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EMPOWERMENT



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**December 6th 2012: Becoming Ecothrifty**

Do you "use it up, wear it out, make it do, or do without?" Our grandmothers knew the importance of responsible, thrifty choices. But somewhere along the way we succumbed to the belief that we can get everything for next to nothing, have it shipped halfway around the world and then, more often than not, just throw it away. This consumer binge is taking its toll. Diet- and lifestyle-related illnesses are epidemic, our environment is awash in a sea of plastic, our climate is changing, and the cost of everything is skyrocketing with the price of oil. Are we doomed? No way! We can make greener, he

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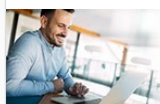
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