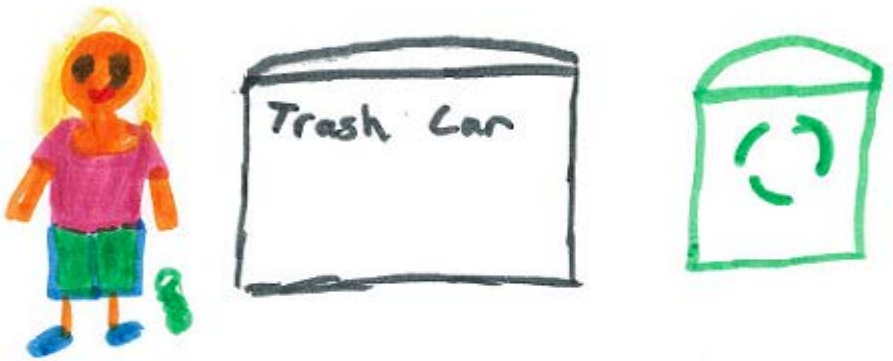
I resolve....

to [redacted] Recycle my trash



and learn about ways to help people.