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<!DOCTYPE html>
<html lang="en-US">

<head>
  <meta charset="UTF-8">
  <meta name="viewport" content = "width=device-width, initial-scale=1.0">
  <link rel="stylesheet" href="main.css">

  <title>menu</title>

  <style>
    li:hover{
      background-color: white;
    }
    li:hover a{
      color: black;
    }
  </style>
</head>

<body>
  <nav style="background-color: black; width: 100%;">
    <ul>
      <li><a href="index.html">home</a></li>
      <li><a href="about.html">about</a></li>
      <li><a href="interests.html">interests</a></li>
      <li><a href="contacts.html">contacts</a></li>
    </ul>
  </nav>
</body>
</html>
```

```

ul{
  display: flex;
  flex-direction: row;
  justify-content: center;
  align-items: center;
  width: 100%;
  padding: 0;
  margin: 0;
}
li{
  display: flex;
  justify-content: center;
  align-items: center;
  list-style-type: none;
  flex: 1;
  transition: all 0.3s ease;
}
a{
  text-decoration: none;
  font-size: 40px;
  text-align: center;
  padding: 20px;
  color: white;
  transition: all 0.3s ease;
}

```

I used inline css for the nav tag, internal css for the hover pseudo class, and external css for most of the major layouts