

# LIVING GREEN:

Sustainable Solutions for Everyday Life

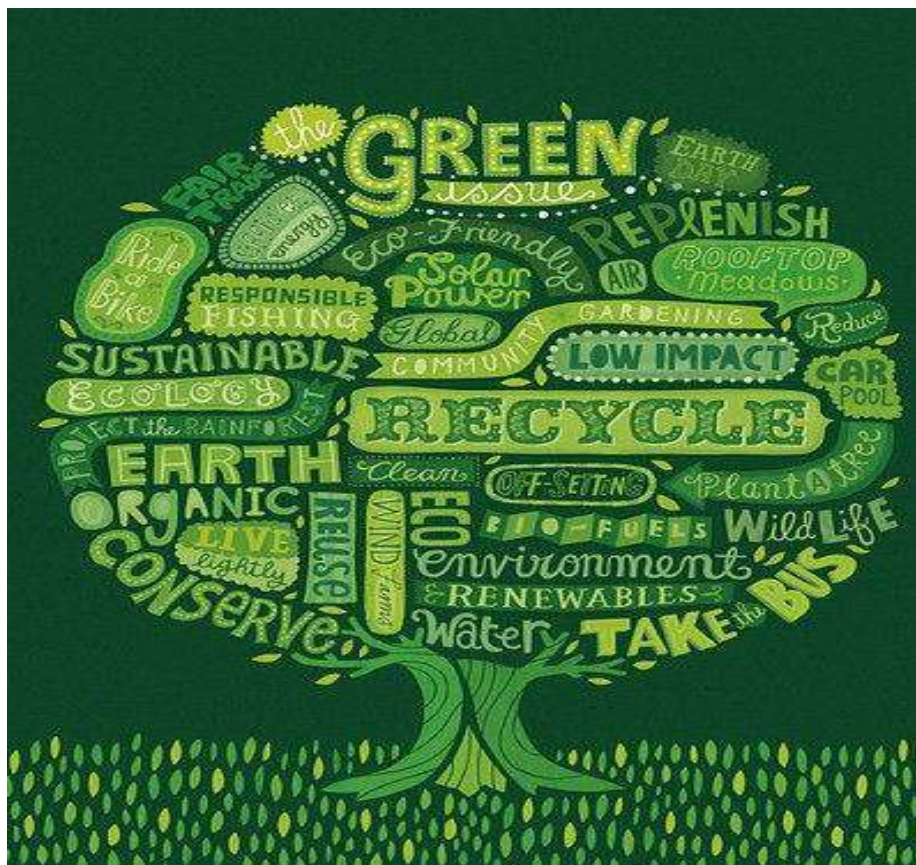


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**U N I V E R S I T Y   O F   C A N B E R R A**

## ABSTRACT

Living sustainably explores the principles and practices of sustainable living within the context of daily routines. This abstract encapsulates a wide range of strategies, from energy conservation and waste reduction to conscious consumerism and transportation choices. By incorporating these principles into their lives, individuals can contribute to a healthier environment and create a more sustainable future. The abstract emphasizes the practicality and accessibility of these solutions, empowering readers to make meaningful changes in their everyday lives to live more harmoniously with the planet.



It is a thorough exploration of sustainable living practices that individuals can seamlessly integrate into their daily routines. It offers a holistic overview of various aspects of daily life, highlighting opportunities for reducing environmental impact and promoting eco-conscious behaviors.

The intersection of social and economic elements can form the basis of social "equitability". In the sense of enlightened management, "viability" is formed

through consideration of economic and environmental interests. Between environment and social elements lies “bear ability,” the recognition that the functioning of societies is dependent on environmental resources and services. At the intersection of all three of these lies sustainability

### **LET’S GET STARTED**

The guide begins by examining energy usage, providing insights into simple yet effective strategies for conserving energy in both residential and commercial settings. From optimizing home appliances to implementing renewable energy sources, readers gain valuable insights into how they can minimize their carbon footprint while saving on energy costs.

