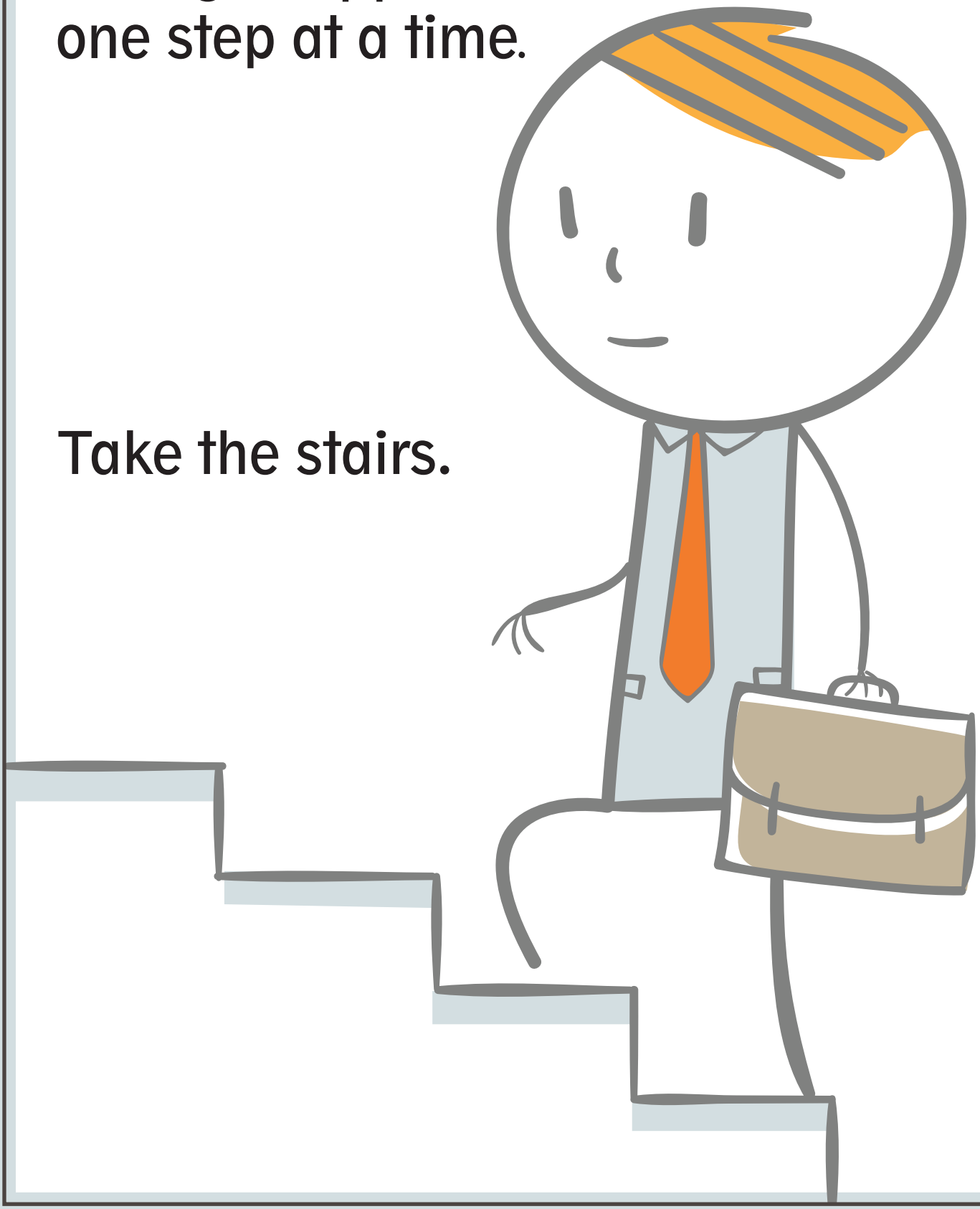
Change happens
one step at a time.

Take the stairs.



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