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### African Proverb of the Week

*"An old pot keeps the water fresh."*

(Tigrinya, Eritrea)



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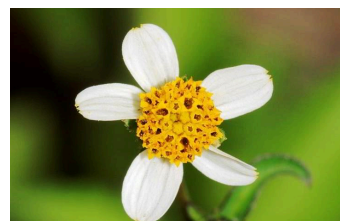
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