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**FREE**

## THIS WEEK

**NORTHSIDE COMMUNITY NEWS**

**FREE**

Vol. 11 - FEBRUARY 17th - 2021

## BLACK HISTORY MONTH

**FEBRUARY 2021**

February is Black History Month - Check local libraries for resource material and books.



## RALPH IVEY'S

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**REGULAR OIL CHANGE \$42.95**

**SYNTHETIC OIL CHANGE \$69.95**

**OPEN MONDAY - FRIDAY 8:00 - 5:00 PM PHONE 794-4947**

**North Sydney Fire Hall****MONDAY - SATURDAY****10 am - 11 pm****SUNDAY - 12 - 11****Thursday 5:00 - 8:00****Music - Ernie, Todd & Wade****THIS WEEKS SPECIAL****Club & Fries****\$10.25****UPCOMING EVENTS****THURSDAY** - Wade, Todd & Ernie from 5 - 8 pm,

The Kitchen is open from 4:00 - 9:00 pm.

Music from 5:00 - 8:00 pm

**KEEP YOUR 6 FOOT  
DISTANCE IN PUBLIC****Royal Canadian Legion****Branch 83****Florence****NOW  
OPEN  
SPECIAL  
NOTICE**

Due to COVID Updates, we are waiting to hear from the provincial Government regarding what programs we can run in the new year. Stay tuned for updated COVID protocols and our programming.

**Washer  
Toss****To Be Updated****736-6313****BRANCH 008  
LEGION  
NEWS  
SCHEDULE  
NEW HOURS**

We are Open Monday

until 9:00 pm

(10 pm for Darts)

Tuesday - Wednesday

and Thursday we are

Closed at 9:00 pm

Friday &amp; Saturday

Open til 10 pm

For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country - Logon to [www.kleeradio.com](http://www.kleeradio.com)

The North Sydney Minor Hockey 50/50 Draw - Last week's Draw winner was Amy Fraser and the amount won was \$15,035 Thank you for your support.



FREE PUBLICITY, simply email us with your information and we'll publish it free of charge in our weekly paper - just email us with your event information to us at this email address - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)

**Free Downloads From Our Website**

Recently we had a power outage and it messed up our server and we had to rebuild it from scratch.

While doing so, I realized that there were a lot of free items that you could download especially now that we are spending more time indoors.

On the FEATURES page we have free software giveaways daily, a free crossword puzzle and a free Soduko puzzle.

We also have quite a few music Podcasts including Oldies, Country and live remotes that we recorded this past Summer.

For the children we have 120 Crafts files that you can download and print for use at home especially now that school is being cancelled and March Break and Easter vacations are coming up.

Also included in our downloads are many signs you might use in your club or organization.

We have included a few Sing Along Podcasts and we have an 80 page Lyrics Songbook that you can follow along with the songs on the Podcast.

All these items and more are available free from our website on the **Features** page and **Downloads** pages.

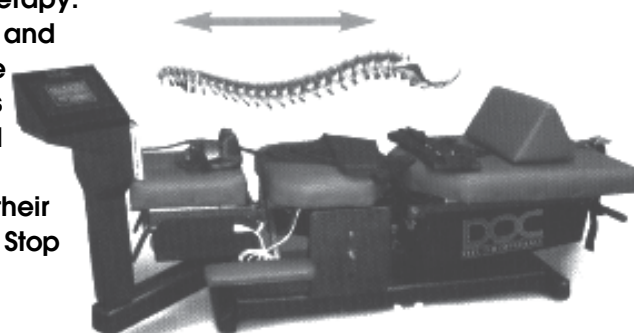
Logon to our website at this web address for the downloads - [www.kleeradio.com](http://www.kleeradio.com)

*food shoppe***Heat & Serve Meals - Fresh Meal  
Selections - Frozen Selections****Grab 'n Go Lunch****Soups - Sandwiches - Salads****Ph: 217-0280****212 Commercial Street  
NORTH SYDNEY****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](mailto: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.

