

GROWING TOGETHER

SERVING THE HALIFAX COMMUNITY

OCTOBER



Coffee with your State Representatives and Veterans Agent

October 6th

State Representative
Josh Cutler call 617-722-2013

October 9th

State Representative
Kathy LaNatra 9:30 -11am

&

Veterans Agent
Steve Littlefield 9:30- 10:30am



Halifax Council on Aging “SNIPIT”

Autumn changes bring positive programs! Looking for activities and social fun things to do, join us!



Check out the details of each activity and social fun thing inside the newsletter. See the roster below:

Medicare Open Enrollment begins October 15 -

December 7th. Call 1-800-231-1155 to schedule an appointment with a SHINE Counselor. NOTE: welcome Michael Hession, Halifax SHINE Counselor **who is volunteering his time to our center. He will be available each Thursday, beginning November 2nd.**

DASH (Dietary Approaches to Stop Hypertension)

Nutritional Seminar went well in September. It will run again October 10th and 11th, at the COA. Please call to reserve a seat, it fills up fast!

A Historical Moment for All. Cell phones and cameras are welcome! Halifax Council on Aging and Halifax Historical Society invite you to learn of local History with Marc Valentine. Sunday October 15th from 11am to 4pm at Ivy Cottage, 20 Dwight Street, Monponsett, MA

HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

COMMUNITY PAGE



Town Administrator Cody Haddad enjoys a cup of coffee and chat with the Coffee Social Group at the Council on Aging!

**Medicare Open Enrollment begins
October 15th—December 7th**

Call 1-800-231-1155 or Halifax Council on Aging 781-293-7313
(appointments held each Friday from 9am to 3pm beginning
November 2nd at the Halifax COA)



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Halifax Council on Aging, Halifax, Ma 06-5390

October Birthday's

Joann Andrews	William Evans	Annette MacDonald, Annette	Helena Santos
Joyce Ankener	Diane Evelyn	Richard MacDonald	Janice Sargent
George Anthony	John Farino	Brenda MacGillivray	Kenneth Sargent
Peter Archibald	Elaine Fernandes-Powers	Marjorie Mahan	Jeanne Schmitter
Robert Badore	Lucien Fernez	Rita Mahoney	Susan Scott
Sally Baker	Madeline Flood	Joseph Marsden	Ellie Sellar
David Barry	Mae Fowler	John McCarthy	Barbara Sheehan
Michael Bastis	Linda Fuller	Judy McCormack	Nicola Sherwood
Scott Bell	Ann Garibaldi	Robert McGlincy	Kathleen Shiavone
Christine Bonang	Sandra Gavin	James McKillop	Phyllis Silenzi
Donna Bonang	Jane Gilson	Jack McLaughlin	Lisa Silvia
Ernest Bouchie	Maryann Goldie	Gail McManus	Thomas Slowey
Dennis Bowles	Julia Goodale	Joyce Melanson	William Smith
Kenneth Breton	Mary Gorham	Barbara Merrick	Eiizabeth Snyder
Stephen Bright	David Gould	Ruth Mewis	Donald Taylor
Pauline Bryson	Suzanne Gray	Rosemary Monaghan	Debra Tinkham
Agnes Burlone	Richard Greeley	Doreen Murphy	William Tobin
Robert Bussey	Karen Gunnison	Brenda Myette	Lynette Toohey
James Canaday	John Gurry	Kathleen Nolan	Frederica Vecchi
Richard Carrus	Susan Gurry	Nancy Nolan	Jeannie Venti
Anne Cashman	Phyllis Hallet	William Norvish	Richard White
Charles Chandler	Robert Hamilton	John O'Brien	Joyce Whiting
Robert Clancy	Tracy Harmening	Judy O'Bryant	Michael Winiewicz
Kathleen Clasby	Gail Hatch	Debra O'Leary	Cathy Woodman
Norma Clay	Cynthia Hathaway	Stephanie O'Leary	Philip Woolf
Jean Coffin	Jeanne Hathaway	Jo-Ann Parks	
Sandra Cohen	Claire Healey	Isabel Pelletier	
Sheridan Cole	Gloria Hitt	Larry Perkoski	
Maureen Coyne	Kathleen Hockenberry	Phyllis Perry	
Pauline Crocker	Joan Hogan	Robert Pettingill	
Michael Crovo	David Jones	Debbie Phillips	
Patricia Cummings	Elaine Joy	Audrey Pilotte	
Linda Curtin	Robert Keith	Donald Pinkham	
Sandra Daly	Thomas Klejna	Carolyn Pomakis	
Richard Darling	John Kyser	Robert Pratt	
Dorothy Davis	Constance Labarre	Kay Redding	
Marie Devine	Gerald Lagadec	Isabella Rose	
Mark Dickson	David Landry	Pam Rosenwald	
Dorothy Dinsmore	Bernadette Lennox	Tricia Ross	
Debbie Duc	Sylvia Lincoln	Victoria Salenius	



