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# Cultural Daily

Independent Voices, New Perspectives

## Celebrating Robert Therrien's Pop Art

Stephen West · Tuesday, November 25th, 2025

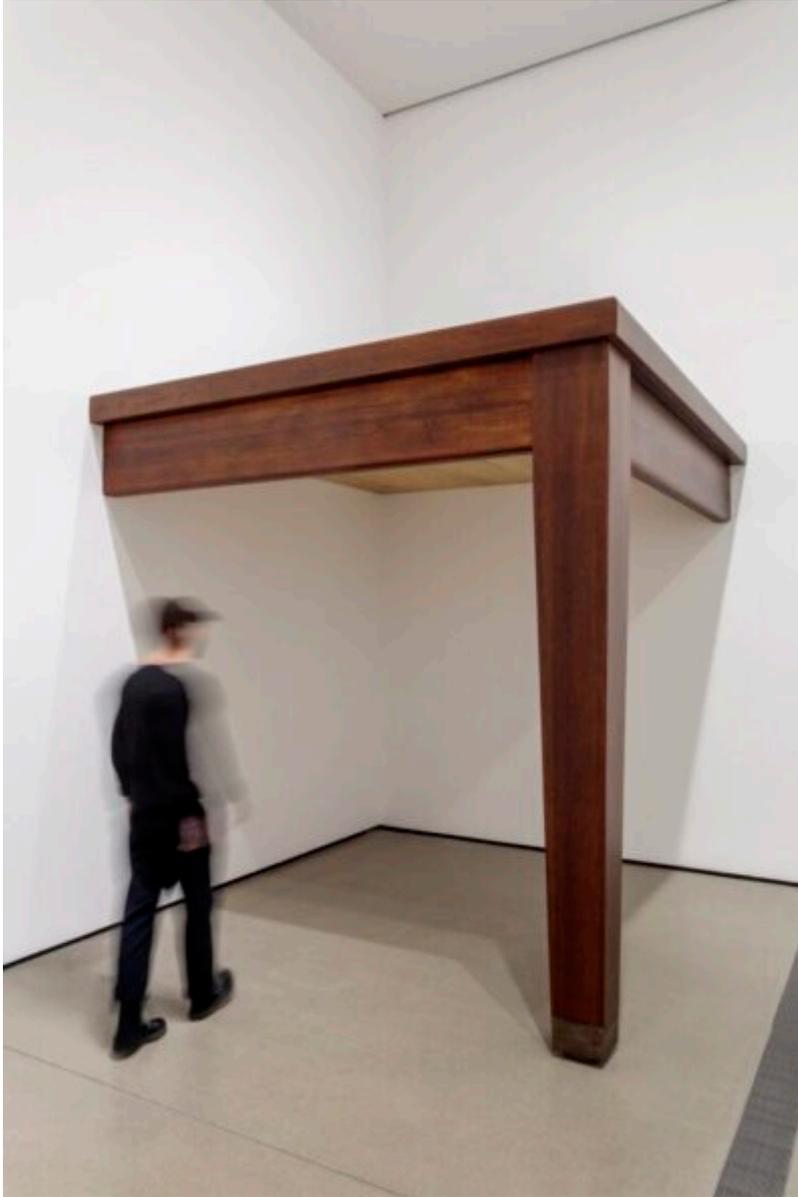
The Broad museum in Los Angeles has just opened a major one-man show, *Robert Therrien: This Is a Story*. It features the sculptures, paintings and other work by one of the many L.A. artists who came to prominence in the 1960s and '70s.

Born in Chicago, Therrien grew up in the San Francisco Bay Area. In the early 1970s, he moved to Los Angeles to pursue an MFA at the University of Southern California and stayed in the area for the rest of his life. While he wasn't one of the L.A. sculptors best known for the "finish fetish" style of carefully crafted, highly polished works (think Larry Bell, Billy Al Bengston, Kenneth Price), he fits right in.



Robert Therrien (1947-2019), *No title (stacked plates, white)*, 1993, ceramic epoxy on fiberglass; The Broad Art Foundation.

Therrien also used the Pop Art strategy of turning ordinary household objects like [Campbell's Soup cans](#) into something more significant, often by radically changing their size. One of the first works you see in the exhibition, for example, is a towering stack of enormous white dinner plates, as if you stepped into the kitchen of a restaurant populated by giants. Like nearly all of the artworks in the show, the 1993 sculpture is untitled. The wall label simply calls it *No title (stacked plates, white)*.



Robert Therrien (1947-2019), *No title (table leg)*, 2010, wood and metal; Robert Therrien Estate; installation photo by Joshua White.

Other household objects blown up to extra-large scale include a card table and set of folding chairs, as well as a quarter segment of a 9-foot-tall brown wooden table pushed into a corner. One of the attractions to these oversized but familiar objects may be that they take you back to your early childhood, when you could actually walk upright under your family's dining room table. Another appeal of these works is how they can be read in multiple ways. If you squint your eyes, the table in the corner seems to be emerging from the walls.

Therrien wasn't the first artist to play around with the scale of ordinary objects. The New York-based Swedish-American sculptor Claes Oldenburg made his reputation in the 1960s doing just that, and it's hard to imagine that Therrien wasn't familiar with Oldenburg's work. The Broad exhibition doesn't mention him, however.



Robert Therrien (1947-2019), *No title (room, pots and pans I)*, 2008-15, metal and plastic; courtesy Artworks Holdings; installation photo by Stephen West.

One of Therrien's cleverest works in the show is a double-door closet whose interior is painted an intense red. Inside the closet is a stack of huge, shiny aluminum pots, topped off by a black cast-iron frying pan. Again, the change in scale of the work, *No title (room, pots and pans I)* of 2008-15, makes you look at it more closely and imagine multiple meanings. Its identity goes beyond the contents of a normal kitchen cabinet.



Robert Therrien (1947-2019), *No title (bent cone)*, 1985, bronze; The Museum of Contemporary Art, Los Angeles, gift of an anonymous donor; and *No title (bent cone relief)*, 1983, lacquer and wax on wood; The Broad Art Foundation; installation photo by Stephen West.

Going back at least to the 1980s, Therrien showed an interest in geometric forms, such as three stacked balls that form a snowman-like shape. He was particularly drawn to the cone, which he used in a number of variants, such as cones with bent tips, or others turned into black witch's hats or chrome oiling cans.

A bronze sculpture, *No title (bent cone)* of 1985, and a wooden wall relief, *No title (bent cone relief)* of 1983, are installed near each other, seeming to create a dialogue between the two. The sculpture on the floor, more than 8 feet tall, appears shiny black, while the wall relief is lacquered and waxed to a deep red. What exactly they're saying to each other, though, remains a mystery.