Waste management is another critical area covered in the guide. Readers learn about the principles of reduce, reuse, and recycle, along with practical tips for reducing single-use plastics, composting organic waste, and responsibly disposing of electronic devices. By adopting these practices, individuals can significantly reduce the amount of waste they generate and contribute to a cleaner, healthier environment.

Transportation choices also play a significant role in sustainable living, and the guide offers a comprehensive overview of alternative transportation options. From walking and cycling to carpooling and using public transit, readers discover ways to reduce their reliance on fossil fuels and decrease emissions from their daily commute.

Furthermore, "Living Green in Everyday Life" emphasizes the importance of conscious consumerism. It encourages readers to make informed choices about the products they buy, considering factors such as environmental impact, ethical sourcing, and product lifespan. By supporting companies that prioritize sustainability and ethical practices, individuals can leverage their purchasing power to drive positive change.

Throughout the guide, an emphasis is placed on the practicality and accessibility of sustainable living practices. Readers are empowered to take incremental steps towards greener living, recognizing that even small changes can collectively make a significant difference. By adopting the principles outlined in "Living

Green in Everyday Life," individuals can play an active role in building a more sustainable future for themselves and future generations.

### **INTRODUCTION OF SUSTAINABLE LIVING**

Sustainable living, once considered a niche concept, has now become an urgent necessity in the face of global environmental challenges. As the world grapples with issues such as climate change, resource depletion, and pollution, the need to adopt more sustainable lifestyles has never been more pressing.

Sustainability is derived from two Latin words: sus which means up, and tenere which means to hold. Thus, sustainability is essentially about holding up human existence by meeting the needs of the present without compromising the ability of future generations to meet their needs.



There are three dimensions that sustainability seeks to integrate: economic, environmental, and social (including sociopolitical).

- Economic interests define the framework for making decisions, the flow of financial capital, and the facilitation of commerce, including the knowledge, skills, competences and other attributes embodied in individuals that are relevant to economic activity.

- Environmental aspects recognize the diversity and interdependence within living systems, the goods and services produced by the world's ecosystems, and the impacts of human wastes.
- Social/Socio-political refers to interactions between institutions/firms and people, functions expressive of human values, aspirations and well-being, ethical issues, and decision-making that depends upon collective action.

"Sustainable living" or "green living" refers to a lifestyle that aims to minimize an individual's or community's environmental impact while promoting personal health and well-being. It involves making conscious choices to reduce resource consumption, minimize waste generation, and prioritize environmentally friendly practices in various aspects of life.

At its core, sustainable living is about meeting the needs of the present without compromising the ability of future generations to meet their own needs. It encompasses a broad range of practices and behaviors aimed at reducing ecological footprints, conserving natural resources, and promoting environmental, social, and economic well-being.

The principles of sustainable living extend across various aspects of daily life, from energy consumption and waste management to transportation choices and consumer habits. By embracing sustainability, individuals can contribute to mitigating climate change, preserving biodiversity, and fostering more equitable societies.

The three main elements of the sustainability paradigm are thought of as equally important, however, tradeoffs occur depending on the local/global objective. For example, in some instances it may be deemed necessary to degrade a particular ecosystem in order to facilitate commerce, or food production, or housing. In reality, the extent to which tradeoffs can be made before irreversible damage results is not always known, and in any case there are definite limits on how much substitution among the three elements is wise (to date, humans have treated economic development as the dominant one of the three). This has led to the notion of strong sustainability, where tradeoffs among natural, human, and social capital are not allowed or are very restricted, and weak sustainability, where tradeoffs are unrestricted or have few limits. Whether or not one follows

the strong or weak form of sustainability, it is important to understand that while economic and social systems are human creations, the environment is not. Rather, a functioning environment underpins both society and the economy.

This introduction serves as a gateway to exploring the multifaceted nature of sustainable living. Throughout this guide, we will delve into practical strategies and actionable steps that individuals can take to incorporate sustainability into their everyday lives. From small changes in behavior to larger lifestyle shifts, each action has the potential to make a meaningful difference in building a more sustainable future for ourselves and generations to come.