OUTREACH NEWS

Blood Pressure Screenings on the Move

The Town of Halifax contracts nurse M. Laurie Montuori to provide two (2) free walk-in adult wellness screenings the first Tuesday each month in 2023. Please see the dates, times and where the screenings will be held.

WHEN: October 3, 2023, November 7, 2023 and December 5, 2023

WHERE: *Halifax Town Hall—499 Plymouth Street, 9—10am (Follow the signs)*
Halifax Mobile Estates, 33 Redwood Drive, Community Bldg 10:30—11:30am

HEALTHY LIVING COLLABORATIVE (BLOOD PRESSURE SCREENINGS) OFFERED AT THE COUNCIL ON AGING - 506 PLYMOUTH STREET FROM 11:00— 12:30

TUESDAYS: October 3, 17, and 24

WEDNESDAYS: October 4, 11, 18 and 25

DASH (Dietary Approaches to Stop Hypertension) Program:

Tues day Oct 10th and Wednesday Oct 11th

Time: 11:00—12:00pm

Confused on where to find help? Contact Halifax Council on Aging at 781-293-7313



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**BY
APPOINTMENT**



WHAT'S UP FOR OCTOBER 2023

Matt York's Concert on the Green was a beautiful event to kick off the Fall Season! Despite unpredictable weather which forced us in-doors, Matt's musical journey was enjoyed by all.

We want to send a special thank you to Fred Corrigan for supporting our senior community. Fred donates his time toward improving the lives of not only the senior community but, to Halifax residents. His love for his be-loved spouse *G. Ellen Corrigan* will forever be in our hearts, and our gratitude to the *G. Ellen Fund* for making these events possible. Thank you!

"Hold material goods and wealth on a flat palm and not in a clenched fist"
Alistair Begg



OCES Falls Prevention Lunch n Learn was filled with patrons who received informative materials from a well known non-profit who's resource support safety within the home. An ideal situation is to remain at home for as long as possible and with support services. Having programs like Old Colony Elder Services can be a benefit to one's care plan. Stay tuned for more events to come.

Inserts to GROWING TOGETHER newsletter allows for more information to get out to the community and to our Halifax Council on Aging members. All inserts can be found at [Monthly Newsletters | Halifax MA \(halifax-ma.org\)](https://www.halifax-ma.org/Newsletters) or visit us during scheduled activities. Have a good day!



TRIAD Group welcomes JOHN GALLAGHER, author and writer of A MOMENT TO HER GRIEF. His book channels in on the 150 year old investigation and murder of three THOMPSON STREET residents. As a former Boston Police Superintendent, John will share tales of "AHH" mystery moments.

OCTOBER 3RD AT 10:00 AM AT THE HALIFAX TOWN HALL

The rebirth of Chair and Gentle Yoga will resume Thursdays OCTOBER 19th. We want to thank Mary Lou Sullivan for her years of serving Halifax Council on Aging Members. We wish her well in with her journey of happiness, a wonderful person and loved by many.

We want to welcome Karen Lyons. Karen Lyons is a seasoned professional who accepted our invitation. She comes with a stellar reputation as a Yoga/Reiki instructor. Please join us each Thursday, beginning October 19th at the Halifax Town Hall - second floor Great Hall, 499 Plymouth Street.

