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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 10, No. 11 - MARCH 18th - 2020

COVID 19 CLOSURES

Many clubs and events have been cancelled due to the Corona Virus - See inside for a list of closures



RALPH IVEY'S

Auto Repair Ltd. and Muffler Man

**BRING YOUR CAR IN FOR
FALL/WINTER SERVICING**

IF WE CAN'T DO IT - IT CAN'T BE DONE!

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ALIGNMENT
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TUNE-UPS
TIRES**

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RUSTPROOFING**

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NORTH SYDNEY**

**Phone For An
Appointment**

794-4947

NORTHSIDE COMMUNITY NEWS ITEMS**SENIORS BINGO**

The Regular SUNDAY afternoon Bingo resumes. There will be an Afternoon BINGO Game at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue, Sydney Mines.

BINGO	7	25	44	57	62
15	22	40	50	70	
11	30	42	46	74	
2	28	37	55	68	
10	27	39	59	75	

Sunday BINGO
CANCELLED
for 2 weeks
Updates will
follow

Jackpot is \$650 on 50 #'s or less, plus Toonie Jackpot

NOTE: - Management reserves the right to refuse admittance to the BINGO game.

Royal Canadian Legion
Branch 83 - Florence

BINGO

EVERY THURSDAY

DOORS OPEN 5 PM - CARDS ON
SALE - 6:00 PM

7:00 pm - CASH PRIZES

EVERY SATURDAY

**CLOSED
UNTIL FURTHER
NOTICE due
to Corona
Virus**

Thursday - BINGO
Saturday - The CIRCLE
Sunday - BREAKFAST

WASHER TOSS 8 PM FRI-
DAY - Prizes for

1st, 2nd, 3rd
All Monies
back to the
players



736-6313

North Sydney Fire Hall

THURSDAY NIGHT ONLY -

Kitchen open from 4:00 - 9:00

pm - 2 pc Fish & Chips \$11.00

- Take Out of Free Delivery

**All Other
Activities
CLOSED
UNTIL
FURTHER
NOTICE
due to
Corona Virus**



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Celtic Music - logon to
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**BRAS d'OR SENIORS
WEEKLY 45s GAME**

The Bras d'Or Seniors Club are hosting weekly 45's game on Thursdays at 7:30 pm.

1st, 2nd and 3rd cash prizes are awarded. Also a chance to win the main Jackpot, mini Jackpot, and Loonie Jackpot and 50/50 draw. A total of 9 ways to win.

www.kleeradio.com



Heat & Serve Meals - Fresh Meal
Selections - Frozen Selections

Grab 'n Go Lunch

Soups - Sandwiches - Salads

Ph: 217-0280

**212 Commercial St,
North Sydney**



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PROFESSIONALS**

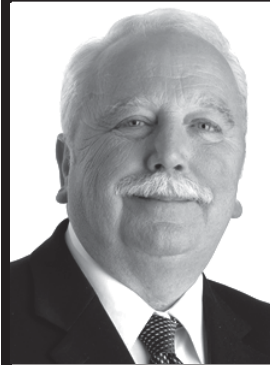
222 Commercial Street - North Sydney - B2A 1B7

902 - 794-7117 - FAX 902-241-3088

nsydhrrblock@syd.eastlink.ca

HOURS - MONDAY - FRIDAY - 9:00 - 5:00

See **TAX TIPS** on page 8 and see how much
you can save on this year's tax return
contact **H & R Block** today



Keith Bain

MLA -Victoria-The Lakes

1415 Highway 105, Bras d'Or, NS, B1Y 2N5

902-736-0301 (Office)

902-736-0411 (Fax)

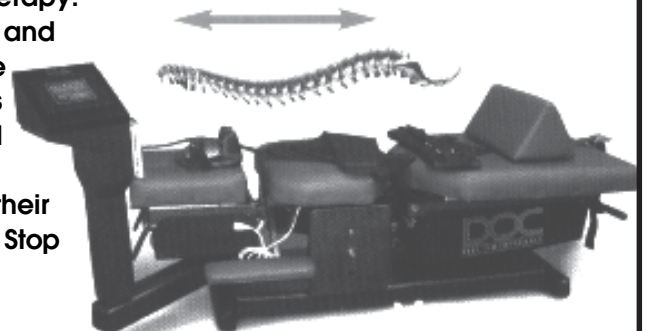
keithbainmla@bellaliant.com

NEW DECOMPRESSION TABLE RELIEVES PAIN

Darren Strong from Strong Chiropractic, announces a new, sophisticated computerized decompression table that allows the spine to be gently stretched and relaxed for spinal decompression therapy.

