

NORTH HEMPSTEAD TOWN SUPERVISOR JENNIFER DeSENA
AND THE TOWN BOARD ARE PROUD TO PRESENT

Project Independence E-News

Project Independence May 2024 Newsletter

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

May is Older Americans Month

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is Powered by Connection, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. We will explore the vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues.

[Learn more](#)



Bridge Class - Wednesday, May 1, 8, 15, 22, 29, 2024

Looking for a fun way to spend some time? Come and join us for Bridge. This classic card game is a great way to test your skills and strategy. Plus, it's a great way to stay sharp and keep your mind active. Whether you're a beginner or a seasoned pro, Bridge is a great game to play.

Beginner Class - Players with little or no knowledge of the game of bridge.

Intermediate Class - Players who have knowledge of how bridge is played and passed the basic knowledge stage.

The Beginner Class meets on Wednesdays from 10-11:30 a.m. and the Intermediate Class meets on Wednesdays from 11:30 a.m. to 1 p.m. at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury. North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

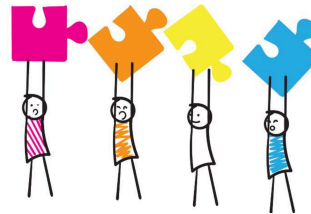
Puzzle Time - Wednesday, May 1, 15, 29, June 5, 12, 26, 2024

Facilitated by Debra Marks, LMSW (PI Social Worker) and Kelly Steinmann, R.N. (PI Nurse). Jigsaw puzzles are a timeless form of entertainment for people of all ages. Puzzles improve brains, help people relax, are a good opportunity for social interaction, and are just good fun! Please join us at The Homestead (Community Room), 252 Grand St., Westbury on Wednesday, May 1, 15, 29, June 5, 12, 26, 2024 from 2-3 p.m. North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

Puzzle Time



Project Independence Social Discussion Group - Thursday, May 2, 9, 16, 23, 30, 2024

Come meet new friends via Zoom! Enjoy talking with others and meeting your neighbors. Open to North Hempstead residents aged 60 and older. Facilitated by Andrea Taylor, LMSW (PI/EAC Social Worker). The

group meets via Zoom on Thursdays from 11:30 a.m.-12:30 p.m.

North Hempstead Project Independence invites all Town residents 60 and over.

If you are interested in participating, please call 311 or 516-869-6311 to register and receive a Zoom link.

[Learn more](#)

Golden Hearts Bingo & Blood Pressure Screenings

- Thursday, May 2, 9, 16, 23, 30, 2024



Facilitated by JoAnne Tricarico, RN (PI Nurse) & Eun Kyung Lee, LMSW (PI Social Worker). Feeling Lucky? Come join Project Independence for a fun hour every Thursday and try your luck to win a prize. In addition to having some fun, a PI registered nurse will provide blood pressure screenings and health counseling.

The program is on Thursdays from 12-1 p.m. at The Roslyn Community Center Auditorium, 53 Orchard Street, Roslyn Heights. North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



Project Independence and You Radio Show - Friday, May 3, 10, 17, 24, 31, 2024

Tune in to the Project Independence and You Radio Show to hear interesting discussions and updates with government officials, medical professionals, community organizations and

interesting residents. After listening to an informative guest, be sure to listen to the Talk of the Town to find out about updates, programs and what's going on around Town!

Listen to the show on Fridays from 10 a.m. to 12 p.m. on WCWP 88.1 FM or wcwp.org or download the app. Past episodes (audio & video) are available at www.northhempsteadny.gov/PI-Radio-Shows, on the WCWP YouTube page and on North Hempstead TV (NHTV). Watch NHTV on Cablevision Channel 18 or 65 or Verizon FIOS Channel 46. The show usually airs 2pm daily but check out mynhtv.com/schedule for up-to-date schedules.