*Robert Therrien: This Is a Story* runs through April 5, 2026, at [The Broad](#), 221 South Grand Avenue, Los Angeles. The museum is closed Mondays, Thanksgiving Day, and Christmas Day.

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*Top image: Robert Therrien (1947-2019), No title (stacked plates, white), 1993, ceramic epoxy on fiberglass; The Broad Art Foundation; installation photo by Stephen West.*

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## Magic Reels Review – Slots, Games & Welcome Offer

Our Friends · Tuesday, November 25th, 2025

### Magic Reels Casino — Read This Before You Join

We reviewed magic reels casino to explain what's advertised (games, payments, promos), what's uncertain (licensing, app claims), and the checks to make inside your account before you deposit. This page is written for UK readers comparing **magic reels** casino online options; you'll find risk flags, clear tables, and responsible-gambling pointers.

### Registration & KYC

1. Create an account (email/password) and confirm your email.
2. Complete KYC early: photo ID, proof of address; the operator may also ask for proof of payment method.
3. Withdrawals are typically held until verification completes — a common offshore practice; verifying first prevents avoidable delays at cash-out.

### Bonuses & Promotions

Magic Reels Casino keeps its promo page bold and busy: a five-step welcome ramp, recurring reloads, and a calendar of slot races/leaderboards. Note that this brand is widely covered as a non-GamStop, Curaçao-based operation targeting UK traffic, so exact figures can rotate by mirror and campaign—always double-check the live promo card in your account before you commit.

### Welcome Package

Multiple, independent roundups describe a 575% multi-deposit bundle spread across five deposits, with clear minimums and (typically) 35× wagering. Treat the table below as a reliable snapshot and verify the on-site card for your currency/thresholds.

Deposit	Advertised match	Minimum deposit	Typical cap (per dep.)	Indicative wagering	Notes you should check
1st	200%	€50	~€1,000	35×	Max bet during wagering; eligible slots; FS batching if offered.
2nd	50%	€150	~€1,000	35×	Contribution table for non-slots.
3rd	75%	€300	~€1,000	35×	Time window to complete rollover.

4th	100%	€500	~€1,000	35×	Some pages quote 7-day claim windows.
5th	150%	€750	~€1,000	35×	FS/bonus expiry and any win caps.

## Weekly Reload

“Come back and top-up” deals appear regularly. The site itself references a Monday reload, while several round-ups mention monthly/recurring 50% reloads (often capped around £/€/€100) with campaign-specific wording. In practice, you’ll see the current %/cap directly on the promo tile after login.

- Prioritize 100%-contribution slots while rolling over.
- Avoid exceeding the max-bet clause—breaking it can void the bonus.
- Screenshot or save the promo’s terms (handy if you query support later).

## Tournaments

Magic Reels runs slot races, leaderboards, and occasional prize-drop campaigns. Official copy highlights a standing tournaments area; third-party reviews add that prize pools commonly hit the thousands of euros, with longer campaigns (and even lotteries) occasionally dangling hardware prizes. Always read the event card: some pay cash, others bonus with playthrough.

Format	How you score	Typical prize scale (reported)	What to check before joining
Weekly slot race	Points per wager or highest win multiplier	€2k–€5k pots	Eligible games list; start/end times; tie-break rules.
Seasonal leaderboard	Accumulate points over weeks	€10k+ campaigns; occasional gadget prizes	Whether prizes are cash vs bonus (and any wagering).
Prize drops / specials	Randomized drops on featured slots	Hourly/daily drops during campaigns	Opt-in required; minimum bet for eligibility.

## Pros & Cons (At a Glance)

### Pros

- Clean, mobile-first interface and speedy magic reels casino login
- Wide slot variety + popular live-dealer titles
- E-wallet withdrawals that typically move once verified
- Clear route to turning promos into real value

### Cons

- Standard wagering terms require discipline
- Live/table games rarely help with clearing
- KYC needed before larger withdrawals (industry norm)

## 10 Quick Tips for New UK Players

1. Read the promo tile before depositing (codes, eligible games, max-bet).
2. Deposit only what fully unlocks your target tier.
3. Stick to 100%-contribution slots while wagering.

4. Use free spins early; spins often expire.
5. Keep each spin under the max-bet limit.
6. Track wagering progress; stop when you're clear.
7. Upload KYC docs before your first big payout
8. Set deposit/loss limits—and respect them.
9. Switch games if a slot's cold after 20 spins.
10. Don't chase losses; take a break instead.

## Sister Sites

Want to step out of Magic Reels for a minute and see what kindred casinos are bringing to the table? Think of them like parallel tracks on the same roller coaster — each track gives you a different thrill, but it's the same ride. Ready to explore the doors?

### Rhino Casino

At Rhino Casino site [rhino-casino.uk](https://rhino-casino.uk), the welcome offer turns heads: you get 50 no-wagering free spins after a £20 deposit and £250 wager on selected slots. Then there are weekly free-spin reloads for loyal players.

Bonus Type	Offer	Notes
Welcome Free Spins	50 FS (no wagering)	Deposit £20 & wager £250 on slots only
Weekly Reload	50 FS per week	For players who wager £250+ on selected slots each week
VIP Rewards	Custom bonus packages	For high-activity players

### Mad Casino — Multi-layer match machine

**Mad Casino** stacks its welcome across multiple deposits: e.g., first deposit 200% up to €500, then further matches up to a combined ~€7,500 across five deposits. It's like unpacking a bonus suitcase layer by layer.

Bonus Type	Offer	Wagering	Notes
Welcome Pack (multi-deposit)	Up to €7,500 in bonus funds over 5 deposits	—	High-value but multi-step
No Deposit Bonus	£10 free + 25 FS for new players	~40×	Flash promo
Weekly Reload	50% up to £100 (in one example)	30×	Frequent top-ups

### Wild Dice Casino — Crisp, no-fuss spins

Over at Wild Dice Casino site [wilddice-casino.uk](https://wilddice-casino.uk), you'll find offers like 40 Free Spins and 220% + 100 FS in some listings. It's a simple, sharper bonus — like a sudden spin burst rather than a slow climb.

Bonus Type	Offer	Notes
Welcome Match + FS	220% + 100 FS	Found in promo listings
Free Spins Entry	40 FS no deposit	Entry promo, limited access
VIP Rewards	Daily cashback & spin drops	For loyal players

## Kingdom Casino

At **Kingdom Casino**, promos claim a welcome of 250% up to £1,200 + 100 Free Spins. It's like the royal suite of bonuses, fit for slot royalty.