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Halifax Council on Aging, Halifax, Ma 06-5390



HALFAX COUNCIL ON AGING

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We are here to support South Shore Community Action Council and its efforts to reach out to qualified residents needing fuel assistance

**Monday's and Thursday's
BY APPOINTMENT ONLY**

Mission Statement

To identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.

National Academy of Elder Law Attorneys

Jason Rawlins, Esq

Paula Schlosser, Esq

David Kiley, Esq

Schedule your complimentary first visit today!

HALIFAX COA

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COA Director

Darlene Regan

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Sarah Sloat, Kimberly King-

Cavicchi and Ruth Mills-Walters

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Gary Long, Diane O'Brien, and

Janice Rossetter

OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>10am-11:30am</u> Coffee Social (COA) 	3 <u>9am-11am</u> 2 Free Health Clinics: <i>Town Hall</i> 9am-10am <i>Halifax Estates</i> 10am-11:30am <u>10am-11:30am</u> Coffee Social (COA) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (COA) <u>10am-12pm</u> TRIAD (Town Hall –second flr)	4 <u>10am-11:30am</u> Coffee Social (COA) <u>10:30m-12:30pm</u> Healthy Living Collaboration for Blood Pressure Screenings (COA) <u>2pm-3pm</u> ZUMBA Gold with Heather (Great Hall)	5 <u>10am-11:30am</u> Coffee Social (COA) 	6 State Representative Josh Cutler Off-Site Hours (Please call 617-722-2013 for an appointment; or email him at josh.cutler@mahouse.gov) <u>10am-11:30am</u> Coffee Social (COA)
9 CoA Closed 	10 <u>10am-11:30am</u> Coffee Social (COA) <u>10am-11pm</u> Healthy Living Collaboration for Blood Pressure Screenings (COA) <u>11am-12:00pm</u> DASH Nutritional Seminar – Series 2	11 <u>10am-11:30am</u> Coffee Social (COA) <u>10:30m-11:00pm</u> Healthy Living Collaboration for Blood Pressure Screenings (COA) <u>11am-12:30pm</u> DASH Nutritional Seminar at the CoA-Series 2 <u>2pm-3pm</u> ZUMBA Gold with Heather (Great Hall)	12 <u>10am-11:30am</u> Coffee Social (COA) 	13 <u>10am-11:30am</u> Coffee Social (COA) 
16 <u>10am-11:30am</u> Coffee Social (COA) 	17 <u>9:30am-11am</u> Council on Aging Board Meeting (Selectmen Meeting Room) <u>10am-11:30am</u> Coffee Social (COA) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (COA) <u>12pm - 2pm</u> CRAFTS WITH MADDIE	18 <u>10am-11:30am</u> Coffee Social (COA) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (COA) <u>2pm-3pm</u> ZUMBA Gold with Heather (Great Hall)	19 <u>10am-11:30am</u> Coffee Social (COA) <u>1pm-3pm</u> COA Book Club (Holmes Library) <u>11am—12pm</u> CHAIR YOGA with Karen Lyons <u>12:15pm—1:15pm</u> GENTLE YOGA with Karon Lyons	20 <u>10am-11:30am</u> Coffee Social (COA) <u>11:30am-1pm</u> CHAIR HIP HOP DANCE WITH RONDAE at the Halifax Town Hall (second floor) Thank You Mass Cultural Council and Halifax Local Council for the wonderful events you grant us
23 <u>10am-11:30am</u> Coffee Social (COA) 	24 <u>10am-11:30am</u> Coffee Social (COA) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (COA)	25 <u>10am-11:30am</u> Coffee Social (COA) <u>2pm-3pm</u> ZUMBA Gold with Heather (Great Hall)	26 <u>10am-11:30am</u> Coffee Social (COA) <u>11am—12pm</u> CHAIR YOGA with Karen Lyons <u>12:15pm—1:15pm</u> GENTLE YOGA with Karon Lyons	27 <u>10am-11:30am</u> Coffee Social (COA) <u>11am-12:30pm</u> Attorney Jason Rawlins (COA) <u>2:30pm—4:30pm</u> HARVEST MOON GATHERING at Holmes Library
30 <u>10am-11:30am</u> Coffee with the Town Administrator Cody Haddad(COA) 	31 Halloween <u>10am-11:30am</u> Coffee Social (COA) <u>10am-12pm</u> Healthy Living Collaboration for Blood Pressure Screenings (COA) 			

OCES NUTRITION PROGRAM

OCTOBER 2023



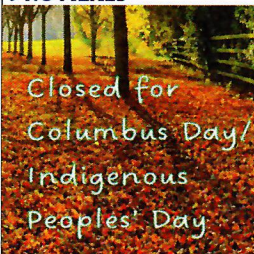


GROUND



Please call the nutrition department for meal cancellations by cancellation by 10 am **two days** before delivery-508-584-1561.