Upcoming Shows

May 3 - Repeated Shows

May 10 - Mildred Kirschenbaum (Author & Influencer) & Gayle Kirschenbaum (Filmmaker/TV Producer / Writer / Photographer / Coach and Speaker) to discuss their **book, Mildred's Mindset: Wisdom from a Woman Centenarian**

May 17 - Rhonda Schwartz (Regional Administrator Administration for Community Living) to discuss the **Administration for Community Living-Older American Month-Powered by Connection**

May 24 - Repeated Shows

May 31 - Ofelia De Jesus JR (Director of Business Development, Caring On Demand) & Jennifer Devine (Vice President of Business Development) to discuss **CaringOnDemand™**

[Learn more](#)

Fridays at YWC - Friday, May 3, 10, 17, 31, June 7, 14, 2024

Come join us for Fridays at the North Hempstead "Yes We Can" Community Center, 141 Garden Street, Westbury at 9:30 a.m. North Hempstead Project Independence invites all Town residents 60 and over.



Fridays at Yes We Can includes:

Let the Games Begin: Boost Your Brainpower & Coordination with Kelly Steinmann, RN (PI Nurse)

What in the World is Going On? & Color Me Calm - Enjoy this current events discussion group while coloring for relaxation. Gia Montelbano (TONH Dept. of Services for the Aging/PI)

Heart-to-Heart Bingo and Blood Pressure Screenings with Kelly Steinmann, RN (PI Nurse) & Debra Marks, LMSW (PI Social Worker)

Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



What Matters to You Men's Community Group - Friday, May 3, 10, 17, 24, 31, 2024

Facilitated by Eun Kyung Lee, LMSW (PI Social Worker). The group is open to all men, age 60 and over living in the Town of North Hempstead. Come and discuss topics that are of mutual interest to men living in this community.

The group meets on Fridays from 10:30 a.m. to 12 p.m. at Hillside Public Library (155 Lakeville Road, New Hyde Park) and via Zoom. If you are interested in participating, please call 311 or 516-869-6311 to register and/or receive a Zoom link.

[Learn more](#)

St. Francis FREE Cardiac Screenings - Monday, May 6, Tuesday, May 7 and Tuesday, May 14, 2024

In partnership with Catholic Health St. Francis Hospital & Heart Center. The FREE screenings include a brief cardiac history, blood pressure, simple blood test for Cholesterol, and Diabetes screenings with appropriate patient education and referrals as



needed for clients above the age of 18. Dates and times are subject to change, please call 311 or 869-6311 before going to a location.

Monday, May 6, 2024 10 a.m.-2 p.m.
at the Port Washington Adult Activities Center, 80 Manorhaven Boulevard, Port Washington

Tuesday, May 7, 2024 10 a.m.-2 p.m.
at Fuschillo Park, Carle Road at Broadmoor Lane, Carle Place

Tuesday, May 14, 2024 10 a.m.-2 p.m.
at the Great Neck Social Center, 80 Grace Avenue, Great Neck

NO APPOINTMENTS REQUIRED.

[Learn more](#)



Blankets of Love - Tuesday, May 7, 14, 21, 28, 2024

The group provides an opportunity for seniors in the community to come together and work in a collaborative manner on a meaningful and rewarding project. Each blanket is donated to a worthy cause. The blankets have been given to various human service programs in Nassau County. The group meets on Tuesdays from 1 p.m. to 2 p.m. at Clinton G. Martin Park, 1601 Marcus Avenue, New Hyde Park.

North Hempstead Project
Independence invites all Town
residents 60 and over.

Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

Project Independence Joint Advisory Committee Meeting - Wednesday, May 15, 2024



Join a Project Independence Advisory Committee and Make a Difference! Come and discuss the needs of Town residents 60 and over, offer suggestions for new programs, learn about services available in the community and make new friends. The next meeting will be both in person and virtual on Wednesday, May 15, 2024 at Clinton G. Martin Park at 10 a.m. Deborah McElligott, DNP (Northwell Health) will present on Spring into Wellness Series: Mental Health & Stress Reduction.

If you are interested in participating, please call 311 or 516-869-6311 to register or receive a Zoom link.

[Learn more](#)

Nutrition for Strong Bones



Nutrition for Strong Bones - Wednesday, May 15, 2024

Presented by Cornell Cooperative Extension-Nassau County. Many nutrients play a role in bone health, such as calcium, vitamin D, protein, magnesium, phosphorous, and potassium. Come join us to learn how to keep your bones healthy and functioning well. Please join us at Magnolia Gardens, 899 Broadway, Westbury on Wednesday, May 15, 2024 from 11 a.m. to 12 p.m. North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

SMART Van (Family and Children's Association (FCA) Senior Mobile Access to Resources & Technology) -



Friday May 17 and Friday, June 21, 2024

Technology doesn't have to be difficult. Improve technological literacy to continue to live well, feel well, and age well! FCA's SMART Van will be making stops throughout North Hempstead providing technological training, connection to resources and informal counseling. Bring your cell phone, laptop or tablet to receive direct assistance. North Hempstead Project Independence invites all Town residents 60 and over.