## **TYPES OR PILLARS OF SUSTAINABILITY**

Sustainability is to an approach to conducting business that creates sustainable, long-term shareholder, employee, consumer, and societal value by pursuing responsible environmental, social, and economic (or governance) strategies.

### **1. The Environmental Pillar**

The environmental pillar often gets the most attention. Many companies are focused on reducing their carbon footprints, packaging waste, water usage, and other damage to the environment. Besides helping the planet, these practices can

have a positive financial impact. For example, reducing the use of packaging materials can reduce spending and improve fuel efficiency.

For example, Walmart keyed in on packaging through its zero-waste initiative. It pushed for less packaging throughout its supply chain and for more of that packaging to be sourced from recycled or reused materials.

One of the challenges with environmental issues is that a business's impact is not always clearly discernible. It may not be fully accounted for if all externalities aren't considered, but even if they are there is often dispute about the cost and impact of such items. This could mean that there are externalities that are not reflected in consumer prices. The all-in costs of wastewater, carbon dioxide, land reclamation, and waste, in general, are not easy to calculate because companies are not always the ones on the hook for the waste they produce. The practice of benchmarking tries to quantify those externalities so that progress in reducing them can be tracked and reported in a meaningful way.

## **2. The Social Pillar**

The social pillar ties to the concept of social license. A sustainable business should have the support and approval of its employees, stakeholders, and the community it operates in. How such support is secured and maintained varies, but it comes down to treating employees fairly and being a good neighbor and community member, both locally and globally.

On the employee end, businesses can refocus on retention and engagement strategies. These can include more responsive benefits such as better maternity and family benefits, flexible scheduling, and education and development opportunities.

For community engagement, companies have come up with many ways to give back, including fundraising, sponsorship, scholarships, and investment in local public projects.

## **3. The Economic Pillar**

The economic pillar of sustainability is where most businesses feel they are on firmer ground. To be sustainable, a business must be profitable. That said, profit cannot trump the other two pillars. In fact, profit at any cost is not what the

economic pillar concerns. It's about compliance, proper governance, and risk management.

Sometimes, this pillar is called the governance pillar. This refers to boards of directors and management aligning with shareholders' interests as well as those of the company's community, value chains, and customers.

For example, investors may want to feel certain that a company uses accurate and transparent accounting methods, and that stockholders are given an opportunity to vote on important issues.

They may also want assurances that companies avoid conflicts of interest in their choice of board members, don't use political contributions to obtain unduly favorable treatment and, of course, don't engage in illegal practices.

It is the inclusion of the economic pillar (and the acceptance of profit), that makes it possible for corporations to consider and agree to sustainability strategies. The economic pillar provides a counterweight to extreme measures that corporations are sometimes pushed to adopt, such as abandoning fossil fuels or chemical fertilizers instantly rather than in phases.

### **THE IMPACT OF SUSTAINABILITY**



The main question for investors and executives is whether or not sustainability is an advantage for a company. Properly implemented, it certainly can be. Sustainability strategies have been borrowed from other successful business movements.



Sustainability provides a larger purpose and some new deliverables for companies to strive for. It can help them renew their commitments to basic goals such as efficiency, sustainable growth, and shareholder value.

Perhaps more importantly, a sustainability strategy that is publicly shared can deliver hard-to-quantify benefits such as public goodwill and a better reputation. If it helps a company get credit for things they are already doing, then why not? For some companies, sustainability represents an opportunity to organize diverse efforts under one umbrella concept and gain public credit for it. For other companies, sustainability means facing business practices that ultimately could have a negative impact on their operations. However, sustainability and a public commitment to its essential business practices may grow to equal the importance of compliance for publicly traded companies.

### **IDEAS FOR SUSTAINABLE TRANSPORTATION**

Sometimes, the best definition of a concept can be found by describing what it is not. When it comes to the idea of a green transportation infrastructure, that's pretty easy. All one has to do to get across the idea is to highlight the experience virtually all of us have shared at some point in our life (and for millions of Americans it can be literally an everyday experience): sitting in our motionless cars on a jam-packed highway as the vehicles spew emissions and pollution into the air.