Bonus Type	Offer	Notes
Welcome Match	250% up to £1,200 + 100 FS	Slot offerings vary
General Promotions	Regular spin drops & reloads	Weekly updates suggested
Crypto / VIP Offers	Enhanced terms for high rollers	Extra perks

## Katana Spin Casino — Sliced-loyalty bonus

**Katana Spin** offers a welcome like 255% + 250 Free Spins according to a review. Think of the bonus sword slicing through the usual entry offers.

Bonus Type	Offer	Notes
Welcome Bonus	255% + 250 FS	Strong upfront offer
Weekly Reload	25% up to £100 + FS	Promo code based
Cashback	Up to 25% on losses	For loyal regulars

## FAQ

### Is Magic Reels Casino UK-licensed?

We did not find Magic Reels on the UKGC Public Register. Treat it as an offshore operator unless the register shows otherwise.

### How long do withdrawals take?

The site's FAQ states requests are typically processed in 24–36 hours before your bank/processor adds its own time.

### What withdrawal limits apply?

Industry sources reflect ceilings around €/\$2,000 per day, €/\$10,000 per week and €/\$40,000 per month. Confirm the numbers visible in your cashier.

### Is there a mobile app?

The official FAQ says there is no native app; use the mobile browser version.

*Photo: fabrikasimf via Freepik.*

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## Top Athletic Sneakers for Men

Our Friends · Tuesday, November 25th, 2025

Finding the right pair of athletic sneakers can feel a little like searching for a needle in a crowded, fluorescent-lit haystack. You stand there under those buzzing lights, looking at rows of shoes that all claim to be the best. Honestly, it's a lot. And it's easy to wonder if any of them will actually feel good once you get them home.

The truth is simple. The best sneaker for you depends on how you move, what you expect from your footwear, and how much comfort you want built into your day. I guess that part never really changes.

This guide walks through some of today's top athletic sneakers for men and breaks down what makes each one stand out. It's not every shoe out there. It's a closer look at models that keep showing up for people who want something dependable.

### Understanding What Makes a Great Athletic Sneaker

Before looking at specific models, it helps to understand what separates a good sneaker from one that feels stiff or disappointing after a few weeks. You want cushioning that feels balanced, a midsole that supports your natural stride, and an upper that holds your foot without creating pressure points. You know, the basics that feel easy instead of forced.

Good traction matters too. More than most people think.

A great athletic sneaker should feel good the moment you put it on and keep feeling good long after you've worn it in. That first step tells you a lot. And that's the point.

### Basketball Shoes Built for Support and Court-Ready Performance

**Basketball shoes** need to do more than look good. They have to cushion hard landings, support quick cuts, and give you enough stability to stay confident on the court. And if you've ever felt your ankles wobble on a fast turn, you know how much that support matters. For men who want something dependable, a few strong options rise to the top.

#### Nike LeBron Witness

The LeBron Witness line delivers a mix of cushioning and support that feels solid during fast breaks and rebounds. The midsole offers a soft but controlled landing, while the upper keeps your foot locked in without feeling restrictive. The traction grips the floor well, especially during sharp changes in direction. On long practice days, that steady cushioning makes a real difference.

#### Adidas Harden Vol. 7

The Harden Vol. 7 is built for players who rely on quick footwork and smooth transitions. The

cushioning feels responsive under pressure, and the design offers a stable base that helps with balance during side to side movement. The upper wraps comfortably around the foot, creating a secure feel without extra bulk. It's the kind of shoe that encourages control, even in tight moments when the tempo shifts fast.

## Under Armour Curry Flow

The Curry Flow series focuses on lightweight design and clean court feel. Instead of relying on a traditional rubber sole, the Flow technology gives the shoe a soft but grippy underfoot experience that helps you move naturally. The cushioning absorbs impact without dragging you down, and the upper sits comfortably around the foot for an agile, connected feel. Slipping them on before a game brings a quiet boost of confidence.

## Training Shoes Designed for Stability

Training sneakers focus less on miles and more on versatility. They help you move side to side, jump, lift, and stretch without feeling wobbly. If you like workouts that mix everything together, these matter more than most people realize.

### Nike Metcon

Metcons are popular in the training world for their stable base and durable construction. They handle weight training well because the heel feels grounded and firm. At the same time, the forefoot gives enough flexibility for cardio bursts or quick movements. It's a simple balance, but it works.

### Reebok Nano

The Nano is another trusted training shoe with a supportive midsole and a wide, balanced base. It helps you stay steady during lifts while still giving enough comfort for shorter cardio sessions. The upper is structured but breathable, creating a locked-in feel that doesn't squeeze too tight. On days when your workout plans shift, the shoe still keeps up.

### Under Armour TriBase

This model focuses on traction and stability. The TriBase design encourages strong ground contact, especially during lifts or movements that demand control. It's not a soft shoe, but that's part of its purpose. Sometimes you want something firm underfoot so you can focus on the movement instead of the cushioning.

## Sneakers for All-Day Wear and Light Activity

Not every athletic sneaker needs to be built for intense workouts. Some are better for casual use, long walks, or daily life when **comfort sits at the top of your priorities**.

### Adidas Ultraboost

Ultraboost sneakers feel great the moment you put them on. They're known for their soft, bouncy midsole that absorbs impact well. The knit upper offers flexibility and breathability, almost like slipping on something familiar first thing in the morning. They're stylish enough for everyday use but still functional when you want to move a bit more.

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## New Balance Fresh Foam 1080

These shoes use Fresh Foam cushioning that feels soft and supportive. The 1080 works well for people who spend long hours on their feet or prefer a plush shoe with structure. The upper is roomy, and the overall feel is comfortable without being sloppy. A little forgiving on long or tiring days.

## On Cloud X

On's Cloud X sneaker blends lightweight design with firm cushioning. It's ideal for people who want a responsive feel rather than something soft. The CloudTec pods on the sole absorb impact while keeping the shoe springy and flexible. You can feel a gentle pop underfoot with every step.

## How to Choose the Right Pair for You

With so many strong options, how do you narrow things down? Start by thinking about how you'll use the shoe most often. Running sneakers work best for walking or jogging because they're designed to absorb repetitive impact. If your workouts include lifting, quick changes in direction, or mixed training, a **training shoe will feel more supportive**.

Then think about your foot type. If you have a neutral stride, most cushioned shoes will work well. If your ankles roll inward or outward, stability and support can help you avoid discomfort.

Fit matters too. It always does.

Some brands run narrow, while others offer wider options with a roomier toe box. Try shoes on later in the day when your feet have naturally expanded. A comfortable sneaker should feel secure around the midfoot and heel, but still give your toes room to move. You'll know the moment a shoe feels right.