Friday, May 17, 2024 "Yes We Can" Community Center (141 Garden Street, Westbury)

Friday, June 21, 2024 Port Washington Adult Activities Center (80 Manorhaven Blvd, Port Washington)

No appointments required. Please call 311 or 869-6311 to register or for more information.

The Van will be available from 10 a.m. to 2 p.m.

[Learn more](#)

Diabetes: What You Need to Know - Wednesday, May 22, 29 and June 5, 12, 2024

Would you like to have more information on how to care for and manage your Diabetes, or a loved one who has Diabetes? Join us for a 4-session educational program that can change the way you live with Diabetes. Presented by Danielle C. Ezzo, PharmD, BCPS, Associate Clinical Professor | Clinical Health Professions, College of Pharmacy and Health Sciences-St. John's University, Clinical Coordinator of Ambulatory Care Northwell Health | Medicine Specialties at Glen Oaks.



This 4-session program meets on Wednesday, May 22, 29, June 5, 12, 2024 from 1 to 2:30 p.m. at the North Hempstead “Yes We Can” Community Center, 141 Garden Street, Westbury, NY 11590. North Hempstead Project Independence invites all Town residents 60 and over.

Please call 311 or 869-6311 to register or for more information.

[Learn more](#)

Discovery Walks: Clark Botanic Garden



Discovery Walks: Clark Botanic Garden - Monday, June 17, 2024

Led by Bonnie Klein, Horticulturalist & Certified Nursery Landscape Professional. Join us for a lovely tour of Clark Botanic Garden. The walk will include the history and the evolution of its landscape over the years. Participants will walk on unpaved paths. The walk takes approximately one hour and is rain or shine. Presentations will be made indoors in the event of inclement weather. Please join us at Clark Botanic Garden, 193 I U Willets Rd, Albertson on Monday, June 17, 2024 from 10:30 a.m.-11:30 a.m.

Registration is Required. SPACE IS LIMITED.

North Hempstead Project Independence invites all Town residents 60 and over. Please call 311 or 869-6311 to register or for more information.

[Learn more](#)



Project Independence Exercise Classes Spring 2024 & North Hempstead TV

Project Independence offers various FREE exercise classes including Yoga, Line Dancing, Low Impact Aerobics, Tai-Chi, Fitness and more!

Join North Hempstead's Project Independence exercise classes today. At home virtual classes include Fitness, Tai Chi, Yoga and Dance. Many of the classes and times are the same as the Project Independence in-person fitness classes.

The PI exercise classes broadcast on the Town's public access television station, North Hempstead TV. Channel 65 on Cablevision or Channel 46 Verizon FIOS. Classes air Monday through Sunday, 10 a.m., 1 p.m., and 6 p.m. You can also visit: www.mynhtv.com/fitness to watch the classes online. For a complete schedule of classes visit: www.mynhtv.com/schedule or click the button below.

North Hempstead Project Independence invites all Town residents 60 and over. If you are interested in participating or have any questions, please call 311 or 516-869-6311.

[Learn more](#)

North Hempstead's E-Waste Recycling Program

Once a month, the Town of North Hempstead hosts a program that allows our residents to recycle their e-waste. Click on the link below for a full list of dates and locations, and more information about the Town's recycling programs.

