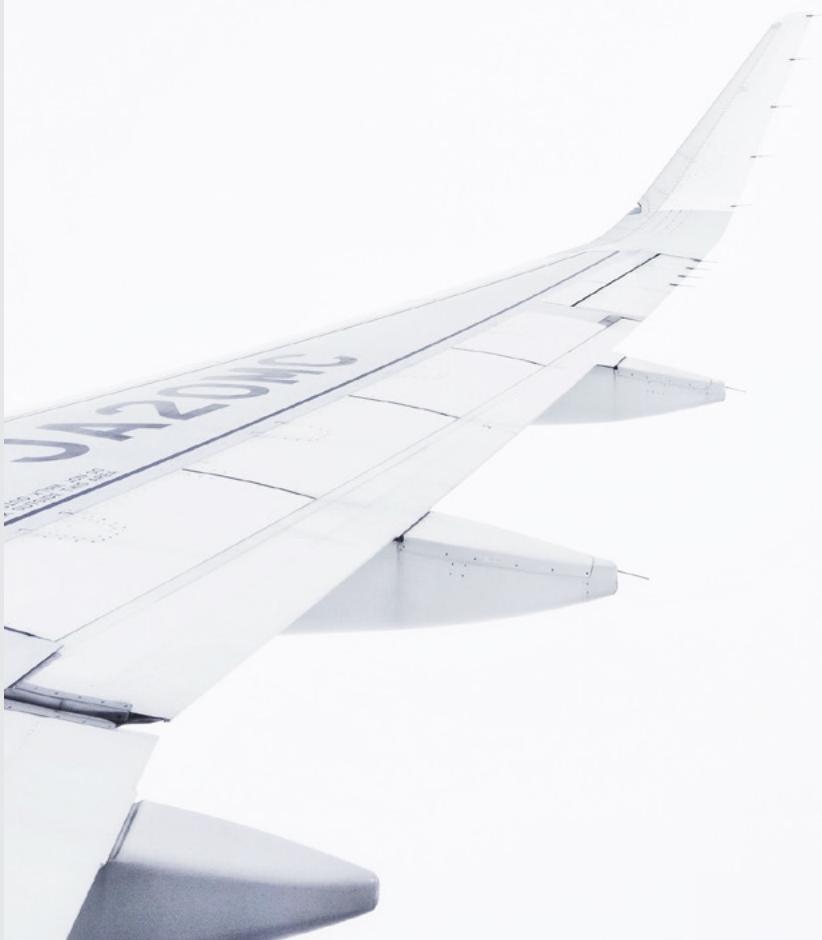


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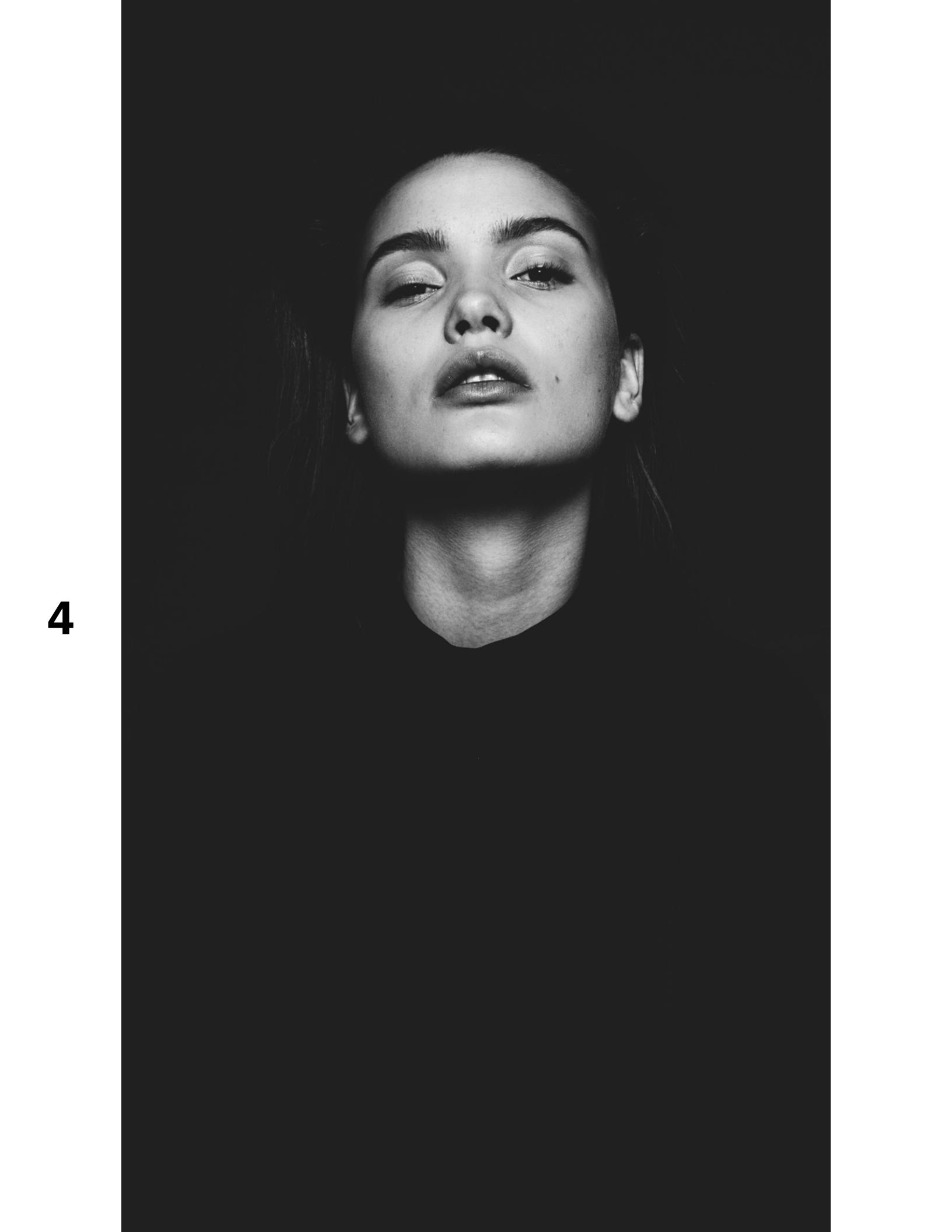
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3

*“Courage is the most important of all the virtues
because without courage, you can't practice any other
virtue consistently.”*

— Maya Angelou

A black and white close-up portrait of a young woman with dark hair pulled back. She is looking directly upwards with her eyes closed, her gaze directed towards the top center of the frame. Her expression is serene and contemplative. The lighting is dramatic, coming from the front and slightly from the side, which creates strong highlights on her forehead, nose, and cheekbones, while leaving much of her face and the background in deep shadow.

4

Going against the Grain

Dear readers,

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Gendaec aboriti untecupitate perumqu ossimus.

Do one thing every day that scares you.

Maya Nostrand

Editor in chief

