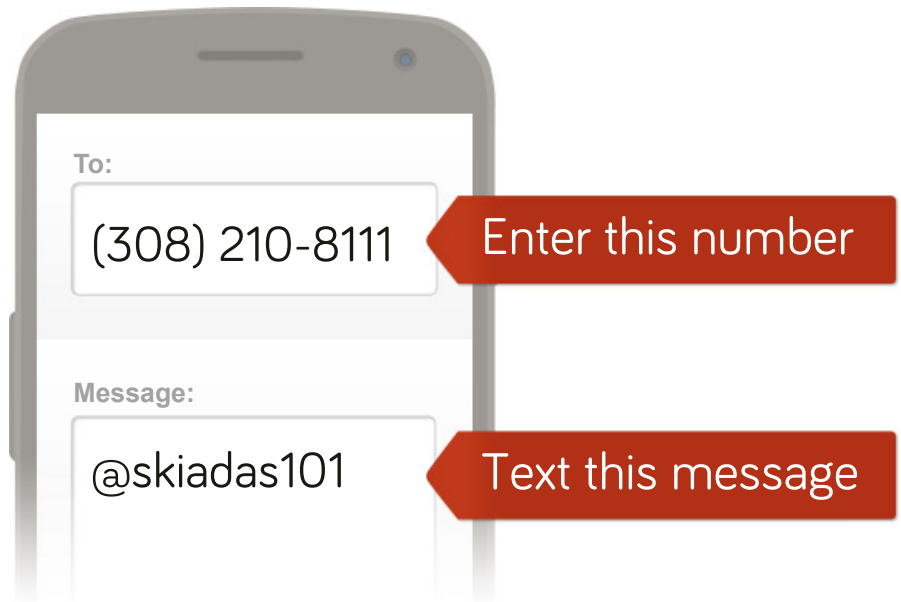


# How to sign up for Nancy Skiadas's Skiadas English 101 messages:



To receive messages via text, text **@skiadas101** to **(308) 210-8111**. You can opt-out of messages at anytime by replying, 'unsubscribe @skiadas101'.



\*Standard text message rates apply.

Or to receive messages via email, send an email to **skiadas101@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



## WHAT IS REMIND AND WHY IS IT SAFE?

Remind is a one-way text messaging and email system. With Remind, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs.

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