## Final Thoughts

A great pair of athletic sneakers can make your workouts feel easier and your day a little more comfortable. The right shoe won't turn you into an athlete, but it can move feel more natural and less like a chore. And when something feels good, you're more likely to stick with it. It's a small thing, but it matters.

You don't need the trendiest or most expensive model. You just need the one that fits your foot and your routine. Once you find that pair, it becomes the shoe you reach for without thinking.

*Photo: Freepik via their website.*

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# How to Overcome a Rough Time in Your Life

Our Friends · Tuesday, November 25th, 2025

Life can feel like a rollercoaster, with ups and downs that take us on unexpected paths. Everyone faces tough times, whether from loss, relationship issues, financial problems, or other challenges. These moments can make us feel alone, as if we're shouldering a heavy load on our own. However, it's essential to see that hard times are a regular part of life and can lead to personal growth and change.

When we face difficulties, it can feel overwhelming, but it can also help us learn about ourselves and build resilience. By learning to handle tough situations, we prepare ourselves for future challenges. The key is to use effective strategies and seek support when we need it.

Let's look at how to get through tough times in life.

## Support Systems

Having a strong support system is very important during hard times. Friends and family want to help but may not know how. It's essential to share your feelings openly. Telling loved ones what you're going through lets them offer the support and encouragement you need.

Instead of isolating yourself, reach out and spend time with people who lift you up. Whether it's chatting over coffee or doing fun activities together, these moments can remind you of life's joys. Plus, social connections can help you distract healthily and see your problems from a new angle.

## Counselling

**Counselling Vancouver** can be an excellent resource for anyone facing difficult situations. It provides a safe space to talk about your feelings and experiences without judgment. A counsellor can offer guidance and help you discover new insights about yourself. Many people find that simply sharing with a skilled professional can lead to moments of clarity that change their perspective.

Counselling also gives you personalized strategies to cope with your specific issues. Each session helps you develop self-awareness, which can be key in breaking negative thinking patterns. The goal is to empower you to find your voice and manage life's challenges with confidence. Seeking counselling is not a sign of weakness. It's a proactive step towards healing and growth.

## Self-Care Practices

Self-care can really help during tough times. You don't need fancy activities; simple acts of kindness to yourself can make a big difference. Set aside time each day for things that help you relax and recharge. This could be going for a walk, reading a book, or taking a warm bath. These moments allow you to reconnect with yourself.

Mindfulness practices such as meditation or deep breathing can also help you stay calm in stressful situations. They help you focus on the present and can reduce anxiety. Taking care of yourself builds resilience, allowing you to face challenges head-on.

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## Goal Setting

Setting goals gives you direction during uncertain times. Your goals don't have to be big; even small, achievable tasks can create a sense of accomplishment. Start by identifying what you want to focus on, whether it's personal growth, health, or work-related goals.

Break your goals into smaller steps to make them manageable. Celebrate each achievement, no matter how small, to build momentum and confidence. This approach helps you stay focused and gives you a sense of purpose, even when things feel uncertain.

## Positive Mindset

Maintaining a positive mindset can help you navigate tough situations. This doesn't mean ignoring your feelings. It means recognizing your emotions and choosing to respond positively. Practicing gratitude is a good way to shift your perspective. Each day, write down a few things you're thankful for, no matter how small.

This practice highlights the good in your life and reminds you of things worth cherishing during hard times. Surround yourself with uplifting content, like books, podcasts, or inspirational quotes, to strengthen your positive outlook. You may also want to try **EMDR**, which can be a great way to put yourself in a more positive mindset. When you focus on positivity, it creates space for hope and resilience to grow.

## Gradual Acceptance

Acceptance can be hard during difficult times, but it's necessary for moving forward. Recognizing your current reality and emotions helps you start healing. This doesn't mean you have to like what's happening. It's about understanding that this moment does not define your whole life.

Take it one day at a time. Permit yourself to feel your emotions without judgment. As you come to terms with your situation, you might find new strength and perspective. Remember, it's okay to seek help if you struggle with acceptance.

Going through tough times is challenging but possible. Connection is vital, whether through the **best counselling**, friendships, or self-care. By using these strategies, you can come out of tough times stronger and more resilient.

*Photo: benzoix via Freepik.*

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## Queens: Immigrant Drama

David Sheward · Sunday, November 23rd, 2025

“I did the best I could,” cries the intense Marin Ireland as Renia, a Polish immigrant struggling to justify her questionable actions in abandoning her daughter while pursuing the American Dream in *Queens*, Pulitzer Prize winner Martyna Majok (*Cost of Living*)’s affecting but overcrowded new play presented by Manhattan Theater Club. The anguished declaration comes at the end of the play as multiple storylines involving eight different women leaving their native land and scrapping by to build a remarkable legacy in the US come together. Majok creates indelible characters and heart-tugging plots, but there’s so much going on, the proceedings can get more than a bit confusing.



Marin Ireland, Nicole Villamil, Brooke Bloom, and Nadine Malouf in *Queens*.

Credit: Valerie Terranova

Nevertheless, she makes you feel for these resilient, flawed women by the end of the tumultuous, event-filled evening. Director Trip Cullman’s straightforward, clear-eyed staging, with a big assist from set designer Marsha Ginsberg (more on her amazing environment anon), allows us into this complex world and helps us keep all the stories straight.

The main setting is a crowded basement apartment in the Masbeth section of the titular New York City borough, with a side trip to Ukraine. Ginsberg’s detailed set perfectly evokes the desperate, makeshift life of the characters from the cluttered kitchen to the tiny sleeping areas to the flickering overhead lighting fixtures. Majok trips back and forth in time as well as locale. Initially we are in 2017 Queens as Renia is violently confronted by Inna (heartbreaking Julia Lester), a Ukrainian emigre, who is searching for her mother. (No spoilers, it may or may not be Renia.) From this starting point, we flashback to 2001 when Renia first arrives at the apartment which she shares with Aamani from Afghanistan (Nadine Malouf), Isabela from Honduras (Nicole Villamil) and Pelagiya from Belarus (Brooke Bloom). Eventually we also meet Agata (Anna Chlumsky), also Polish; Lera (Andrea Syglowski) who never makes it out of Ukraine, and Glenys, Isabela’s

daughter (Sharlene Cruz).



Sharlene Cruz, Nadine Malouf, Brooke Bloom, Marin Ireland, and Anna Chlumsky in *Queens*.  
Credit: Valerie Terranova

Majok weaves a vibrant, if busy, tapestry of the women's stories and how international events beyond their control influences their fates. In the flashback scenes, they reveal how the attacks on the World Trade Center have turned the women into objects of suspicion and hatred. A fleeting dirty look from a stranger in a Jets cap can turn into a traumatic panic. When Poland joins the EU, it dramatically affects Renia and Agata's status. Trump's first election puts up roadblocks on the path to citizenship.