[Learn more](#)

North Hempstead Supervisor Jennifer DeSena and the Town Board proudly present E-Waste Drop Off Events



E-WASTE WILL NO LONGER BE ACCEPTED AT THE SUNDAY RESIDENT DROP OFF. Instead e-waste may be disposed of at the following 2024 Town events:

SATURDAY, FEBRUARY 24, 8 A.M. TO 12 P.M.
802 West Shore Road, Port Washington

SATURDAY, MARCH 9, 9 A.M. TO 3 P.M.
North Hempstead Beach Park (North Lot)
(Part of the Town's S.T.O.P. program)*

SATURDAY, APRIL 20, 8 A.M. TO 12 P.M.
802 West Shore Road, Port Washington

SATURDAY, MAY 18, 8 A.M. TO 12 P.M.
802 West Shore Road, Port Washington

SATURDAY, JUNE 29, 9 A.M. TO 3 P.M.
Westbury High School
(Part of the Town's S.T.O.P. program)*

SATURDAY, JULY 20, 8 A.M. TO 12 P.M.
802 West Shore Road, Port Washington

SATURDAY, AUGUST 24, 8 A.M. TO 12 P.M.
802 West Shore Road, Port Washington

SATURDAY, SEPTEMBER 28, 9 A.M. TO 3 P.M.
North Hempstead Beach Park (North Lot)
(Part of the Town's S.T.O.P. program)*

SUNDAY, OCTOBER 13, 9 A.M. TO 3 P.M.
North Hempstead Beach Park (North Lot)
(Part of the Town's S.T.O.P. program)*

SATURDAY, NOVEMBER 16, 8 A.M. TO 12 P.M.
802 West Shore Road, Port Washington

SATURDAY, DECEMBER 7, 8 A.M. TO 12 P.M.
802 West Shore Road, Port Washington

The Town will be hosting electronic waste (e-waste) drop-off events for residents in North Hempstead in lieu of accepting e-waste at Sunday Residential Drop-off.

The program is free of charge and open to Town residents only.

*An asterisk indicates that this event will also include on-site document shredding services.

For more information, please visit our website at: www.northhempsteadny.gov/residentdropoff or Call 311

NEW YORK STATE BOATER SAFETY COURSE



Boater Safety Courses - May 4, 2024

North Hempstead's Public Safety Department has several Bay Constables who are certified under the New York State Parks Department to teach the New York State Boater Safety Course. We are proud to be presenting this course free of charge to Town Residents. This is an excellent opportunity for residents who have not already taken a boater safety class to do so, in order to operate a motor boat or personal watercraft in New York State waters.

The one day eight-hour course will be given one more time this year: Saturday, May 4th. We invite you to participate in the course so you can obtain a NYS Boating Safety Certificate. The course will be given at the Michael J. Tully Park at 1801 Evergreen Ave., New Hyde Park. You must register online if you plan on taking the course as seats are limited.

The following is the link to register for the course:

Saturday May 4th from 8am-4pm
<https://www.register-ed.com/events/view/209004>

Spring Fest is Back! Saturday, May 4

Town of North Hempstead Supervisor Jennifer DeSena and the Town Board are excited to announce the return of the Annual Clark Botanic Garden Spring Fest on **Saturday, May 4 from 12 p.m. to 5 p.m. at Clark Botanic Garden in Albertson.**

The festival will celebrate spring and the beauty of nature at the bountiful Clark Botanic Garden. The day-long event will feature:

- Volunteers for Wildlife will host presentations featuring birds of prey, turtles, and more!
- Mad Science will offer a slime bar session where children can make their own slime (while supplies last)
- Pond scooping activities
- Center for Science Teaching: Live butterfly releases throughout the day
- Center for Science Teaching: Rabbit petting zoo
- Center for Science Teaching: Scavenger hunt. Participants who complete the scavenger hunt will receive an Earth Day T-shirt
- Town of North Hempstead Horticulturist Bonnie Klein will lead tours of Clark Gardens
- Button making and family lawn games
- Character meet and greet
- Environmental themed crafts



North Hempstead's Spring Plant Sale - May 10 and May 11

North Hempstead will once again host our Annual Spring Plant Sale at Clark Botanic Garden on Friday, May 10 from 10 a.m. to 6 p.m. and Saturday, May 11 from 10 a.m. to 4 p.m.

Plants including annuals, perennials, herbs, veggies, trees & shrubs, and native plants will be available.



North Hempstead Supervisor Jennifer DeSena and the Town Board present:



North Hempstead's Asian American Festival - Saturday, May 18

Town of North Hempstead Supervisor Jennifer DeSena and the Town Board are pleased to announce that the Asian American Festival will be held on Saturday, May 18 beginning at 11:30 a.m. at North Hempstead Beach Park in Port Washington. WAC Lighting will serve as the primary event sponsor for this year's event.