As has been demonstrated repeatedly, a transportation infrastructure based around individuals in automobiles contributes to global warming, pollution, health problems and energy insecurity. Conversely, the idea behind a green transportation infrastructure is one that provides opportunities for people to get around their communities using their own power -- such as walking or biking -- or by other more environmentally sensitive means, like trains or buses.

Even in cases when it's difficult or impossible to remove the car from the picture entirely, there are ways to green our transportation infrastructure and simultaneously improve our health and quality of life. Click ahead to find out one way to improve what's already in place.

### **1. SMART GROWTH:-**

To some people, thinking about green transportation infrastructure in isolation is misguided. Instead, they insist that a better approach is to figure out how to configure entire communities in such a way that greener modes of transportation are simply the most obvious and easiest choices. Smart growth, which emphasizes putting homes near shops, jobs and public transportation, does just that by making zoning choices that promote density.

### **2. SUBWAYS ARE CLEAN:-**

Sure, anyone who rides the New York City subway -- or those in a lot of other cities, for that matter -- everyday will probably snicker (or worse) at the categorical statement that subways are clean. But while some individual subway cars and buses could use a good cleaning, the reality is that these modes of public transport take a heck of a lot of cars off the road and contribute mightily towards a greener planet.

### **3. BUS LANES:-**

A lot of city dwellers profess an interest in taking the bus to work, but when pressed about why they don't, there are plenty of reasons keeping them in the cars. Convenience is obviously one, but having to wait at a bus stop and then sit or stand on a crowded bus while cars go by is definitely another big impediment. But cities around the world are doing their best to harness the environmental benefits of bus ridership by making them more attractive to ride. How? One major way is by creating lanes dedicated to buses so that they can zoom past

cars and trucks on roadways. Part of a concept called bus rapid transit, dedicated bus lanes have been around for decades and are used in South America, Europe, and Australia and increasingly in North America and Asia.

#### 4. GREENWAYS:-

The East Coast Greenway is nothing if not ambitious. An ongoing effort, the East Coast Greenway is an attempt to create a continuous network of trails for use by bicyclists and pedestrians from Maine to Florida; think of it as a sort of Appalachian Trail outside of the woods. Although only about one quarter of it exists right now in the form of trails dedicated for non-motorized transportation, efforts like the East Coast Greenway are quintessential green transportation infrastructure initiatives: providing opportunities for those not in cars to get around and in between towns and, in this case, even states. Obviously, not all greenways -- which are literally corridors of undeveloped land, often in the form of pedestrian-oriented paths around cities or towns -- all are as encompassing as one that snakes up the entire Atlantic seaboard.



#### 5. CONSTRUCTION MATERIALS MATTER:-

There are plenty of aspects of the Brooklyn Bridge Park that make it green. First, the 85-acre project, which is partially open, is a park, and the first one

built in Brooklyn since Prospect Park more than a century ago. It will replace an industrial area full of piers and warehouses with public space for recreation and restored wetlands and other habitat, it also relies on recycled, local materials. Even in cases when building materials can't be recycled and reused, there are options that are far more sustainable than what was used in the past. For instance, so-called permeable pavers are a big benefit when it comes to managing rain and storm water runoff in such a way that it returns underground or collects in pools where it can be reused instead of running off and being lost or polluting watersheds.

#### **6. PEDESTRIAN BRIDGES:-**

According to Vincent Press, a spokesperson for Bergman Associate, the design firm that spearheaded the renovation of the bridge, the environmental benefits of the project -- and this sort of pedestrian bridge generally -- are multiple. "Pedestrian bridges provide opportunities for alternative, environmentally friendly transportation modes such as biking and walking," he says. "In this case, the Walkway over the Hudson connects miles of trails on either side of the Hudson, encouraging exercise and clean modes of transportation." The fact that the bridge utilized an existing structure -- rather than starting from scratch with all new materials -- also provided green benefits, especially since lead and asbestos from the original structure were replaced with more sustainable materials.