The plotlines can become entangled as we trip back and forth through time and the women come and go. Some return to their homelands, others remain. Heartbreaking stories of previous tenants are related. The proliferation of characters and stories does thickly saturate the play, but the overall effect of powerfully detailing the immigrant experience is achieved.

Ireland expertly imparts Renia's steely determination, devastating demoralization over her separation from her daughter, and resolve to overcome the overwhelming obstacles before her. Lester is her equal as the similarly driven Inna, whose harrowing experiences transform her from a warm girl to a tough-as-leather survivor. Both Ireland and Lester manage to expose Renia and Inna's vulnerable interior. Bloom, Malouf and Villamil display humor, flintiness, grit and depth as the roommates. Chlumsky, Syglowski, and Cruz make the most of the smaller roles.



Julia Lester and Marin Ireland in *Queens*.

Credit: Valerie Terranova

The realistic scenes are heartrending, but the high point of *Queens* arrives when Ginsberg's set splits apart and the cast becomes a kind of Greek chorus, reciting snatches of phone conversations from the women to their families across the seas. Cullman's understated staging, Ginsberg's detailed set, Ben Stanton's haunting lighting and Mikael Sulalman's evocative sound design combine to create a shattering stage picture of women desperately reaching out for a connection to their past as they pursue an elusive bright future.

The play's title is somewhat ironic. It can not only refer to the locale, but also to characters' status. These women are not rulers, but they are trying to be commanders of their fate. Majok compassionately documents their efforts.

***Queens*: Nov. 5—Dec. 7. Manhattan Theater Club at City Center Stage I, 131 W. 55th St., NYC. Running time: two hours and 30 mins. including intermission. [nycitycenter.org](https://nycitycenter.org).**

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## The Best Cats for Seniors: Gentle, Loving Breeds That Make Ideal Companions

Our Friends · Sunday, November 23rd, 2025

The house feels quieter these days. Children have grown and moved away, careers have wound

down into retirement, and daily routines have settled into comfortable rhythms. Yet something is missing—that spark of life, a reason to smile each morning, a companion to share the peaceful afternoons. For many seniors, a feline friend fills this space perfectly, offering affection without demanding the physical exertion that dogs require.

According to [research](#), pet ownership among seniors is associated with decreased blood pressure, reduced stress levels, and lower feelings of loneliness. The study found that seniors who own pets make fewer doctor visits and report higher overall life satisfaction than those without animal companions. Cats, in particular, offer unique advantages for older adults—manageable care requirements, calming presence, and meaningful companionship that enriches daily life.

Are cats good pets for seniors? Research clearly confirms they are. But the real question is which cats make the best companions for older adults navigating specific physical limitations, lifestyle preferences, and living situations. Not all breeds suit senior lifestyles equally. Some cats demand constant activity and attention, while others naturally gravitate toward peaceful companionship that perfectly complements retirement living.

## Why Cats Make Ideal Senior Companions

Before exploring specific breeds, understanding why cats particularly suit senior lifestyles helps frame the selection process.

### Manageable Physical Demands

Unlike dogs requiring daily walks regardless of weather, health, or energy levels, cats exercise themselves through self-directed play. They use litter boxes indoors, eliminating the need for outdoor trips during cold winters or hot summers. This independence proves invaluable for seniors with mobility challenges, chronic conditions, or simply those who prefer staying comfortable at home.

Cats maintain their own grooming for the most part, requiring minimal bathing assistance. While some breeds need regular brushing, this grooming time becomes a pleasant bonding activity rather than a physical burden.

### Emotional and Mental Health Benefits

Cats provide companionship that combats loneliness—a significant concern for many seniors living alone. The simple act of petting a purring cat reduces stress hormones and blood pressure measurably. Having a living creature who depends on you provides purpose and structure to daily routines.

Caring for a cat offers cognitive stimulation through observation, problem-solving, and maintaining feeding schedules. These mental activities help keep minds sharp and engaged.

### Practical Lifestyle Fit

Cats adapt beautifully to apartment living and smaller homes common among downsizing seniors. They don't require yards or extensive space to thrive. Their relatively quiet nature makes them suitable for retirement communities and condominiums with noise restrictions.

The financial commitment remains manageable compared to larger pets. Food, litter, and routine veterinary care fit within most retirement budgets, though unexpected medical expenses should always be planned for.

## Top Gentle Breeds Perfect for Senior Living

### Ragdoll: The Ultimate Lap Cat

Ragdolls earned their name by going limp and relaxed when held—a trait that makes them exceptionally easygoing companions. These large, fluffy cats possess remarkably docile personalities that align perfectly with senior lifestyles.

#### Why They're Perfect for Seniors:

Ragdolls actively seek human companionship without being demanding. They'll follow seniors from room to room, content to simply be nearby. Their calm demeanor means they won't knock over items or create chaos in the home.

These cats love being held and petted, providing the tactile comfort that benefits senior mental health. Their gentle nature makes them safe around seniors with balance issues or those using walkers—Ragdolls won't dart underfoot unexpectedly.

#### Care Considerations:

Their semi-long coat requires brushing several times weekly to prevent matting. However, their cooperative nature during grooming makes this task pleasant rather than stressful. Many seniors find the grooming routine meditative and bonding.

### British Shorthair Cat: The Dignified Companion

British Shorthairs look like living teddy bears with their round faces, plush coats, and stocky builds. Their appearance matches their personality—solid, dependable, and wonderfully low-maintenance.

#### Senior-Friendly Qualities:

Independence defines **British Shorthair cats** perfectly for seniors who want companionship without clinginess. They appreciate affection on their own terms but don't become anxious when left alone during appointments or errands.

These cats maintain moderate activity levels—playful when engaged but equally content lounging on sunny window perches for hours. They don't require extensive exercise regimens or constant entertainment.

British Shorthairs are exceptionally quiet, rarely vocalizing beyond soft meows at feeding time. Their easygoing temperament handles visitors gracefully, making them excellent companions for socially active seniors.

#### Minimal Care Needs:

Short, dense coats require only weekly brushing. Their robust health and sturdy build mean fewer

veterinary concerns compared to more delicate breeds. For seniors seeking truly low-maintenance companionship, British Shorthairs excel.

## **Persian: The Serene Beauty**

Persians epitomize relaxed, indoor-loving cats. With their luxurious long coats, flat faces, and calm dispositions, they seem specifically designed for peaceful retirement living.