May 2024 has been officially proclaimed as Asian American and Pacific Islander American Heritage Month in the Town of North Hempstead. Since the first Asian American Festival in 2010, members of the North Hempstead community have celebrated the Asian cultures represented in North Hempstead yearly during Asian American and Pacific Islanders Heritage Month. The celebration includes live performances from around the world, food from local restaurants, and cultural activities.

Additionally, there will be a market and food representing the countries of Afghanistan, China, India, Japan, Korea, Pakistan, and the Philippines.

There is a \$10 parking fee per vehicle if paying with cash, \$7 parking fee if paying with credit or debit card.

Lifeguards Wanted!

The Town of North Hempstead is hiring lifeguards for the summer pool season. Click the link below and share the information with your families, friends and neighbors!



[Learn more](#)

Memorial Day Fireworks at North Hempstead Beach Park - Saturday, May 25

Gates open at 3 p.m., with the official program beginning at 6:30 p.m. There will be a performance by The Ronald Reagans, and food trucks will be on site. Parking Fee- \$10 (cash only)
Free parking passes available for veterans and active-duty military.



Town Clerk Office Facts

Fact # 1: Planning to Travel?

Come to the Town Clerk's Office. We accept and process passport application daily until 3:00pm. Please call the office at (516) 869-6311 to get your questions answered and make your appointment. Expedited processing of passport application is available by paying the Department of State expedite fee. We also take color passport photographs (2 identical 2 x

2”) for an additional fee of \$10 per person.

Fact # 2: Want to Have a Block Party?

Town Clerk’s Office is the place to get started. Download and complete the application from the Clerk’s page on the Town website and put in motion your time for enjoying socializing with neighbors.

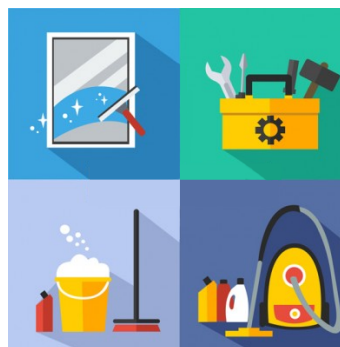
Fact # 3: Suggestions? Comments?

Please make use of the Drop-Off Box in the Town Clerk’s Office for your suggestions, comments, and feedback. The drop off box may also be used for dropping off applications completed with pertinent information for any permits or licenses you may require.

[Learn more](#)

TRI Help at Home Program

The TRI Help at Home Program is designed to prepare individuals with disabilities to work in entry-level employment. Each student is trained to be proficient in Occupational Safety and Health Administration regulations (OSHA) and is supervised by a job coach.



Help at Home will be provided by TRI workers, supervised by their job coaches, to Town residents aged 60 and over. There is no charge for the service, but the homeowner/renter may need to pay for or provide any supplies needed. Services include gutter cleaning (1st floor), light yard work (minimal services), floor care (mopping or sweeping), moving heavy items, window cleaning (1st floor) and replacing batteries and lightbulbs. 516-869-6311 for more information.

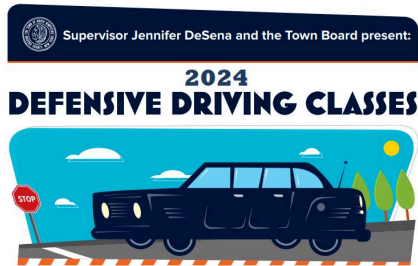
[Learn more](#)



Rebuilding Together LI

Rebuilding Together LI is a program to repair and rehabilitate the homes of low income, elderly and disabled homeowners. A work-scope visit is made by a skilled tradesperson. All repairs performed by Rebuilding Together Long Island, Inc. are completed by retired volunteers at no cost to the homeowner. This is an income-based program and services include grab bars, railings, weatherization and small repairs. Call 311 or 516-869-6311 for more information.

[Learn more](#)



2024 Defensive Driving Classes at Clinton G. Martin Park

The Town of North Hempstead is proud to partner with AARP to offer residents Defensive Driving classes throughout the year at Clinton G. Martin Park. Classes are filling up fast! The classes will be held on Saturday, June 22, September 14, October 19, November 16, and December 14. All classes will take place from 9 a.m. to 4:30 p.m. with a 30 minute lunch break.