Community Dining Menu

Suggested Donation-\$2.50/meal Menu subject to Change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Gr Chicken Breast 200 Gr Rotini Pasta 4 Gr Italian Sauce 206 Gr Whole Kernel Corn 6 Chocolate Pudding 190 	3 Gr Ground Beef 81 Gr Black Beans 140 Gr Fiesta Rice 148 Gr Mandarin Oranges 7 	4 Gr Apple Glazed Chicken 314 Gr Brown Rice and Orzo 4 Gr Broccoli 22 Gr Pineapple Tidbits 1	5 Gr Pork Roast 202 Apple Cider Gravy 4 Whipped Potatoes 58 Gr Mixed Vegetables 65 SF Jello 95	6 Gr 10 Grain Pollock 330 Gr Italian Roasted Potatoes 6 Gr Zucchini 2 Lemon Juice 1 Gr Banana 1
Cal: 644 Sodium: 743 mg Carb: 100 g	Cal: 519 Sodium: 494 mg Carb: 74 g	Cal: 483 Sodium: 478 mg Carb: 72 g	Cal: 503 Sodium: 528 mg Carb: 48 g	Cal: 583 Sodium: 478 mg Carb: 81 g
9 NO MEALS 	10 NO MILK Gr Cheese Omelet 283 Swiss Cheese 35 Gr Home Fries 6 Gr Peppers & Onions 54 Strawberry Yogurt 51 Orange Juice 15 	11 Gr Chicken Scallopini 289 Gr Parslied Rotini 4 Gr Mixed Vegetables 42 Gr Mixed Fruit 3	12 Gr Turkey Chili 373 Gr Rice 2 Gr Chuckwagon Corn 2 Gr Mandarin Oranges 1	13 Gr Homemade Meatloaf 202 with Gravy Gr Baked Potato Half 4 Gr Green Peas 82 Sour Cream 30 Vanilla Pudding 220
	Cal: 592 Sodium: 475 mg Carb: 67 g	Cal: 549 Sodium: 475 mg Carb: 75 g	Cal: 588 Sodium: 520 mg Carb: 84 g	Cal: 814 Sodium: 654 mg Carb: 87 g
16 Gr Hamburger 150 Gr Roasted Sweet Potatoes 45 Gr Zucchini 1 Butterscotch Pudding 270	17 Gr Beef Stroganoff 223 Gr Buttered Egg Noodles 38 Gr Tuscany Vegetable Blend 41 Hot Cinnamon Peaches 6	18 Gr Chicken Salad 77 Gr Vegetable Pasta Salad 46 Italian Dressing 20 Lemon Pudding 180 	19 Gr WG Breaded Pollock 190 Gr Brown Rice Pilaf 83 Gr Sliced Carrots 67 WW Bread 90 Lemon Juice 1 Gr Banana 1	20 Gr Beef Stew 351 Gr Green Beans 3 WW Breadstick 65 Hot Cinnamon Pears 6
Cal: 555 Sodium: 606 mg Carb: 70 g	Cal: 679 Sodium: 447 mg Carb: 71 g	Cal: 661 Sodium: 460 mg Carb: 74 g	Cal: 606 Sodium: 479 mg Carb: 87 g	Cal: 641 Sodium: 498 mg Carb: 59 g
23 Gr Chicken Breast with 264 BBQ Sauce Whipped Potatoes 58 Gr Collard Greens 57 Applesauce 14	24 Gr Grilled Chicken Breast 200 Southwest Ancho 93 Lime Sauce Gr Brown Rice 4 Gr Carrots 62 Vanilla Pudding 220	25 Gr Egg Salad 130 Gr German Potato Salad 17 Gr Garden Salad 17 Italian Dressing 20 Gr Pears 6	26 Gr Shepherd's Pie 460 Gr California Vegetables 30 Gr Mandarin Oranges 7 	27 Gr Tuna Salad 261 Gr Venetian Pasta Salad 46 Chocolate Pudding 190
Cal: 439 Sodium: 482 mg Carb: 55 g	Cal: 538 Sodium: 716 mg Carb: 78 g	Cal: 520 Sodium: 327 mg Carb: 58 g	Cal: 673 Sodium: 634 mg Carb: 60 g	Cal: 557 Sodium: 635 mg Carb: 69 g
30 Gr White Chicken 362 Chili Gr Butternut Squash 24 Gr Green Beans 3 Gr Pineapple Tidbits 1	31 HAPPY HALLOWEEN! Gr Pasta with 389 Bolognese Sauce Gr Tuscany Vegetables 47 Gr Hot Caramelized 20 Pears	Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium. From meal carb total includes meat, starGr, vegetable		
Cal: 655 Sodium: 527 mg Carb: 86 g	Cal: 536 Sodium: 592 mg Carb: 75 g			