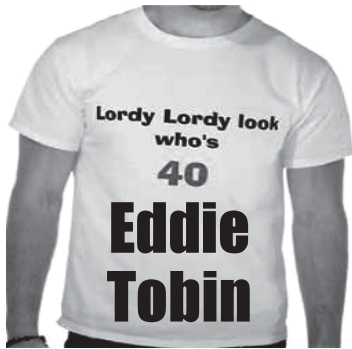
The pattern of alternating pulling and relaxing creates vacuum-like pressure which allows disc material that was herniated or protruded to be pulled back in the disc over time.

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.



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Baseball season will be opening soon and the team had a meeting and decided that you can be our coach this year as we didn't want to get in trouble for forcing "senior" players to bend down or run. Happy Birthday from all the young players.



## BIRTHDAY WISHES

Happy birthday to Elijah Farrell who will be celebrating his 10th birthday on February 20th. Lots of Love, Mom, Dad, brother Seth and Grampy and Grandma.



Lots of free music Podcasts, stories and crafts to download from our website - Logon to [www.kleeradio.com](http://www.kleeradio.com)

## Free Youth Drama Classes - Sydney Mines

Youth aged 8-18 who would love to take drama classes for FREE - Check out this 13-week theatre program happening in Sydney Mines!

The Ruby Project (Accessible Theatre) is offering FREE youth drama classes at Community Cares Youth Outreach in Sydney Mines beginning Tuesday, November 3, 2020. Classes will be on Tuesdays and run January 5 - February 9, 2021.

Masks, social distancing and a screening process will be required.

For more information, e-mail Shealyn at this email address [shealynvarnes@hotmail.ca](mailto:shealynvarnes@hotmail.ca)

For the latest and most comprehensive list of local events, logon to - [www.musiccapebreton.com](http://www.musiccapebreton.com)  
Updated each week

Check out our website for things to occupy you and your children's time [www.kleeradio.com](http://www.kleeradio.com)

## COMMUNITY NEWS ITEMS

## JAIME BATTISTE

Member of Parliament  
SYDNEY - VICTORIA

[jaimebattiste.ca](http://jaimebattiste.ca)  
[jaime.battiste@parl.gc.ca](mailto:jaime.battiste@parl.gc.ca)

207A-201 Churchill Dr,  
Membertou, NS B1S 0H1

**(902) 567-6275**



Please remember our local Food Banks this year especially with COVID as many more families are affected. Thank you for your donation and Happy New Year.



## BIRTHDAY WISHES

Please send out Birthday Wishes to a very special lady, Janice Cormier, who will be celebrated her birthday on

February 14th - Happy Birthday and Happy Valentines Day to you Janice, we hope that your day is blessed and enjoyable. With Love from Todd, Sophia and T J, your parents and all your friends and co-workers - Happy Birthday.

## MURRAY RYAN, MLA - Northside-Westmount

174 Commercial Street  
North Sydney, NS  
B2A1B4

PHONE

**902-794-1030**

FAX - 902-794-1029

[mla@murrayryan.ca](mailto:mla@murrayryan.ca)



**Official Province of  
Nova Scotia information**



visit <https://novascotia.ca/coronavirus>



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[royallepagehalifax.com](http://royallepagehalifax.com)

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**LEGION OPEN MONDAY 10 PM (DARTS ONLY)  
TUESDAY - WEDNESDAY - THURSDAY TIL 9:00 PM  
OPEN FRIDAY 10 FOR DARTS & SATURDAY 10 PM  
Men's Darts Monday - Mixed Darts Saturday  
PHONE - (902) 736-3206**