The pattern of alternating pulling and relaxing creates vacuum-like pressure which allows disc material that was herniated or protruded to be pulled back in the disc over time.

Patients will notice a reduction of their pain during these treatment sessions. Stop in today and ask about the new table and how you can benefit.



793 Mahon St., New Waterford - 862-9444 224 Commercial St. North Sydney - 241-9444

NORTHSIDE COMMUNITY NEWS/EVENTS**Chase The Ace Jackpot Amounts**

The Jackpot for the North Sydney 4 Chase The Ace stands at \$36,000 for this week.

Branch 19 and Branch 008 Legion Chase The Ace Jackpot now is \$10,166

**BIRTHDAY WISHES**

Birthday Wishes going out to Marilyn Tobin who celebrates her 30th birthday on March 21st - Love - Kenny and the kids.

DEADLINE FOR NEWS

The deadline for news to be printed in our newspaper is **Tuesday at 12 noon**. We start to put the paper together for printing on Tuesday and if your news is not in by the deadline, it will be printed in the next issue.

FREE PUBLICITY for your event, fund raiser etc.
thisweek@kleeradio.com

MammoWarriors Draw

Do you want to win a Custom Screen Room? Of course you do! This prize has been generously donated by Frank Lush Glass.

Tickets are just \$5.00 each. Tickets are available from any MammoWarrior and at the Fitzgerald's Restuarnt (Hwy. #105, Boularderie). The draw will be held May 2nd.

Proceeds from all our fundraisers go to support the Cape Breton Cancer Patient Care Fund. The Boularderie MammoWarriors thank you for your continued support.

IONA LEGION SUPPER - Friday night - March 20 Grilled Haddock - Supper is served from 6:00 - 7:00 pm - Adult \$15 (\$13 + tax) - Senior/Child \$12 (\$10.43 + tax). Coffee & Tea included.

Some News items courtesy of
Swing Over The Mountain News
logon to website
www.sotmnews.weebly.com
monthly newsletter