*Indicates food item w/>500mg sodium v=high sodium meal



JOIN THE **SECOND WIND CLUB**

VOLUNTEERS ARE A PRICELESS AND DEDICATED GROUP WHO AIM TO SERVE

HALIFAX COUNCIL ON AGING MEMBERS

SHINE COUNSELOR FOR HALIFAX

Thank you to **SHINE Counselor** Michael Hession for accepting our invitation to work with the Halifax community. Micheal is a seasoned professional who has donated his time to working with various communities. His compassion to serve means currently driving for the Meals on Wheels program while dedicating his time to the Federal and State funded SHINE Program. He will make his way to Halifax each **Thursday beginning November 2nd, 2023**, and will continue working with Middleboro COA. Due to the high volume , all times are by appointment only.

YOU ROCK FOR HALIFAX

ARE YOU, A “WANNA-BE” DON’T WAIT JOIN THE **SECOND WIND CLUB**
AND BECOME A STATE TRAINED SHINE COUNSELOR

SHINE Counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs and are available to speak with Medicare beneficiaries regarding their Medicare coverage options. These options include Medicare parts A & B, Medicare Advantage Plans (Part C), Medicare Prescription Drug Plans and Coverage (Part D) and Medicare Supplement Plans (Medigap). We will also review eligibility for Public Assistance programs such as Prescription Advantage, Extra Help from Social Security, MassHealth and other programs to assist beneficiaries with limited resources to pay for health care costs. A rear commodity as we navigate the white waters of Medicare.

Djr/2023

THANK YOU SPONSORS FOR SUPPORTING THE HALIFAX
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“GROWING TOGETHER”

TODAY, TOMORROW AND FOR GENERATIONS TO COME



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Maryellen Leach – Director

Erica Heal - Director

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Thank you to The Magical Years! The children's warm greeting cards meant a lot to our Council on Aging members. Each greeting card was handmade with love and brought smiles to homebound residents as well. Again, thank you!

Welcome Yoga Instructor Karen Lyons



Beginning Thursday October 19th, the following classes will be offered:

11:00am to Noon Chair Yoga

12:15 to 1:15 Gentle Yoga

Twenty-four years ago, Karen found the love and passion of Reiki, and quickly became a Reiki practitioner. Over the years she has completed many levels of Reiki including Holy Fire II Karuna Reiki Master. In the beginning her compassion and enthusiasm of Reiki led her to become a Beacon Hospice volunteer and it was at that time she discovered her connection with seniors and the awakening wisdom they can bring. Today that wisdom continues through the teaching of chair yoga at various Senior Centers and at The Whitman Wellness Center.

Ironically, her yoga journey began around the same time and after noticing the impact that just one class per week had on her Arthritis and Osteoporosis, that one class evolved into two, and two into a lifelong journey, and yes, the suitcase is still packed.