Although we have a lot of snow on the ground, we really can't complain too strongly as we certainly dodged a lot of storms in December and January - we are only about a month away from **Spring** - March 20 - and the clocks will "spring forward" as well adding more daylight to our evenings and when all is said and done, Nova Scotia remains relatively free of COVID and we just need to wear our masks, wash our hands and keep our distances to prevent COVID from spreading ..... **Easter** this year is April 4th and that's not too far away either, something to look forward to.... You'll see some great **reading resources** just opposite this column and you can download books, movies, podcasts and audio books and listen to them at home, as you exercise or in the car and it's all free, check out the **links** opposite..... Youth aged 8-18 who would love to take **drama classes** for **FREE** - Check out this 13-week theatre program happening in Sydney Mines! - this is a great program especially during this COVID period - see **page 3** for contact information... see **page 6** for details on calling the Nova Scotia community **resource 211** - read the details in the story.... Starting in 2020, the CRA has created an education fund for all qualified Canadians and credit \$250 to this fund every year - all the details are available in this week's **TAX TIPS** on page 8.... **Paul Power** has an enlightening story this week about the **CLASH** and the early days of rock and roll - see page 7 for details..... **DJ Jack Cool** also has another interview this week and you can read his story on page 5 of this edition..... See **page 2** of this edition to get your Free website **downloads** which include music, crafts, signs and audio stories - we recorded several remote shows this past Summer and they are also available.... **Jane's Restaurant** in Bras d'Or is open again and also has inside dining, for which I am really happy about - see you there.... **FREE PUBLICITY** - If your community group or organization is planning a local event and you want some free publicity, simply email us your information and we will make sure it gets included on our weekly paper - it's **FREE**, just email us with your community event information at - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)

## Lots Of Free Books To Download

Many of us are staying indoors due to COVID and the Winter weather and have the time to read books.

There are many free books you can download and read at home. Below are some of the main sources.

**LOCAL LIBRAIRIES** - check out the new hoopla resource for free books, e-books and audio books.

**PROJECT GUTENBERG** - On Project Gutenberg, you'll find more than 57,000 free eBooks.

**GOODREADS** - It's not just for reviews; Goodreads also offers a pretty epic free book section. In there, you'll find cheap and free books in a range of categories.

**MANYBOOKS.NET** - Offering more than 50,000 free eBooks, ManyBooks.net is definitely a site to check out if you're looking for free things on the internet.

You'll find books in a variety of formats, such as ePUB, PDF, and .doc. So regardless of

what device you're reading on, whether it's Kindle, Nook or your desktop PC, you'll be able to find a ton of books to read for at no cost!

**BIBLIOMANIA** - Get thousands of eBooks, short stories, poems, articles and plays for free at Bibliomania. This site is great because it features free books from well-known authors, like Mark Twain, Charles Dickens and Shakespeare. Each month, new books are added, so there's plenty to choose from!

**FREEBOOKSY** - Get books for multiple devices, such as Kindle, Nook, and Apple for free at Freebooksy.

**FREE-EBOOKS.NET** - Download eBooks for free at Free-eBooks.net. On there, you'll find both fiction and non-fiction titles. And, there are plenty of genres to choose from, so fans of historical drama and horror alike will be pleased by the selection. There are classic books available on the site too.

**NOOK** - Nook has a section for complimentary eBooks. In there, you'll find books in a variety of genres. you a penny.

So there's no excuse for not being able to entertain yourself during the Winter months and it's **FREE!!**

## ROSS FERRY FARMERS MARKET

The organizing Committee met in January and have decided to continue with the Farmgate model for this Summer.

WE are in the process of finalizing the details. In the meantime if you are interested in becoming a vendor, please contact Joella at this email address [rossferrymarket@gmail.com](mailto:rossferrymarket@gmail.com)

Some News items courtesy of  
**Swing Over**  
**The Mountain News**  
logon to website  
[www.sotmnews.weebly.com](http://www.sotmnews.weebly.com)  
monthly newsletter



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222 Commercial Street - North Sydney - B2A 1B7

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

**[sharon.matthews@hrblock.ca](mailto:sharon.matthews@hrblock.ca)**

**DROP OFF & ONLINE SERVICE AVAILABLE**

**See TAX TIPS On Page 8 Of This Edition**



## JACK COOL K-LEE RADIO DJ NEWS

I had the pleasure of doing a ZOOM interview with Actress, film maker, musician, author, & model, Angie Faro.

