

Two to Compete on Netflix Food Special- p. 5

FREE

'Life Is a Journey' - p. 3



Friday
November 18, 2022
Vol. 9, No. 11
ValleyWeeklyllc.com

SALUTE!

Rosetta James Foundation
ELDER OF THE WEEK



Dr. Katie W. Byrd

"We can destroy ourselves by cynicism and disillusion, just as effectively as by bombs." - Kenneth Clark

DLC Rebounds with Graduation of Its Cohort XIV

It's back! After a nearly two-year hiatus due to the COVID-19 pandemic, the Tennessee Valley Diversity Leadership Colloquium is alive and well. On Thursday, November 10, the organization held a graduation ceremony for its Cohort XIV at the University of Alabama in Huntsville's (UAH) Chan Auditorium.

As a premier provider for diversity, equity and inclusion (DEI) training, DLC advances leadership excellence by advocating and progressing the affirmation of DEI in strategic markets and communities of interest for competitive intelligence. Coordinators stress the program's "C.A.R.E." values. These include Collaboration (for excellence); Appreciation (with insight); Respect (for Understanding); and Empathy (for all).

The keynote speaker was Dr. Harry L. Hobbs, vice president for employee engagement at Huntsville Utilities. Following his nearly 30 years of military service, Dr. Hobbs served



COHORT 14: The Tennessee Valley Diversity Leadership Colloquium recently graduated its first class since the COVID-19 pandemic. Pictured (l-r): Tanisha Smith, Justin York, Dasi Price, Pamela Williams-Gupton, McKenzie Staples, Veretta Cunningham, Shondon Warren, Mattavia Ward, Gary Loyd, Jaquatta Causey, George Sapp, Erin Morris and Melvin Bowers.

as Professor of Military Science for Columbia High School's Junior ROTC Program. Other duties include communications relations officer for the Huntsville Police Department. He is the founder of the Community Awareness for Youth (CAFY) program and is the recipient of numerous awards from several organizations.

State Representative Anthony L. Daniels, District 53, presented the Charge to Cohort XIV. Other

program participants included Chris Kern, senior vice president, Pinnacle Financial Partners; JaNeen A. Owens, international program system integrator, U.S. Army Program Executive Office Missiles and Space; Laurel Long, associate vice president of human resources, UAH; Arthurine Shackelford, engineer, Department of Defense; Stacy Cantrell, vice president for engineering, Huntsville Utilities; Leviticus Billups, vice president, DLC Alum-

ni Association; Kimberly Blanding, president, DLC Alumni Association; Tony McElyea, parliamentarian, DLC Alumni Association; and Dr. Edwan L. O'Neal, executive director, DLC.

Applications are currently being accepted for the 12-week Cohort XV, which will be in session from February 7-April 25, 2023. Please visit the following website to apply: tnvalleydlc.com/application.

Christmas Parade Dec.8

For the eighth year, Mix 96.9 (WRSA-FM) and the Von Braun Center (VBC) will be hosting the Huntsville Christmas Parade on Thursday, December 8.

In July, a poll was posted on the Parade Facebook page to determine the theme. The people voted for the theme of the parade to be "Rockin' Around the Christmas Tree!"

"Last year participants took their creativity to a whole new level, decorating floats based on their favorite Christmas movie," says Abby Kay, WRSA Program Director and Morning Show Host. "We look forward to seeing everyone 'dancin' merrily in the new old-fashioned way!"

Registration for the parade remained open until November 1. Kids to Love Founder/CEO Lee Marshall was named this year's Grand Marshal during an earlier session.

For the first time, Bank Independent will be presenting the parade.



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Washington in One Minute



Here are the happenings in Washington, D.C., this week:

1. ON THE FLOOR.

The House and Senate are back from their long recess this week. With the re-election wins of Sen. Catherine Cortez Masto (D-NV) and Sen. Mark Kelly (D-AZ) over the weekend, the Senate will remain in Democratic control when the 118th Congress convenes in January.

According to Politico, Sens. Johnson (R-WI), Lee (R-UT) and Scott (R-FL) are circulating a petition calling for this week's scheduled Senate GOP leadership elections to be delayed until after the Dec. 6 Georgia runoff between Sen. Raphael Warnock (D-GA) and challenger Herschel Walker. Last week's elections, which had been widely expected to produce a 10- or 20- seat majority in the House, still have 18 uncalled races and no official winner as to which party will control the chamber, as the House GOP Members consider their internal leadership elections this week. The Democratic House Leadership elections will be held on November 30. The official

orientation sessions for new Members of the House also start this week (the conservative GOP Freedom Caucus started its own "New Member Bootcamp" last week).

2. THE WHITE HOUSE.

President Biden was in Bali, Indonesia, attending the Group of 20 (G-20) Summit, where he had a separate one-on-one meeting with Chinese President Xi Jinping. The Summit ran through Wednesday. Next Sunday (20 Nov), the President will celebrate his 80th birthday, becoming the first commander-in-chief to reach this milestone while in office.