#### **7. A BOOST FOR ELECTRIC VEHICLES:-**

Granted, this won't address what some see as the inherently environmentally unfriendly aspects of a transportation infrastructure geared towards automobiles. But the truth is that replacing gas-powered autos with those that run on electricity will make a big difference in reducing emissions of carbon dioxide.

### **TIPS TO MAKE YOUR EATING HABITS MORE SUSTAINABLE**

Sustainability and "sustainable systems" have become buzzwords—and for a good reason. They're often discussed in conjunction with climate change, a real issue facing the entire world.

By definition, sustainable eating refers to diets with little environmental impacts, improve food security and nutrient density, and add to the health of present and future generations.

It sounds like a great idea — and plenty of data suggests that sustainable habits, particularly dietary, can have an impact. For instance, food systems are responsible for one-third of greenhouse emissions, indicates a 2021 report Trusted Source.

If we, as individuals, can choose food that doesn't contribute as much to it, it can make an impact. But it's not that simple — there are systems at play.

**Sustainable eating** is simply a dietary pattern that considers both the body and the environmental impacts.

### **Let's see How to eat sustainably:-**

You can't completely overhaul the agricultural system overnight, but you can make small tweaks to your eating habits. If you're looking for how to eat sustainably on a budget, there's good news: Not every food habit change comes with a hefty price tag. Experts shared ways to implement sustainable food practices at home.

- **Eat more plant-based foods:-**

The research indicates that diets rich in plant-based are better for the environment and can improve health outcomes, too. Certain foods like beef and lamb take a lot of carbon to create.

But you don't have to become vegetarian or vegan. It is suggested adopting a plant-based diet once per week, such as on Meatless Monday.



- **Meal plan and prep:-**

The FDA estimates Trusted Source that food waste makes up 30 to 40 percent of the food supply. One way to cut back on that is to plan meals for the week in advance so you purchase exactly what you need. Then, prepare the foods — and be mindful of expiration dates.

As you're prepping (and consuming) food, Krejci suggests implementing a nose-to-tail sustainable eating plan. Sustainable food recipes look to make use of more than parts of an animal, like the wings and breasts. In today's culture, we are used to only eating a few cuts of meat," Krejci says. "This leads to a lot of waste. Learn how to use things like chicken feet, gizzards, beef tongue, or ox tail. Save the bones to make your own bone broth. Render down fat from grass-finished/pasture-raised animals to save for cooking later.

- **Compost food scraps:-**



The Environmental Protection Agency (EPA) lists composting as part of its food recovery hierarchy, a number of actions that prioritize reducing food waste.

Krejci says composting food scraps and then re-using them as garden fertilizer is a win-win. Some localities also have locations where you can drop compost. "A compost pile can be as simple as a pile behind your garage or as complex as a tumbler or bin," Krejci says. "They even made countertop models for those in apartments."

- **Eat seasonally:-**

Strawberry season is typically June, but you can still buy them in December. Local farmers can give you a better idea of what is in season in your area.

- **Try 100-mile diet:-**

Eating local can reduce the carbon footprint of your food choices. White concedes this doesn't work for everyone and that social and economic factors play a role. But if possible, she suggests considering what's known as the "100-mile diet," which means purchasing produce from farmers within a 100-mile radius of where you live.



- **Grown your own Food:-**

Gardening lets you know exactly where your food came from and what practices, such as irrigation and fertilizers were used.

“You don't even need fancy raised beds to grow food,” Krejci says. “Simply turn over your grass with a shovel, add some compost, and you'll be ready to go.”

And garden gives you the opportunity to implement another sustainable eating habit. Krejci suggests canning and saving produce for winter when there's less in season.

- **Use sustainable Food Packaging:-**

A 2021 study Trusted Source indicated that replacing single-use packaging with reusable packaging, such as food containers and carrier bags, would reduce emissions by 63 percent. Best believes using reusable grocery bags, swapping plastic sandwich bags for reusable containers, and storing food in reusable containers can reduce your carbon footprint.