### **Ideal Senior Characteristics:**

Extremely low energy levels make Persians effortlessly compatible with senior paces. They spend most days lounging comfortably, requiring minimal space or activity for contentment.

Persians are exceptionally quiet cats with gentle voices used sparingly. Their peaceful nature creates tranquil home environments perfect for seniors seeking calm companionship.

These cats prefer indoor living genuinely, showing little interest in outdoor exploration. Door dashing is rarely an issue, providing peace of mind for seniors who might struggle chasing escaped cats.

### **Grooming Investment:**

The primary consideration is grooming. Persians require daily brushing to prevent matting and maintain coat health. For seniors who enjoy grooming as a calming activity and have the dexterity for it, this becomes quality bonding time. Those with arthritis or limited hand mobility might find this challenging.

## **Birman: The Gentle Soul**

Birmans combine the best traits of several breeds—long, silky coats like Persians but easier to maintain, social nature like Ragdolls but slightly more independent, and medium size that's easier to handle than larger breeds.

### **Senior Appeal:**

These cats are famously gentle and tolerant. They bond strongly with their families but remain patient and calm even during busy or chaotic moments. Their balanced temperament suits seniors perfectly—affectionate without being demanding.

Birmans possess soft, melodious voices and vocalize infrequently. They communicate primarily through body language and gentle presence.

Their playful side remains active but never overwhelming. A few minutes of gentle play daily satisfies their activity needs, making them manageable for seniors with limited energy.

### **Practical Benefits:**

Despite longer coats, Birman fur is silky and less prone to matting than Persian coats. Twice-weekly brushing typically suffices. Their medium size—8-12 pounds—makes them easy to lift for veterinary visits or grooming without strain.

## Exotic Shorthair: The Low-Maintenance Persian

Exotic Shorthairs are essentially Persians with short coats—offering the same calm, sweet temperament without extensive grooming demands.

### Perfect for Seniors Because:

They inherit Persian personalities: calm, quiet, and content with peaceful indoor living. Their gentle nature and patient demeanor make them safe, predictable companions.

The short, plush coat requires only weekly brushing—manageable for seniors with arthritis or limited dexterity. This low-maintenance grooming combined with a laid-back personality creates an ideal combination.

Exotics form strong bonds with their owners and enjoy lap time and gentle affection. They provide companionship without neediness, content to sit nearby during reading, television watching, or other quiet activities.

## Comparing Senior-Friendly Breeds

Breed	Energy Level	Grooming Needs	Vocalization	Best For
Ragdoll	Low	Moderate (2-3x/week)	Very Quiet	Seniors seeking affectionate lap cats
British Shorthair	Moderate	Low (1x/week)	Very Quiet	Independent seniors, first-time owners
Persian	Very Low	High (Daily)	Very Quiet	Seniors who enjoy grooming routines
Birman	Low-Moderate	Moderate (2x/week)	Quiet	Balanced companionship needs
Exotic Shorthair	Low	Low (1x/week)	Very Quiet	Low-maintenance preference

## Adult Cats vs. Kittens for Seniors

While kittens are undeniably adorable, adult cats often make better matches for senior owners.

### Advantages of Adult Cats:

- Established personalities eliminate uncertainty about temperament
- Already litter-trained and socialized
- Lower energy levels suit senior paces better
- Skip the destructive kitten phase of climbing curtains and knocking items over
- Often overlooked in shelters, giving seniors the joy of providing loving homes

### Senior Cats for Senior People:

Senior cats (typically 7+ years) deserve special consideration. These mature felines are often the calmest, most affectionate companions. They've outgrown playful chaos, appreciate quiet routines, and bond deeply with their adopters.

Many shelters have senior-to-senior adoption programs offering reduced fees or waived adoption costs for older adults adopting older cats. These programs recognize the perfect match between peaceful senior cats and the lifestyle senior citizens provide.

## The Joy Cats Bring to Senior Years

The companionship cats for seniors provide extends far beyond practical considerations. These gentle creatures offer unconditional love, daily purpose, and countless moments of joy that enrich retirement years immeasurably.

Waking to a purring cat stretched across the bed, enjoying afternoon sunshine together in a cozy chair, or simply having someone who's genuinely happy to see you—these simple pleasures profoundly impact the quality of life. Cats provide routine and responsibility that keep seniors engaged and active. They offer comfort during difficult times and celebrate good moments with their presence.

For seniors feeling isolated or searching for meaning after major life transitions, the right feline companion transforms daily existence. These gentle, easygoing breeds bring laughter through their occasional silly moments, peace through their calming presence, and love through their devoted companionship.

Choosing the perfect cat match means considering individual circumstances, physical capabilities, and lifestyle preferences. Whether it's a plush British Shorthair, an affectionate Ragdoll, or a serene Persian, the right gentle companion awaits—ready to share golden years filled with warmth, joy, and mutual devotion.

*Photo at top: Francesco Ungaro from Pexels*

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## How Long Can You Wait? California Car Accident Time Limits Explained

Our Friends · Saturday, November 22nd, 2025

A car accident in California could leave you wondering about your legal options. The state's statute of limitations might determine if you'll receive compensation for your injuries.

The law gives you two years from the date of the crash to file your claim. Most people think this deadline is straightforward, but claiming injury after an accident involves several other factors. While **97% of personal injury cases reach settlement** outside court, California's auto accident

settlement timelines can vary by a lot. Simple cases might wrap up within months. Complex situations that need litigation could stretch beyond a year.

These legal timeframes might seem daunting at first. This piece breaks down all crucial deadlines you need to know. Insurance companies must respond within 15 days and **make their decisions within 40 days** after receiving complete documentation. You'll learn about special exceptions that could extend your filing window and get a clear picture of what the claims process looks like.

## Understanding California's Car Accident Time Limits

California law sets a legal countdown clock for your car accident claim. Insurance companies have their own deadlines, but state law determines these time limits and they're non-negotiable.

You have exactly two years from your accident date to file a lawsuit for personal injury claims from auto accidents. Your right to compensation will be lost if you miss this deadline – whatever the strength of your case might be.

The timeline for property damage claims differs. You get three years from the accident date to file your lawsuit if you want compensation for vehicle repairs or other property damages.

These deadlines vary based on who's part of the accident:

- A regular two-year deadline applies to accidents with private citizens or companies
- You must file an administrative claim within six months for accidents with government entities (city vehicles, public transportation)
- The “discovery rule” might extend your filing window if your injuries weren't obvious right away

It's worth mentioning that these deadlines are specific to filing lawsuits, not insurance claims. Most cases settle out of court, but you should file your insurance claim quickly. Your claim could be at risk if you wait too long since insurance companies need to know about accidents within days.