TAX TIPS - PAGE 8**COMMUNITY NEWS ITEMS****JAIME BATTISTE**

Member of Parliament
SYDNEY - VICTORIA

jaimebattiste.ca
jaime.battiste@parl.gc.ca

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FRI. - SAT.
11 am - 12 am

SUNDAY
3 pm - 11 pm

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902-794 2400
24/7

**ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206**

TUESDAY BINGO GAME

NOW AT - 7:30 PM**Hall Rental Available - 736-3206**

BINGO
Jackpot won
New Jackpot
\$1,0250.00

BINGO Tues.
7:30 PM
Bigger Games & Prizes



AROUND THE TOWN

I wanted to start off this week's column with a Special **Thank You** to all the staff at **Mother's Daughter Restaurant** where we broadcast our St. Patrick's Day radio show - the food was delicious and we appreciate the effort you took to see to our every wish - we had lots of great food, lots of laughs and also great Irish music to celebrate St. Patrick's birthday - can't wait until next year's show..... If you are looking for something a little different, head over to the North Sydney Firemens Club on Pierce Street in North Sydney - **MARCH 28 - DANCE** - Too Poor To Go South Dance - Dancing 9:00 - 1:00 - **CANCELLED** - DJ, a good way to celebrate Spring coming soon..... this week's **Tax Tips** will explain how to apply for the **FAMILY CARE GIVER**, is a great help for your exemption amount, see **page 8** for details.... Easter is fast approaching and if you are looking for a delicious Fish Dinner on **Good Friday** check out this event at the **Bras d'Or** **CANCELLED** in Sydney Mines - **2 PC. FISH & CHIPS**. pan fried or deep fried, dessert - \$12.00 each - April 10th - Good Friday - 3:00 - 6:00 - Tickets at the Bar - I have had it the last couple of years and I highly recommend it, get your tickets early as they sell out fast.... there will be a **Foot Clinic** held at the Ross Ferry Fire Hall on **April 4th** and the cost is \$25.00, for an appointment call (902) 674-2873.... **INCOME TAX FOR SENIORS & LOW INCOME EARNERS** - at the North Sydney Pensioners Club, located below the Library - March 18th, April 1st, April 15th and April 29 - Time - 9:00 - 11:00... and, speaking of the North Sydney Seniors & Pensioners Club, stop by on **March** **CANCELLED** **ring Fling** and enjoy a delicious lunch and some great Cape Breton music with **K-LEE RADIO** providing the entertainment - it runs from 2:00 - 4:00..... **KnitFit Community Knit-a-thon Rescheduled** to Saturday April 4th, 2020, 9 am to 4 pm - McConnell Library, 50 Falmouth St, Sydney - **FREE PUBLICITY** for your event, simply email us with your event information and we'll publish it free of charge for you - email us at - thisweek@kleeradio.com

NOW OPEN FOR ANOTHER GREAT DINING SEASON



Waiting On You!
DAILY SPECIALS - SENIOR MENU
CHILDREN'S MENU - TAKE OUT

Mon., Tues., Wed 11 - 7 - Thurs./Fri. 11 - 8 - Sat 11 - 8 - Sun 11 - 7

NOW OPEN FOR ANOTHER SEASON
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BREAKFAST - SEAFOOD - TURKEY - PANINIS

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NORTHSIDE COMMUNITY NEWS/EVENTS

FOOT CLINIC HELD

There will be a Foot Clinic held at the Ross Ferry Fire Hall on April 4th and the cost is \$25.00

For an appointment call (902) 674-2873.

Seniors Dance

Come out and enjoy an evening of dancing and fun with music on Saturday, at 8 pm at the Seniors and Pensioners' Club, Fraser Ave, Sydney Mines! Admission is \$5.00 and everyone welcome.



BIRTHDAY WISHES

Special Happy Birthday Wishes going out to Maude Bickerton on the occasion of her birthday on March 25th. May your special day be filled with Blessings and Laughter - from your friends at the card club and all your family and grandkids.

www.kleeradio.com



Traditional Music Night - every Thursday at the Blue Mist Beverage Room in Bras d'Or - The very best of Cape Breton fiddling. Stop by for great Cape Breton fiddling.

www.kleeradio.com

FLY TYING CLASSES

Fly Tying Classes Wednesdays at 7:00 p.m.; - Minor Baseball Building, Pitt St Sydney Mines.

Give this fun hobby a try - there are no fees involved.

For additional information, phone 902- 5441073 or 902- 595- 4449.

A&K

LICK-A-CHICK



7 PIECE CHICKEN

Med. Fries, Medium Gravy, 3 rolls **\$26.59**
PLUS TAX



12 PIECE CHICKEN

Large Fries, Med. Gravy, Med. Salad, 4 rolls **\$37.59**
PLUS TAX



18 PIECE CHICKEN

Large Fries, Med. Gravy, 2 Med. Salad, 6 rolls **\$47.99**
PLUS TAX

Upsize Your Fries 99c

Located in Bras d'Or on Trans Canada Highway

- HOURS OF OPERATION -

11:00 AM - 10:00 pm

PHONE

902-736-9496

Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue, Sydney Mines - Last Friday of the month 45s Card Game starting at 7:30



Some News items courtesy of **Swing Over**

The Mountain News

logon to website www.sotmnews.weebly.com monthly newsletter

EXERCISE CLASS

Monday at 1:00 pm, at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue. Sydney Mines.

TAX TIPS - PAGE 8

COMMUNITY NEWS ITEMS



JACK COOL K-LEE RADIO DJ NEWS

I had the pleasure of interviewing last week by Skype from New Zealand actor Mark Mitchinson.