## **RENEWABLE ENERGY SOURCES**

Renewable resources are capable of regenerating after harvesting, so potentially their stocks can be utilized forever. Most renewable resources are biological, although some are non-biological.



### **Biological Renewable Resources**

Renewable resources that are biological in nature (bio-resources) include the following:-

- wild animals that are hunted as food or for bio-materials, such as deer, moose, hare, ducks, fish, lobster, and seals
- forest biomass that is harvested for lumber, fiber, or energy
- wild plants that are gathered as sources of food



- plants cultivated as sources of food, medicine, materials, or energy
- the organic-based capability of soil to sustain the productivity of agricultural crops

### **Non-Biological Renewable Resources**

The following are renewable resources that are non-biological:-

- sunlight, of which there is a continuous input to Earth
- surface water and groundwater, which are renewed through the hydrologic cycle
- winds, which are renewed through the heat-distribution system of the atmosphere
- water currents and waves, which are renewed through the heat-distribution system of the oceans, as well as the tidal influence of the Moon

Many renewable resources can be managed to increase their rates of recruitment and productivity and to decrease mortality. In the following section we explain how management practices can be used to increase the productivity of biological resources. Although a renewable resource can regenerate after harvesting, it can also be badly degraded by excessive use or by inappropriate management. These practices can damage the ability to regenerate and may ultimately cause a collapse of the stock. If this happens, the renewable resource is being “mined”, or used as if it were a non-renewable resource. As such, it becomes depleted by excessive use. For this reason, ecologists commonly use the qualified term: potentially renewable resources.

### **CLEAN AND GREEN FOR SUSTAINABILITY: HOUSE CLEANING GUIDE**

Do you want to spruce up your house while reducing your carbon footprint on the environment? Adopting green cleaning practices by avoiding harmful chemicals, non-renewable resources, and plastic-based cleaning tools can help maintain a healthy indoor as well as outdoor environment. Using natural or organic cleaning products on a regular basis is one of the great ways to go sustainable. Change your habits slowly and focus on leveraging the benefits of environmentally-friendly options for housekeeping chores. Small efforts can make a huge difference and preserve our ecosystem. In this blog post, we will

discover a practical house cleaning guide on using green cleaning ways to maintain a healthy living space all year round.



### **What Does Green House Cleaning Means?**

It is also known as sustainable or eco-friendly cleaning, which allows people to use environmentally-friendly cleaning practices and products. It is a consistent effort to reduce the use of store-bought cleaning products that contain ammonia, chlorine, triclosan, formaldehyde and other volatile organic compounds. These substances can cause air and water pollution and also lead to various health issues, such as respiratory illnesses, skin allergies and eye irritation. Instead, use green or eco-friendly cleaning products that contribute to a cleaner and healthier home. You can use the following products and achieve sustainability:-

- White Vinegar
- Lemon
- Baking Soda
- Castile Soap
- Borax
- Hydrogen Peroxide
- Warm Water

If you are preparing a rented property for the final inspection, book the professional end of lease cleaning Canberra and get your bond back. Ask them to bring environmentally-safe products if you have adopted a sustainable lifestyle.

### **Key Tips To Clean A House Sustainably:**

Here are some of the best tips to help you spruce up your home using green cleaning practices: **Choose Reusable Cleaning Products** Believe it or not! Disposable cleaning supplies, such as single-use wipes, paper towels, traditional sponges and plastic brushes, contribute to huge waste generation. These can add up to landfill and pollute the environment. Instead, prefer choosing reusable tools to spruce up your home. This includes microfiber cloths, mops, eco-friendly sponges and old toothbrushes that are durable and can be used multiple times. Here are some great hacks on using magic erasers that are effective and can be used multiple times to achieve sparkling results. **Avoid Toxic Products** Many people bring chemically-laden cleaning products to tackle stubborn stains, grime and grease around the house. Some chemicals can cause health hazards, including cancer. So, be careful and dispose of them to keep your kids and pets safe. **Conserve Energy and Water** Be mindful when using water and energy when sprucing up your home. This is one of the best ways to go sustainable. Turn off the tap when not using it and buy energy-efficient vacuum cleaners, steam cleaners, rechargeable cleaning gadgets and much more. It is also good to wash your cleaning mops and cloths in cold water to minimise greenhouse gas emissions. **Prepare Green Cleaning Products** Look for cleaning products that are labelled as green or eco-friendly. However, some companies scam people by falsely advertising their toxic cleaning products using green cleaning labels. They add alternatives to harsh chemicals that are equally harmful. Choose products that come with eco-label certifications and also read customer reviews to make the right decision. You can also create DIY cleaning products to spruce up your house like a pro.