Angie has been keeping very busy with doing a lot of creative projects between writing and editing and everything from her home and filming Covid Compliance Officer on set with safety guidelines/



She's also done projects with her she has filmed herself from home, she also joined the alternative diverse

modelling group call the Misfit Dolls, also talked about one of her new movies called Mask Monologues and of course, we talked about Park Dead and the wonderful cast in the movie.

They have only five more scenes to film and then they start with the editing.

Faro said to find out more on my interview with Angie Faro please listen to my zoom interview with her @ <https://www.youtube.com/watch?v=pYHA0BAgmH0&t=518s>

Have a great week everyone all the best - JACK

## Some Lent Trivia

Lent is the time before Easter when people reflect on their lives and also select some favorite item to fast from.

See how much you know about Lent below.

1 - On the first Wednesday of Lent, Roman Catholics attend services and have something placed on their foreheads. What is it?

1 - (A) Oil (B) Water (C) Ashes

2 - The day preceding the beginning of Lent is called

(A) Fast Day (B) Shrove Tuesday (C) Festival Day

3 - What is traditionally eaten on Shrove Tuesday?

(A) tea (B) Lamb (C) pancakes

4 - Clergy wear colorful garments during Lent - what color?

(A) Blue (B) Green (C) Purple

5 - A favorite food at Lent is this traditional food.

(A) Hot Cross Buns  
(B) Black Forest Cake  
(C) Jambalaya

6 - How many days does Lent last? (A) 30 (B) 40 (C) 50

7 - Since people will be fasting from their favorite sweets, the day before Ash Wednesday is often called.....

(A) Mardi Gras  
(B) Super Tuesday  
(C) Pig Out Day

8 - What are the ashes made from?

(A) Palm branches  
(B) Cedar Trees  
(C) Hardwood trees

ANSWERS - 1C, 2B, 3C, 4C, 5A, 6B, 7A, 8A

## Ross Ferry Stewardship Society Needs Directors

Two directors have recently resigned and we are in need of a new Treasurer and Member At Large immediately.

Recently we had to say goodbye to Alex Gilchrist. Thank you for everything you did for our community as a volunteer and a friend. We will miss you. Rest In Peace.

## BUY LOCAL

### YOUR FREE SODUKO WEEKLY PUZZLE

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

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



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NORTH SYDNEY

## NORTHSIDE NEWS



### NORTH SYDNEY LIBRARY NEWS

**BOOK SALE** - Now ongoing - get your Winter Reading books now at \$1.00.

**FIBRE LUNCH** will resume again on Thursdays from 1:00 - 3:00 pm.

Library closed on Monday, February 15th for Heritage Day.

Now that we are spending more time indoors, check out the Cape Breton Regional Library website for **Press Reader** where you can access hundreds of newspapers and magazines. This would be a great way to spend your time reading if you can't make it to the Library.

**Your public library at your fingertips - Anytime. Anywhere**



hoopla is a groundbreaking digital media service offered by your local public library that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV! Titles can be streamed immediately, or downloaded to phones or tablets for offline enjoyment later. We have hundreds of thousands of titles to choose from, with more being added daily. hoopla is like having your public library at your fingertips. Anytime. Anywhere.

### Warming Centers

A reminder that Big Bras d'Or Fire Hall, Ross Ferry Fire Hall and the Southside Boularderie Fire Hall have all been designated as community warming centres in the event of a prolonged power outage.

Visit these centres to stay warm in an emergency

## What is 211? Helpline offers families support

(NC) We all know to dial 9-1-1 in an emergency. But now there's another three-digit number you can dial for help finding any kind of non-emergency support you might need. 211 is a free, confidential service that connects people to social and community supports available seven days a week.