His recent projects include a film in Australia. It's sort of a Stephen King little indie film. He's also working on a project in Auckland, New Zealand - a short series about right wing Angeles whos son gets distorted for various things in a kind of drama comedy.

Mark was in a lot of movies such as Bloodlines which is the true story about South African emigrant psychiatrist Colin Bower

who, over a period of time, poisoned his wife and he almost got away with it. It was the quickest conviction in New Zealand history, but one of the biggest roles I have to say Mark ever took on would have to be the 2015 film called the Monster Of Manganiti.

Heather Walsh tells the story of when she was held captive by Bill Cornelius in 1985 - the movie is really about this woman's bravery and courage and strength it took to escape from this evil person.

And what can I say, Mark played William Paul Bill Cornelius right to a T, man he was scary but excellent performance.

And with that being said have a wonderful safe and healthy week everybody I'm Jack Cool.

AMP SOCIETY SPRING CONCERT MAR.28, 2020 IS NOW POSTPONED

Due to the current situation regarding the Corona virus the AMP Society has decided to postpone the concert that was scheduled for Mar.28, 2020.

Anyone who has purchased tickets may contact the person who sold the tickets for a refund.

The AMP Society greatly appreciates the support shown towards this event.

Take 2 with PAUL POWER

There's never been a Canadian band in the history of music that's been so vilified as Nickelback has been over the years. It didn't start out that way though; in 2009 Billboard ranked them as the most successful rock band of the decade, but

by November of 2011, users of the music-oriented dating site Tastebuds.fm voted

Nickelback as the number one musical turnoff, edging out Justin Bieber and Lady Gaga. In May of 2013, the readers of Rolling Stone magazine named Nickelback the second worst band of the 1990s, behind only Creed. However, the best revenge is success; I saw Nickelback perform live a number of years ago and they were phenomenal, plus they have released 9 albums and refuse to go away-as a matter of fact through sheer perseverance and stubbornness they continually rub their arses in the face of detractors by releasing so many good songs, and albums. So why write about this band when it's been 3 years since their last album was released? Because it was 20 years ago this month that the band got their big break when EMI records

re-released the band's second independent album "The State"; before that Nickelback was merely a good rock band from Alberta that released an EP in 1996 ("HESHER") and a debut album the same year ("Curb"). After years of slugging it out on the road, in the bars and the clubs-winning fans over and writing damn good rock songs and ballads Nickelback hit the big time, and has earned the right to

be called, once again, one of Canada's top rock and roll bands. Now some people claim that Nickelback's music is

nothing more than misogynistic crotch-rock, but you know what-you could make the musical equivalent of marsh-mallows, wrap them up in bubble wrap and somebody in today's social media-mad, digital snowflake society is going to be offended. Those people have every right to choose what they like and don't like to listen to-but they DO NOT have the right to tell others what they can and cannot listen to. The history of music was founded by those who broke the mold, and pushed against what was 'society's norm' of the day. To that end Nickelback does what they do for their fans, and without question deserve to be recognized this month for their achievements over the past 2 decades. I like Nickelback...and so do a lot of other people.



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ST. PATRICK'S DAY CEILIDH - 11:30 1:30 - K-LEE RADIO

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NORTHSIDE COMMUNITY NEWS



NORTH SYDNEY LIBRARY NEWS

FIBRE LUNCH - every Thursday from 1:00 - 3:00.

STORYTIME on Saturdays - 2:30 pm.

CBU CANCELLED - **UB** - **MARCH 15th** - topic - Natural resources - 6:30 - 8:00 pm. No Registration required.

TUES., - MARCH 24 - Songs & Stories with Ken Chisholm and Jeff **CANCELLED** - session - starting at 6 pm

INCOME TAX FOR SENIORS & LOW INCOME EARNERS - at the North Sydney Pensioners Club, located below the Library **CANCELLED** April 1st, April 15th and April 29 - Time - 9:00 - 11:00.