You can use:-

- Vinegar to remove stubborn stains
- Baking soda to disinfect and deodorise areas

- Lemon to kill germs
- Hydrogen peroxide to tackle mould
- Clean Your Home with Castile Soap

If you want deep end of lease cleaning Canberra, look for a company that specialises in bond cleaning and can help you secure bond money.

### **Best Natural Cleaning Products For Your Home:**

Here are some of the best products that you can use to spruce up your home and maintain a healthy home environment. Use Vinegar as a Multi-purpose Cleaner White vinegar has antibacterial properties, and therefore, it is one of the most effective natural cleaning agents these days. It can help you clean puppy pee stains, food splatters, and mould from different surfaces. The acidic nature of vinegar helps cut down dirt and grime, even from carpets. However, avoid using it on natural stone surfaces, such as ceramic tiles and stone countertops. Etc. You can prepare all-purpose cleaner by mixing: 1 part of vinegar 2 parts of water, dish soap and a few drops of essential oil. This can be used to clean windows, blinds, microwaves, ovens, carpets, floors and other surfaces. Baking Soda to Remove Grease and Oil Stains Baking soda is a mildly abrasive scrubbing tool that can help remove grease stains, oil splatters and grime from almost all surfaces. It can also be used to clean, disinfect and deodorise surfaces. Use Lemon as a Natural Disinfectant Lemons have acidic properties and can help you kill germs and bacteria with ease. You can use it to scrub cutting boards, microwaves, ovens and other surfaces that need disinfection. Kill Mould Spores with Hydrogen Peroxide Mix 3 per cent hydrogen peroxide with warm water and spray on mouldy surfaces. Leave it for a few minutes and scrub it using an old toothbrush to achieve desired results. You can also book pest control service before moving out of your rented property and maintain a healthy indoor environment. Apart from this, hire end of lease cleaning Canberra professionals for desired outcomes.

### **Wrapping up this:**

This guide will help you embrace green cleaning practices to keep stains, grime, grease and mould at bay. You can maintain a healthy and hygienic living space

while choosing sustainable and eco-friendly products and tools while protecting the environment.

## **CONCLUSION**

In conclusion, "Living Green: Sustainable Solutions for Everyday Life" offers a comprehensive roadmap towards a more environmentally conscious and sustainable way of living. Through this guide, readers have been equipped with practical strategies and actionable steps to integrate eco-friendly practices into their daily routines.

By implementing the principles outlined in this guide, individuals can significantly reduce their ecological footprint and contribute to the preservation of our planet's resources and ecosystems. From energy conservation and waste reduction to conscious consumerism and transportation alternatives, every aspect of daily life presents an opportunity to make a positive impact.



Moreover, "Living Green" emphasizes the interconnectedness of environmental, social, and economic factors, highlighting the importance of holistic sustainability practices. By fostering a deeper understanding of these

interconnections, readers are empowered to make informed choices that not only benefit the environment but also promote social equity and economic resilience.

Ultimately, the journey towards sustainable living is one of ongoing learning and adaptation. As individuals continue to explore and embrace new ways of living green, they become catalysts for broader societal change, inspiring others to join them in creating a more sustainable and equitable world for present and future generations.

In embracing the principles of sustainable living outlined in this guide, individuals embark on a transformative journey towards a more harmonious relationship with the planet and each other. Together, we have the power to create a future where people and nature thrive in balance, and "Living Green" serves as a vital resource on this journey towards a brighter, more sustainable tomorrow.

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