3. RAIL STRIKE DEFERRED.

Last week, the Brotherhood of Maintenance of Way Employees Division (Teamsters), the third-largest railroad worker union and one of the unions to reject the recent labor deal recommended by the Biden Administration, announced it had extended the "cooling-off" period for a strike from Nov. 20 to Dec. 4. Key votes from 2 other rail unions to ratify the deal are set for Nov. 21 and the earliest a possible rail strike can happen is Dec 9. Seven

of the 12 railroad unions have approved the deal, but a strike is likely if all 12 do not approve it and the American Association of Railroads estimates that a rail strike would cost the country as much as \$2 billion a day in supply chain disruptions.

4. OCTOBER INFLATION REPORT. The Department of Labor reported on Thursday that inflation eased in October with the consumer price index (CPI) up 7.7% from a year earlier, the smallest annual advance since the start of the year and down from 8.2% in September. Core prices, which exclude food and energy, advanced 6.3%, pulling back from a 40-year high. The core consumer price

index increased 0.3% from the prior month, while the overall CPI advanced 0.4%. Both increases as well as the monthly rises were below the median economist estimates.

5. STUDENT LOANS.

Last Friday, the Biden Administration announced it would stop accepting student loan forgiveness applications after a federal judge in Texas ruled against the program on Thursday. The Department of Education's Federal Student Aid website (<https://studentaid.gov/debt-relief/application>) now states: "Courts have issued orders blocking our student debt relief program. As a result, at this time, we are not ac-

cepting applications. We are seeking to overturn those orders. If you've already applied, we'll hold your application."

About 26 million Americans have applied for student loan forgiveness to date. An appeal of the lower court ruling would be heard by the New Orleans-based 5th U.S. Circuit Court of Appeals.

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THE VALLEY WEEKLY

VALLEY DEATHS



NELMS MEMORIAL FUNERAL HOME

2501 Carmichael Avenue NW
Huntsville, AL 35816 - (256) 539-8189

Graveside service for MRS. DEBORAH R. STRICKLAND (b. 1965) was held Saturday, November 12, at Meadowlawn Garden of Peace with The Reverend Leroy Harris officiating.

Funeral service for MR. BILLY JOE ROBINSON (b. 1960) was held Saturday, November 5, in the Nelms Memorial Funeral Home Chapel.

The Celebration of Life service for ELDER EDWARD ROMNEY GILBERT (b. 1925) was held Sunday, November 6, at the Oakwood University Church (5500 Adventist Blvd. - Huntsville, Ala.).

ROYAL FUNERAL HOME

4315 Oakwood Avenue NW
Huntsville, AL 35810 - (256) 534-8481

Funeral service for DEACON REUBEN M. FLANAGAN (b. 1920) will be 12 p.m., Saturday, November 19, at the Royal Chapel of Memories (4315 Oakwood Avenue NW, Huntsville, Ala.).

Funeral service for MS. JACQUELINE NICOLE O'NEAL (b. 1976) will be 12 p.m., Friday, November 18, at the Madkins Chapel Cumberland Presbyterian Church in America (2403 Oakwood Rd NW, Huntsville, Ala.) with Pastor Endia J. Scruggs officiating.

Funeral service for MINISTER FREDDIE LEE PARKER (b. 1946) was held Wednesday, November 16, at the Saint Rebecca Primitive Baptist Church (330 Grimwood Rd, Hazel Green, Ala.) with Elder Dr. Perry Clark officiating.

Funeral service for MR. JOHN WESLEY THOMAS (b. 1932) will be 1 p.m., Sunday, November 13, at Oakwood University Seven-day Adventist Church (5500 Adventist Boulevard, Huntsville, Ala.) with Elder Dr. Trevor Fraser officiating.

Funeral service for MRS. AMANDA FORD DRAKE (b. 1935) was held Saturday, November 12, at the Little Flock Primitive Baptist Church (599 Brock Road, Gurley, Ala.) with Pastor Brandon Nance officiating.

SERENITY FUNERAL HOME

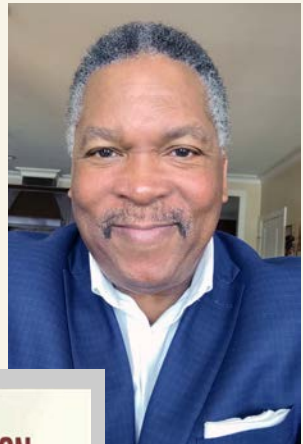
2505 University Drive NW
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Funeral service for MS. DEIDRA AVERY (b. 1950) will be announced at a later date.

THE VALLEY WEEKLY

CHAMPION GAME PLAN

PRESTON BROWN



LIFE IS A JOURNEY

Matthew 7:13 says, "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction and many enter through it. But small is the gate and narrow the road that leads to life and only a few find it."