ALL LIBRARIES IN NOVA SCOTIA CLOSED UNTIL APRIL 4th

FREE PUBLICITY - If your club or group is holding a community event in the new year and you are looking for some free publicity, email us and we'll make sure that your event gets some needed promotion.

Download a digital copy at
www.kleeradio.com

SATURDAY DANCE

The Sydney Mines & Pensioners Club will host a **SATURDAY DANCE** from 8:00 - 12:00 pm in their Clubrooms at 6 Fraser Avenue in Sydney Mines. The cost of the Dance is just **\$5.00** and it is open to the public.

There will be a variety of music available. Come out to our Club, 6 Fraser Avenue in Sydney Mines and have a great night every Saturday. Canteen Service and Bar Service is available.



Whaddya Mean "They're All Gone??"

If you missed out on Northside This Week just go to our website **www.kleeradio.com** and you can download an electronic copy or print a copy on your home computer. Great for sending to folks "away."

Senior Fitness Classes

Free Senior Functional Fitness Classes for men & women Classes focus on activities of daily life, including strengthening our balance, focus, & multi joint flexibility. Classes start Wednesday, Mar. 11th, 12:30 — 1:30 pm. at the Florence Legion. Sponsored by the Sydney Mines St. Vincent de Paul Conference with a grant from the Community Health Board.

Instructor Patsy MacKenzie. Come join us as we venture into this new experience.

NORTHSIDE COMMUNITY NEWS



BRANCH 008 LEGION NEWS

Chase The Ace every Friday 8 - 10 downstairs - music by Bob MacDor **CANCELLED** - The Branch needs your help to boost the C...
ing v...
from...
Branch...
Canada...
town...
a \$5...
help...

Legion Is Closed Until Further Notice

KARAOKE - WE'RE BACK - Fridays fr... **CANCELLED** c by T. Capstick - \$139.00

2 PC. FISH & CHIPS. pan fried or deep fried, dessert - \$12.00 each - April 10th - Good Friday - 3:00 - 6:00 - Tickets at the Bar.

APRIL 25TH - ISLE AUX MORT BOYS - DANCE 8:00 - 1:00 - \$10.00 **SOLD OUT** amount of tickets left.

If you like Sudoku Puzzles, logon to our website and enjoy a Daily Puzzle along with a new Daily Crossword Puzzle - Logon at -
www.kleeradio.com

The Sydney Mines Minor Hockey 50/50 - Last Draw was won by Ian MacLeod and the Jackpot amount for this draw was \$13,981 - **THANK YOU**

Sydney Mines Seniors & Pensioners Club

SUNDAY NIGHTS at 7:30 we have tarabish, everyone is welcome. 1st, 2nd and 3rd place Prizes are awarded.

MONDAY NIGHT - at 7:30 - **FUN NIGHT** - we invite members from other Seniors Clubs - Bingo 7:30 dabbers only - Loonie Draw Enjoy a game of SCAT - \$1.00, light refreshment, see you there.

WEDNESDAY - 7:30 45s Card Game 1st, 2nd, 3rd

For the latest and most comprehensive list of local events, logon to - **www.musiccapebreton.com**
Mike Little updates his listings each week.

Some News Items courtesy of **Swing Over The Mountain** Newsletter - **Login to read it at -** <http://sotmnews.weebly.com>

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CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address

glengray@kleeradio.com

PHANTOM COUNTRY with Kenny Walsh airs on K-LEE RADIO on Sundays at 6:00 pm - the best in Classic Country Music - tune in to hear Kenny at **www.kleeradio.com**

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	8			6				
		3	8			5	7	9
			5					
2		9					3	
			6				1	
				4	7	6		
	1	8		7				
			4			8		
							2	6

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Sudoku and Crossword Puzzles
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CRIB THURSDAYS FOR CLOSURES

CHECK FOR CLOSURES
PARIS MONDAY 7 :00 PM

794-4816 - 794-7482 - Members & Guests

2 Winter tires with studs, on rims 215 70R15 in excellent condition - Price \$100.00
Double Comforter, washed, in excellent condition, asking \$50.00 - Phone 902-578-7181 for both items.



