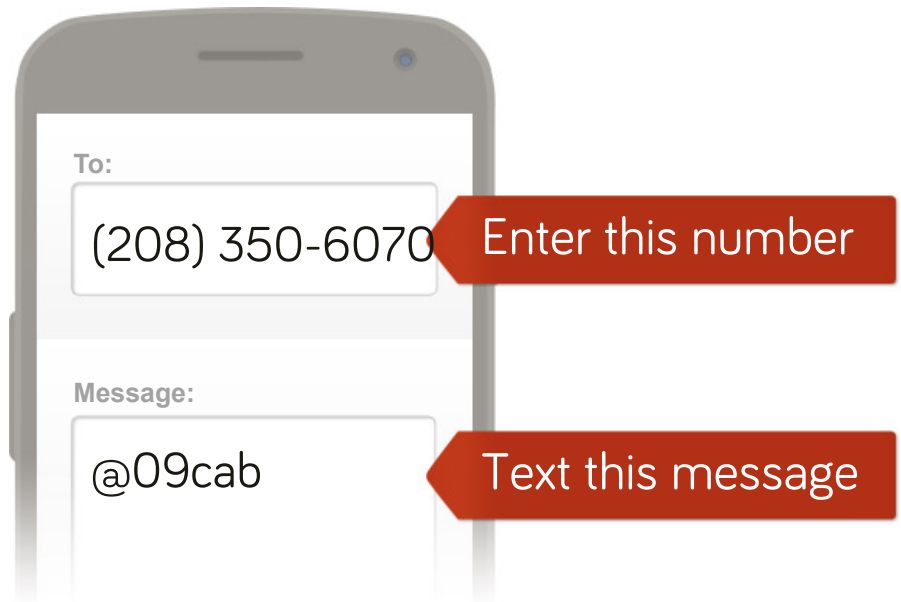


How to sign up for Mr. Hedrick's Biology 4B messages:

To receive messages via text, text **@09cab** to **(208) 350-6070**. You can opt-out of messages at anytime by replying, 'unsubscribe @09cab'.



*Standard text message rates apply.

Or to receive messages via email, send an email to **09cab@mail.remind.com**. To unsubscribe, reply with 'unsubscribe' in the subject line.



WHAT IS REMIND AND WHY IS IT SAFE?

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