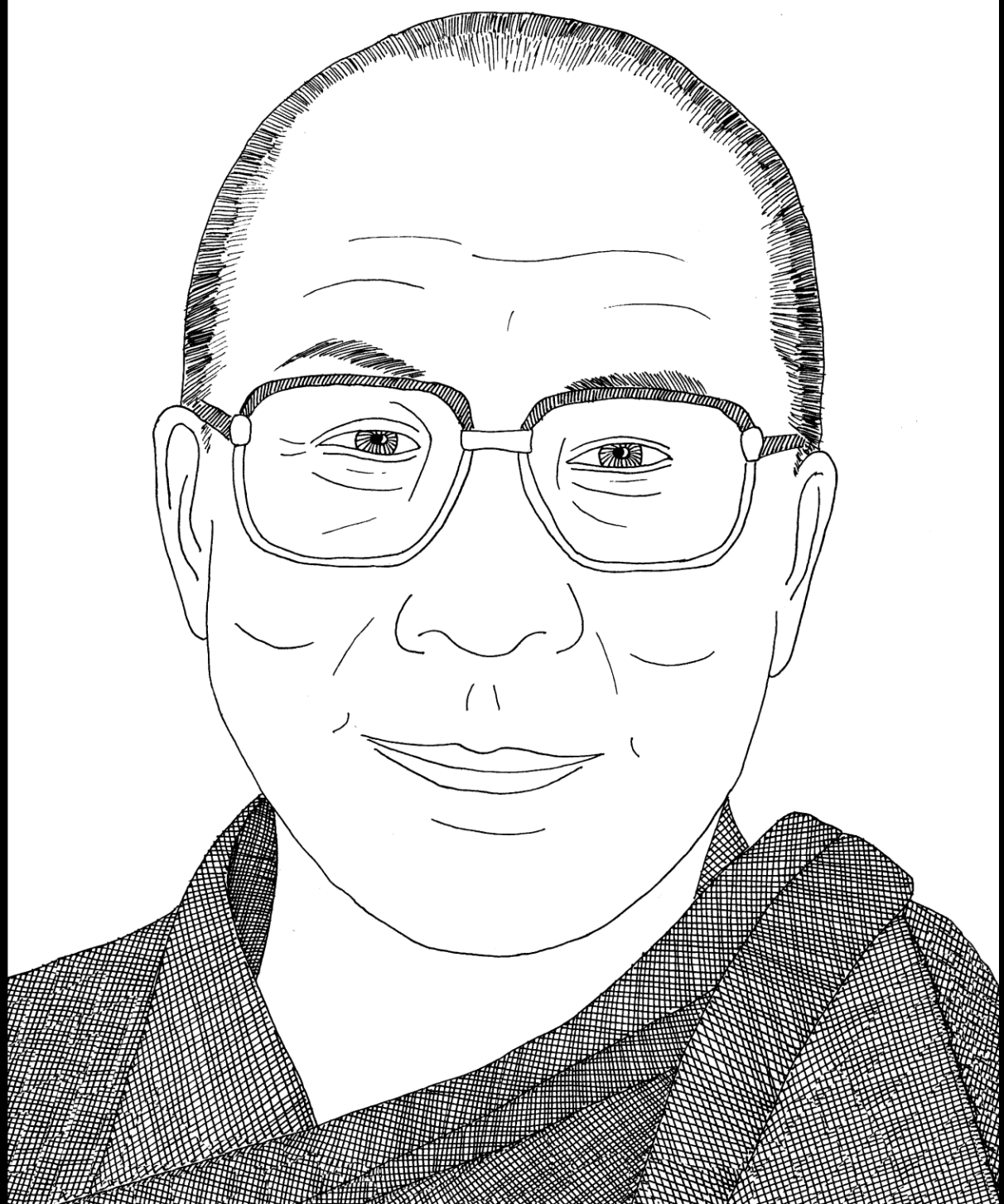


# BE A HERO FOR A BETTER WORLD

S-I-G-R-A-M-C-I-D-E-F-E-N-D



S-I-G-R-A-M-C-I-D-E-F-E-N-D

"Peace can only last where human rights are respected,  
where the people are fed,  
and where individuals and nations are free."

-- Dalai Lama

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

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