Whether you're looking for seniors' programs, groups for new parents, after-school programs, counselling or mental health support, employment programs, food banks, housing help, legal information, or countless other topics -- the real person you speak to on the line can direct you to the best resources for your unique situation. They'll listen and ask questions to fully understand your situation, but you don't have to give your name or any personal details.

According to caller surveys completed in Ontario, over 95 per cent of callers would call again or recommend 211 to a friend or family member.

As part of its COVID-19 response, the Government of Canada provided funding to United Way Centraide Canada to expand the service nationwide.

Some provinces with existing service saw a dramatic rise in calls in the first wave of the pandemic, and many callers had never needed to access supports before. The shutdowns had presented them with new challenges, such as isolation, anxiety, and financial strain.

As information, programs and services changed rapidly, 211 navigators helped callers find the right support.

If you need non-emergency help, just dial 2-1-1.

## THE LATE NIGHT OLDIES SHOW

with DJ Jack Cool has returned  
K-LEE RADIO ON FRIDAYS - 11 PM



## KWIK KOPY PRINTING

CHARLOTTE STREET - SYDNEY  
**PHONE 562-2122**



## SYDNEY MINES LIBRARY NEWS

Now that we are spending more time indoors, check out the Cape Breton Regional Library website for **Press Reader** where you can access hundreds of newspapers and magazines. This would be a great way to spend your time reading if you can't make it to the Library.

Craft Bags are still available for children, pick up at the Desk.

The Library will be closed February 15th - Family Heritage Day.

February is Black History Month, stop in to find some resource material.

See the HOOPLA information opposite for an exciting new digital service available from your Library.

LIBRARY will be closed on Monday, February 15th for Heritage Day.

*Shear Madness*

HAIR DESIGNS  
HANDICAP ACCESSIBLE



**Come Check Us Out!**

**Tues. & Wed. 9-5**  
**Thurs. 9-7 - Fri. 9-5 - Sat. 9-4**

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**T-Zone Vibration Available**

363 Main St.  
Florence

**736-7777**

**BOULARDERIE FOOD BANK** - With Christmas coming, donations of non perishable food items would be appreciated.

Items can be dropped off at the churches or the school.

Next Food Bank Day is December 16th. We try to give extra this month. -





## FLORENCE LIBRARY COMMUNITY NEWS

The Florence Library is offering the following items for children.

FREE to  
Take Home  
COLOURING  
PAGES



WORD SEARCH

FIND THE DIFFERENCE

FREE CHILDREN'S BOOKS

WE WILL BE GIVING AWAY  
A FREE BOOK FOR YOUTH  
ALL WEEK

The Library will be closed  
February 15th for the Family  
Heritage Day holiday, reopens  
Tuesday at the regular hours.



For the Best In Classic  
Country Music, join Kenny  
Walsh every Sunday Night at  
6:00 pm for Phantom Country  
a 2 hour show of the best  
Country Music

[www.kleeradio.com](http://www.kleeradio.com)



PLEASE  
WEAR A  
MASK WHEN  
IN  
PUBLIC

## JACK IS BACK!!

### Late Night Oldies

with Jack Cool  
Friday at 11 pm  
[www.kleeradio.com](http://www.kleeradio.com)

### CONTACT INFORMATION

**GLEN GRAY, EDITOR**  
PH: 902-564-9022

Email Address  
[glengray@kleeradio.com](mailto:glengray@kleeradio.com)

We have Oldies Podcasts,  
trivia podcasts, Celtic Music,  
Country Music, Old Time Radio  
shows and more on our website  
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### Trivia Game Book

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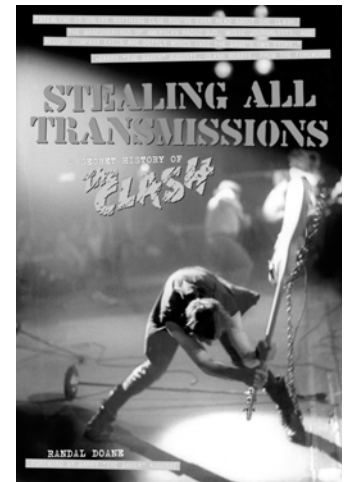
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## Take 2 with PAUL POWER