She has been teaching yoga for more than 13 years (you can meet her on the mat Saturday mornings at the Whitman Wellness Center) Karen is also certified in Yin, and Meridian yoga and with the completion of the 900-hour yoga Mastery program she has become a Yoga Therapist. Always looking to expand her toolbox, she has recently been Certified in Sound Healing. Karen will be the first to tell you that she is a Yoga student for life and is enthusiastic about sharing the love of Yoga, Reiki, and energy work with all. Her loving compassion shines through with her clients and students alike.

Eric Davis quote: "It takes a lot of energy to be negative." Smiling is painless."

It is the busiest time of the year for Halifax Council on Aging.

We are here to guide Halifax Members to navigate resources and to help local agencies keep up with the demands. We ask for your patience as we aim to find function rooms to hold wellness events and activities. Please be mindful and understand that each Town has more funding than others. It is no secret, life expectancy is better than ever, though what we tend to not think about is economic change as we age. As the needs-based demands for social service and supports increase, we ask your patience.



Looking for something to do? Check us out and register today!

- ✓ TRIAD - 1ST TUESDAY EVERY MONTH AT GREAT HALL @10am
- ✓ DASH Nutritional Seminars' 2nd Tuesday and Wednesday/month til December at the COA at 10 and 10:30
- ✓ Chair Yoga and Gentle Yoga with Karen Lyons at the Great Hall beginning Oct 19 from 11:00 – 1:15pm
- ✓ ZUMBA Gold at 2pm with Heather at the Great Hall
- ✓ Music Hip Hop Dance at the Great Hall Oct 20th at 11:30 – 1pm
- ✓ SHINE Counselor each Friday from 9 to 3pm beginning November 3rd at the CoA
- ✓ Fuel Assistance Mondays and Thursdays from 10 to 2pm at the COA
- ✓ Masshealth Assistance and questions on Wednesdays from noon at the COA
- ✓ Home Care navigating call for an appointment
- ✓ Crafts with Maddie every 3rd Tuesday from Noon to 2:30p
- ✓ South Shore Community Bag Program every 4th Wednesday of the month (call for a bag of dry goods and specialty items)
- ✓ Book or Treat and the COA Harvest Moon Festivities Oct 26th Dress up and be "GOOLISH"
- ✓ Special Events are planned each month, stay tuned for the Holiday Schedule next month

The Historic Halifax Chest

When: October 15th from 11:00am to 4pm
Where: The Ivy Cottage, 12 Dwight Street, Halifax, MA 02338

BRING YOUR CELL PHONE AND CAMERA TO A ONE OF A LIFE TIME EVENT

Halifax Council on Aging and The Halifax Historical Society are hosting a one-time final step in the 2 million-mile journey of the Historical Cherry Chest made by a Halifax Founding Family.

This historic chest is ending its 2-million-mile journey and has not been seen locally in over 35 years. The 900-pound chest was made by a Halifax founding family member and master craftsman named George Sturtevant. The chest is made of cherry wood gathered from every town in Plymouth County and was commissioned by the U.S. Department of the Interior, as well as the National Park Service. It was used by intergovernmental agencies for "official" ceremonies here in the U.S. and around the world. The chest was dedicated at the Kennedy Presidential Library at which time a very special "blessing" of goodwill was placed upon it.

Please come by with your camera to this event hosted in conjunction with the Halifax Council on Aging and the Halifax Historical Society to learn some great local history. (Please note that there is no wheelchair accessibility at the site).



Thank You Marc Valentine for Halifax Historic Share

HIP HOP DANCE WITH RONDÆE DRAFTS OF MUSIC DANCE

WHEN: October 20 at 11:30am to 1:00pm

WHERE: 499 Plymouth Street (Second Floor-Great Hall)

Reserve your seat and all get "Aboard"



Hip Hop DANCE CHAIR EXERCISE FOR SENIORS

This chair exercise and dance class is about an hour. Elders do a complete chair, dance, warm-up and hip hop class that begins and ends in the chairs. We travel through time on the "Soul Train" and chair dance to clean cut hip hop and R&B songs. We use creative props such as smiley faces and African maracas to help make our soul train journey come to life. Senior participants will leave feeling more limber.

**PERFECT FOR
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**“ All Aboard
the Hip Hop
Soul Train
Express! ”**