Those interested in attending should bring a check made payable to "AARP" on the day of the class. No cash will be accepted. Attendees should also bring: their driver's license, a bagged lunch, and AARP members should also bring their AARP card.

The cost is \$25 for AARP members and \$30 for non-members. To register or for more information, please call 311 or 516-869-6311.

[Learn more](#)

EAC Respite Program

In-Home Respite Services provides in-home caregivers (companions) to Nassau County residents caring for an elderly relative in



their home so the caregiver can take much-needed time off.

[Learn more](#)



PI Social Worker & Nurse Updates

The PI social work and nurse team are available for appointments via the phone, office and in the home. If you would like to connect or schedule an appointment with a PI Social Worker or a PI Nurse, please call 311 or 516-869-6311.

PI Transportation Program

The Project Independence Taxi service provides discounted taxi rides for medical appointments and free trips to local grocery stores for Town of North Hempstead seniors 60+ and those with disabilities 21+.



The PI medical taxi cost to riders is \$5 or \$10 depending on where you travel: \$5 each way for a medical fare under \$22; \$10 each way for medical fare of \$22 and over. Tipping is recommended and most appreciated.

Free trips for food shopping are available twice a week between 10 a.m. and 2 p.m. You choose which day. Sharing a taxi with another rider should be expected, for medical and food shopping.

Please avoid travel during AM and PM peak travel / rush hour. Expect long delays if you book during rush hour. The best time to travel is middle of the day when taxis are less busy.

Please call 311 or 516-869-6311 to learn more about the PI Taxi service or to book your taxi reservation. Please note that program details are subject to change.

[Learn more](#)



Circle of Support

The Project Independence Circle of Support is a life planning tool that includes trusted people, organizations, and other resources that come together to help you live a more healthy, social and productive life in your community. "YOU" control the process so that you can be the "Director of Your Life". Your Circle is always changing as life

circumstances change for you and members of your support pool. This tool helps to identify who is part of your Circle, and helps you determine the strengths and weaknesses in your Circle of Support.

You can request the Circle of Support booklet in a hard copy or in a digital fillable version. Please call 311 or 516-869-6311 to request your copy today!

[Learn more](#)

Zoom Training Available for PI

Members

PI volunteer, and Technology for the Terrified Instructor, Barbara Mehlman began offering assistance via the telephone to assist seniors interested in participating in Zoom programs. If you would like assistance, call 311 or 516-869-6311.



Vial of Life

The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency. This program is used to provide the patient's medical information when a patient is not able to speak or remember this information. Call 311 or 516-869-6311 to receive a Vial of Life packet.

Neighbors Helping Neighbors: Telephone Reassurance Program

Would you like to make a difference in a Project Independence member's life or maybe you know a senior who would like to receive a friendly phone call for companionship and reassurance?

For many different reasons, seniors can feel isolated and disconnected. This program is designed to help keep seniors connected with one another. Our volunteers know that helping others adds meaning and fulfillment to their



own lives; they understand the importance of friendship and companionship.

Neighbors Helping Neighbors is for Town residents aged 60 and over to receive calls. Volunteers must be 21 or older and a Town resident. If you are interested in being part of this program, call 311 or 516-869-6311

Learn more



Mobile App for WCWP-88.1

WCWP has an App so you can hear your favorite radio show Project Independence and YOU! The App can be downloaded to both iOS devices iPhone and iPad as well as Android devices like a Galaxy phone or Surface tablet.

To download the App go to the App store on your Apple device or the Google Play store if you use an Android device. Search: WCWP Radio.

[Click Here](#) to learn more about the WCWP Radio app.

[Click Here](#) to learn more about turning into to WCWP live.

Past episodes are also available at: www.northhempsteadny.gov/PI-Radio-Shows

Learn more

Not In Our Town

North Hempstead pledges to not remain silent in the face of hate crimes, intolerance or violence. Join us and take a stand. It is important to show unity and advocacy for all individuals. Change happens on a local level and can start with you.

Learn more



Updates About the Town of North Hempstead

Are you interested in receiving emails about the Town of North Hempstead's events, programming and your local community? Click on the button below to subscribe to our email list.



[Learn more](#)

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[Unsubscribe here](#)



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