The rules are different for minors' cases. Their statute of limitations doesn't start counting **until they turn 18**.

## The Auto Accident Settlement Timeline in California

Your accident claim in California follows a structured timeline. Insurance companies must acknowledge your claim within 15 days after you notify them. The settlement process then moves through several distinct phases.

The original investigation begins right after your accident. You need to gather critical evidence during this time – police reports, medical records, witness statements, and accident scene photos. These documents help establish who was at fault and show the full extent of your damages.

Settlement talks usually don't begin until you reach maximum medical improvement (MMI) – when your condition stabilizes. This important milestone helps everyone understand your long-term outlook and expenses clearly.

Both parties then exchange information through written questions, document requests, and sometimes depositions in what's called the discovery phase. This investigative period typically lasts several months.

Your attorney sends a demand letter that outlines your injuries and requested compensation to start negotiations with the insurance company. The back-and-forth of offers and counteroffers might continue for weeks or months.

While 97% of cases settle without going to trial, stalled negotiations might require filing a lawsuit. This could add a year or more to your timeline.

## **Exceptions That Can Extend or Shorten the Time Limit**

California law recognizes several exceptions to standard car accident time limits. These exceptions can either extend or shorten the two-year statute of limitations based on specific circumstances.

The statute of limitations doesn't start until minors turn 18 years old. They have until their 20th birthday to file a claim. People with mental incapacitation during the accident get an extension until they regain capacity.

Stricter deadlines apply to cases with government entities. You must file a claim within six months of the accident instead of the standard two-year period. After claim denial, you have one year to file a lawsuit.

The "discovery rule" helps people whose injuries aren't immediately apparent. This rule extends the filing deadline until they find or should have reasonably found their injury.

The statute pauses if the defendant leaves California, faces imprisonment, or becomes mentally impaired. The deadline may extend until you find evidence of someone who fraudulently hides their involvement in causing the accident.

Missing deadlines usually leads to case dismissal, so understanding these exceptions is significant. Legal complexities make it wise to consult with a knowledgeable attorney soon after an accident.

## **Conclusion**

You definitely need to pay close attention to California's car accident time limits. Personal injury claims have a two-year statute of limitations as the main deadline, and property damage claims give you three years. But if you're in an accident with a government vehicle, you just need to act within six months.

Time plays a vital role after an accident. Most cases settle out of court, but if you wait too long, you'll lose your right to compensation. It also helps to know that insurance companies work on strict timelines – they expect quick notification and respond within 15 days.

The settlement process follows a clear path. It starts with gathering evidence and moves through medical treatment, discovery, and negotiations. Each case moves at its own speed based on how severe the injuries are, how clear the liability is, and whether you need to go to court.

Note that your specific deadline might change due to certain exceptions. The filing period might be extended if you're a child, mentally incapacitated, or have injuries that show up later. But cases

with government entities have much shorter deadlines.

Missing these significant deadlines usually gets cases thrown out, whatever their merit. Your best move is to talk to a qualified attorney right after your accident to protect your rights. Knowing these time limits helps you make smart choices and ensures you don't lose your chance to get fair compensation for your injuries and damages.

*Photo: fxquadro via Freepik.*

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## All You Need to Know About Using a Stock Screener to Find Winning Investments

Our Friends · Saturday, November 22nd, 2025

### 1. A Smarter Way to Narrow the Search

The stock market has thousands of listed companies, and picking the right one can be confusing. A **stock screener** helps simplify this by filtering companies that meet specific financial or performance criteria. Instead of browsing endlessly, investors can instantly narrow down their choices by applying filters like market capitalization, price range, or growth rate. It's like having a personal assistant that sorts out clutter, leaving only meaningful options aligned with your goals.

### 2. How a Stock Screener Works

A screener operates by comparing live or historical stock data with the parameters you set. Suppose you're looking for mid-cap companies with strong earnings growth and low debt; the screener will instantly produce a list of stocks meeting those criteria. Some screeners focus on **technical indicators** (like RSI or moving averages), while others emphasize **fundamental metrics** (like revenue, profit margin, and valuation ratios). The best ones combine both, offering a well-rounded approach that helps investors balance short-term signals with long-term value.

### 3. Key Components Every Investor Should Understand

To use a screener effectively, it's essential to grasp its basic parts:

- **Filters** determine what kind of stocks you want to see, for example, growth or dividend-paying ones.
- **Indicators** track how a stock behaves in the market, revealing patterns and momentum.
- **Fundamentals** focus on the company's financial health, including profit and debt levels.

- **Sorting Options** allow you to rank results based on performance or risk.
- **Saved Templates** let you reuse successful screening setups without starting from scratch.

Mastering these tools ensures your search remains organized and consistent.

## 4. Why Stock Screeners Are Game-Changers

A **stock screener** transforms investing from a guessing game into a structured process. It brings speed, accuracy, and consistency to the decision-making process. Instead of relying on trends or rumors, you rely on measurable data. You can even monitor specific industries or create watchlists that update in real time. This data-driven approach removes emotional bias, ensuring that every investment is backed by logic, not hype.

## 5. Common Screening Strategies Used by Investors

Every investor has unique goals, and screeners adapt to all of them:

- **Growth Seekers:** Focus on companies showing consistent earnings and sales expansion.
  - **Value Investors:** Search for undervalued stocks using ratios like P/E or P/B.
  - **Income Seekers:** Filter stocks paying stable dividends.
  - **Momentum Traders:** Identify stocks showing strong upward trends.
  - **Defensive Players:** Choose low-volatility stocks with steady fundamentals.
- These tailored strategies allow users to match their screens to their investment philosophies.

## 6. Warning Signs to Avoid While Screening

A great screener can still mislead if used carelessly. Avoid making these mistakes:

- Overloading with too many filters, which can eliminate good prospects.
  - Ignoring company quality factors like leadership and innovation.
  - Chasing recent gainers without analyzing fundamentals.
  - Overlooking liquidity and ending up with hard-to-sell stocks.
  - Failing to verify results with deeper research.
- Smart screening isn't just about data; it's about combining numbers with judgment.

## 7. Key Metrics to Include in Every Screen

Some metrics consistently deliver meaningful insights:

- **P/E Ratio:** To judge valuation.
- **EPS Growth:** To measure profit momentum.
- **Debt-to-Equity Ratio:** To assess financial strength.
- **ROE:** To gauge management efficiency.
- **Volume and Volatility:** To ensure tradability and price stability.

These indicators, when used together, reveal the real story behind a company's stock performance.