Regular readers to this space will know that I'm a big fan of books about bands - rockumentaries if you will, so when I saw a book about The Clash I had to have it. I finished reading this book last week and honestly "**Stealing All Transmissions: A Secret History of The Clash**" is a bit of a misleading title. I was expecting what the full name advertised-instead I got what I can only describe as 160 pages of a slightly pompous and academic thesis on American radio and formats during the early punk rock days, with most of the book highlighting the antics and exploits of FM radio disc jockeys who handpicked what they played. Too many words were spent on describing the radio programming formats before, during and after punk rock radio fizzled off the airwaves in the major American cities during the late 1970's and up to the 1980's-when "corporate radio" gutted any semblance of originality on the airwaves (the same state of radio that we have) where the disc jockeys picked the music to play-and often times 'broke' new artists into the American music scene, such as The Clash, U2, and Ultravox. The book's Foreword was written by Clash roadie Barry "The Baker" Auguste, but in it he says how important this book is in chronicling the rise of the band in America-methinks he got some 'filthy lucre' for those



words. That's not to say that the book is all bad; there are some interesting insights into The Clash's early days, and how Joe Strummer realized that his former band The 101'ers were finished as an entity after seeing The Sex Pistols live for the first time, and how The Ramones made British punk bands amp things up almost overnight just to keep up. When The Clash signed a record deal with CBS records their U.K. Audiences pretty much turned their backs on the band, labeling them as 'sellouts' but America embraced the band even tighter, with Lester Bangs writing in New York's Village Voice that they were "the greatest Rock and Roll band left standing". In 1980 The Clash did a 3 week performance residency in New York, and it was described as a total take-over of the city, inspiring a legion of new musicians to push their own music forward. As for this book-it's not all bad, but I know there are more definitive books on The Clash out there just waiting to be claimed.

**FREE PUBLICITY** - If your group or organization is planning an upcoming community event and want some free publicity, simply email us with your information and we'll publish it free of charge - just send us your information at this email address - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)

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## NORTH SYDNEY FIRE & RESCUE HEATING SAFETY PRECAUTIONS

There is something about the Winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

### Be warm and safe this Winter!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least monthly.

### HEATING EQUIPMENT SMARTS

Install wood burning stoves following the manufacturer's instructions or have a professional do the installation.

All fuel burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire deptment or gas company.

*From your Public Fire Educator Ed Fudge any questions or information contact me at 902 371-4044*



**FACT - Half the home heating fires are reported during the months of December, January, February**

## TAX TIPS COLUMN

### New Canada Training Credit

Starting in 2020, the CRA has created an education fund for all qualified Canadians and credit \$250 to this fund every year. This amount will keep accumulating in the fund for 20 years up to a maximum of \$5,000.

You can access this fund by enrolling in a post-secondary or vocational course from an eligible university or educational institute. When selecting the course, look at three things:

The course is covered under the Canada Training Credit; The tuition fee is above \$100; and

Your employer or any other government program doesn't reimburse you for the course.

When filing your 2020 tax returns, you can claim 50% of your tuition fees or \$250, whichever is lower, as training credit. This benefit is refundable, which means that the CRA will credit the remaining balance if your 2020 tax bill is below \$250.

To qualify:

- You are in the 26-65 age group and a resident of Canada
- Your annual income is between \$10,000 and \$150,000
- You have filed your tax returns for the year you took the course.

If you qualify for the Canada Training Credit, you can claim this refundable credit. Even if you didn't claim this credit in 2020, you can claim it anytime before you turn 65 as the CRA will carry forward the credit every year.

**Award winning Customer Service  
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helping you get the most back!**



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