

MAINSTAY

Meaning: Mainstay: a key support or essential element that provides stability or sustenance in a particular context.

1. The charity event became a mainstay of the community, drawing crowds every year.
2. In her absence, the team struggled to find a mainstay who could hold everything together.
3. The mainstay of her diet consists of fresh fruits and vegetables, which she swears by for health.
4. As a mainstay in the fashion industry, the designer's collections continue to influence trends worldwide.
5. His optimism is a mainstay that keeps the team motivated during challenging times.

Source: sentences.whatistheurl.com

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