MARCH BREAK - we are planning several March Break activities - March Break **ALL** to.

**ALL
LIBRARIES
IN NOVA
SCOTIA
CLOSED
UNTIL
APRIL 4th**

BOOK CLUB - anyone interested in forming a Book Club, please contact the Sydney Mines Library.

Check out Paul Power's Column featuring Canadian Band NICKLEBACK - read the review on **page 5**.

YOUR FREE SODUKO WEEKLY PUZZLE

			6		1			
			7					4
1	3					5	9	
						3	2	
								8
		4		7	5			
2						7		
3				4			6	
	9				8			

You can also get your Daily Soduko Puzzle and Crossword Puzzle by logging on to - www.kleeradio.com and clicking on the FEATURES Page. Also included is a DAILY FREE SOFTWARE giveaway. Logon today to get yours FREE!!

CORONA VIRUS NEWS

If you want to know the latest in Corona Virus information, go to the Cape Brton Regional Hospital website and there is plenty of information for you. Below are some of items you may want to review.

SYMPTOMS of novel coronavirus include fever, cough, difficulty breathing, and pneumonia

The severity can range from mild to severe, and in some cases, infection can lead to death. Current information suggests most people don't experience severe illness or need to be hospitalized.

What to do if you think you might have come in contact with COVID-19

If you've travelled outside Canada, you may have come in contact with the novel coronavirus. If you start to feel unwell, you should self isolate – this means staying home, away from the public.

Upon returning to Canada, you will be instructed at border entry points and through public messaging to monitor your health for 14 days from the day you entered Canada and minimize your contact with individuals who are at high risk of severe COVID-19 illness.

If you've travelled to Italy, Iran, and Hubei Province in China, you are asked to self-isolate for 14 days from the day you entered Canada.

If you develop a fever, with a temperature 38°C or higher, or a cough, you should call 811 for assessment.

Nova Scotia Health Authority has established COVID-19 assessment centres. If you need in-person assessment, 811 will refer you to a centre. Don't go to a COVID-19 assessment centre unless 811 referred you.

To help you better understand if you need to talk to 811, please review this simple questionnaire.

If you've been directed to self-isolate, you can get information from Nova Scotia Health Authority Public Health by contacting the nearest office.

If you self-isolate or feel unwell

Avoid close contact with people with chronic conditions, compromised immune systems and older adults.

Don't have visitors to your home.

Avoid situations like social gatherings, work, school, daycare, or visiting other people who are in a health care facility or long-term care residence.

Limit taking public transit, taxis and ride sharing.

Wash your hands often with soap and warm water, for at least 20 seconds. Use hand sanitizer if soap and water are not available.

Cover your mouth and nose with your arm when coughing or sneezing.

Take normal precautions as you would during the flu season and continue to wash your hands often and avoid personal contact whenever possible.

TAX TIPS COLUMN

Family Caregiver Amount

The family caregiver amount is a non-refundable tax credit that's designed to help Canadians who take care of dependants with an impairment in physical or mental functions. Depending on the age of the dependant, you might be able to claim either:

The family caregiver amount for infirm children under 18 or an additional \$2,121 on one of the following amounts you're claiming for a dependant:

- Spouse or common-law partner amount
- Amount for an eligible dependant Caregiver amount

In order to claim this tax credit, your dependant must be:

- 18 years of age or older and dependent on you because of an impairment in physical or mental functions or
- a child under 18 years of age, with a prolonged and indefinite impairment in physical or mental functions and he or she must be dependent on you for assistance in personal needs and care (when compared to children of the same age).

Note: You might be asked by the Canada Revenue Agency (CRA) to provide a signed statement from a medical doctor about the impairment, unless they have an approved T2201: Disability tax credit certificate already on file for your dependant.

If you have any questions about your situation you should speak to your tax professional!

EXTENDED HOURS - CH TAX is now operating on Extended Hours - MONDAY - FRIDAY 9:00 - 9:00 PM - SATURDAY & SUNDAY - By Appointment
PHONE (902) - 317-4829

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We understand it happens!



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\$45
per year, tax included



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