## 8. Understanding Market Cycles Through Screening

One of the underrated uses of screeners is learning how different stocks behave across market phases. By adjusting filters periodically such as comparing high-growth stocks during bull runs

versus stable dividend players in slow markets investors can detect broader trends. This helps you understand which sectors thrive during specific cycles.

For example, a screener might show that technology and consumer discretionary stocks perform best when economic optimism is high, while utilities and healthcare shine during downturns. Over time, this data-driven pattern recognition sharpens your ability to predict sectoral shifts and rebalance your portfolio before the market changes direction.

## 9. Using Stock Screeners for Risk Management

Beyond finding opportunities, a screener can also help limit risk. By filtering out stocks with extreme volatility, high debt ratios, or inconsistent earnings, you automatically reduce exposure to unstable companies. You can set criteria that exclude penny stocks, avoid sectors under regulatory pressure, or focus only on companies with strong cash reserves.

This defensive use of a screener creates a built-in safety net. Instead of reacting to bad news after it hits, you proactively avoid weak links in your portfolio. Regularly reviewing screened lists also highlights when a previously strong performer starts slipping, allowing you to exit before losses deepen.

## 10. How Screeners Empower Both Beginners and Experts

For newcomers, a **stock screener** acts as a crash course in understanding market metrics and terminology. It teaches you what matters, like profitability, debt, and valuation. For professionals, it's a time-saver that enhances research productivity. They can create advanced filters that combine technical and fundamental triggers, ensuring no opportunity slips through.

Beginners learn discipline; experts gain efficiency. That's why screeners are popular across experience levels, they blend simplicity with analytical depth.

## 11. Integrating Screeners into a Broader Investment Process

A screener shouldn't work in isolation. It performs best when combined with complementary tools:

- **Charts** help confirm trends and price movement.
- **News and Earnings Reports** give context behind numbers.
- **Watchlists** allow ongoing monitoring of shortlisted stocks.
- **Alerts** notify you about changes in performance or fundamentals.

This integration transforms screening results into actionable investment decisions rather than raw data lists.

## 12. The Future of Stock Screening

Artificial intelligence and automation are revolutionizing screening tools. Instead of static filters, modern platforms now adapt dynamically to market shifts. AI-powered screeners can identify hidden patterns in investor behavior, detect early momentum, and even predict sentiment trends before they become visible in prices.

In the near future, investors won't just screen stocks, they'll rely on intelligent systems that continuously learn, refine, and suggest opportunities tailored to individual risk preferences and goals.

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## Conclusion

A **stock screener** is no longer just a convenience, it's an essential part of smart investing. By combining accuracy, adaptability, and insight, it empowers both beginners and professionals to make informed, data-driven decisions. Whether you're filtering for value, growth, or stability, the right screener transforms complexity into clarity.

For anyone looking to explore reliable and advanced screening tools designed to simplify this process, visiting TradingView offers an excellent starting point to enhance your investment journey.

*Photo: DC Studio via Freepik.*

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## How Malaysian Punters Use 1xBet to Follow Their Favorite Teams in Real Time

Our Friends · Saturday, November 22nd, 2025

Fans who subscribe to multiple leagues simultaneously are inclined to rely on 1xBet as it keeps them informed without compelling them to use multiple apps. It loads fast, and it is significant on the evening when three games are going on, and every minute of the game seems to count. Discover how Malaysians use it and learn what features make the difference in practice.

## How Malaysian Punters Stay Connected During Fast-Moving Matches

1xBet is regarded as a control center of many Malaysian fans since they receive updates in the rhythm of real-time matches. They receive a constant stream of information about goals, changes of momentum, and tactical changes instead of having to refresh a few sources. This makes them read the game better, particularly when they are following clubs that are not located in the region.

They also steal it to follow several matches that coincide during the busy weekends and to alternate between matches without losing track of the schedule. This keeps them updated with parallel story lines, which the broadcasters hardly address in any detail. The fans like the fact that **1xBet** does not crash during the busy times.

## Features Malaysian Fans Lean On Most

These are the features people use most frequently:

- Live event tracking: The fans track the exact order of opportunities, fouls, and turning points in a single track.
- Multi-match windows: The users view multiple matches at the same time without the need to miss anything in one game.
- Fast-tracking team centers: Fans move directly to injury reports, last five games, and player transactions.
- Small, powerful indicators: Stats are displayed in real-time and enable fans to be aware of tactical patterns.

Those help Malaysian fans follow unfamiliar leagues with greater confidence, particularly when a team they support acquires a new player in a region they have never watched.

## Why Live Tracking Matters to Malaysian Supporters

Live tracking is important because it allows Malaysians to keep up with their clubs when matches take place in difficult time zones, and many fans start using it right after completing a quick **1xBet registration**. It also matters for supporters who follow games that finish before sunrise or kick off while they are at work. They rely on platforms that deliver fast, meaningful snapshots so they can stay connected to the action without watching every minute.

## How Fans Keep Up With Overseas Teams

Supporters of European, Korean, and Middle Eastern leagues find 1xBet useful since the intricate games are simplified to understandable news. Most viewers only watch afterwards, and therefore, the fact that an event is described in detail live would enable the viewer to get the background of the subsequent clips. They also follow real-time updates so that they can have long midweek fixtures without having to disrupt their schedule. This makes them stay in touch with one another in instances where they are not able to commit to full broadcasts.

## Why Detailed Stats Shape the Experience

Indicators such as shot quality, field positioning, and pressing intensity can be used by the fans to assess the sustainability of a given lead or comeback attempt. Such statistics are also useful to the fans who are moving to another league where the play is of a different style. They do not have to watch hours of footage to compare the performance patterns across competitions using the data.



Photo: pressfoto via Freepik.

## How Malaysians Use 1xBet as a Second Screen

Thousands of fans have 1xBet open next to their television or their stream, as it provides coverage even when commentators are silent about it, specifically, small tactical shifts or injury-related ones. It assists them in verifying live impressions, such as the team losing control or merely going through a brief defensive downturn.

The fans can also stay in touch with the platform when they are not able to turn up to watch the match at all. Summaries are clean and updated in a quick manner, which makes them feel they are in the action even when commuting or during breaks. This regularity assists them in remaining engaged during full seasons where they may be watching fewer games than they are attending.

## Why Malaysian Fans Keep Coming Back

Malaysian fans come back to 1xBet as it provides them with relevant data on matches quickly without spending time on fillers. It allows them to be in touch with leagues all over the world and provides them with sufficient background to track down unknown rivals with confidence. The fans like having a platform that does not waste their time and, at the same time, provides them with insight, particularly when they are in a hurry. It keeps them updated, structured, and brought nearer to the teams they follow.

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