You know, we are all on a journey as we walk on this road called life. But the question is this, Are we headed in the right direction? Now, when we look at our scripture,

Jesus gives us instruction on how we can make sure that we are indeed headed in the right direction. But like so many things in life, it all begins with a choice.

You see, our Christian journey in life begins when we accept Jesus as our lord and savior ... because our journey has a destination called heaven. Now, keep in mind our journey is not going to be perfect. There will be hills to climb, hardships to endure and trials to overcome. But as long as we keep our eyes on the

prize, which is a city called heaven, that gives us a "divine purpose"

That's why I believe that God knows all about our journey and He knows that we fall down sometimes. But that is why He sent His one and only son Jesus to give us direction on our journey.

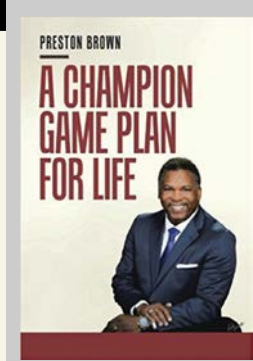
In John 8:12, Jesus says, I am the light of the world, whoever follows me will

never walk in darkness, but will have the light of life.

You see, life is a journey, and the more we walk in His ways, the more we become like

Him.

Stay encouraged my brothers and sisters and make sure you purchase a copy of my book, A CHAMPION GAME PLAN FOR LIFE, at amazon.com





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 - You are in the 24-month Medicare waiting period.
 - You lost your job due to Covid-19, no insurance and on unemployment.



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THE VALLEY WEEKLY

VALLEY EVENTS

HAPPENINGS, ACTIVITIES & MORE!

Thru January 2023
Huntsville Museum of Art
Presents
“Donato Giancola”
Downtown Huntsville

Alabama A&M University
1 p.m.

November 24
Thanksgiving Day

November 18
Santa Paint Class
Twisted Tree Vintage Market (\$25)
7670 Old Madison Pike
Madison, Ala.

November 27
“Black Friday Weekend”
The Foundation Coffee-house Maker’s Market (Makers and Farmers)
4701 Meridian Street K
Huntsville, Ala.
Vendor Spots Available
12-4 p.m.
TheFoundationHuntsville.com

November 19
Bulldog Football vs. Texas Southern University
Louis Crews Stadium

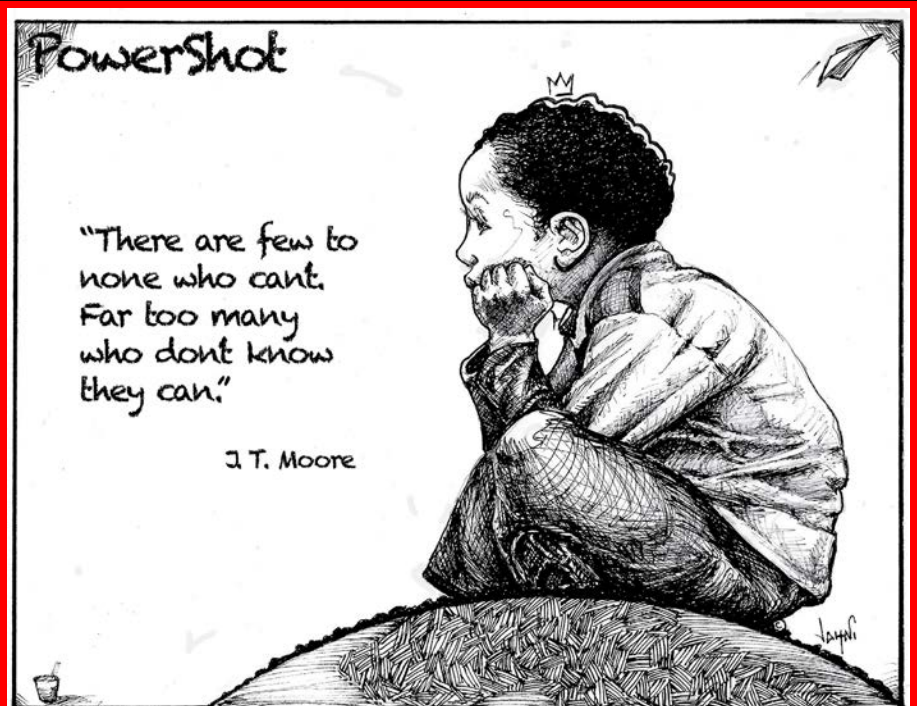
November 30
Pop Up Parks
Historic Square
Downtown Huntsville
<https://www.downtown-huntsville.org/pop-up-parks>

December 10
Sneaker Ball Gala
Purpose Event Venue
8760 Madison Boulevard
Suite J -\$65/\$100
Attire: Formal (21+)
8 p.m.-1 a.m.
www.purposeeventvenue.com

December 18
“WinterFest”
The Foundation Coffee-house Maker’s Market (Makers and Farmers)
4701 Meridian Street K
Huntsville, Ala.
Vendor Spots Available
12-4 p.m.
TheFoundationHuntsville.com

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NOVEMBER 18 - MIKE EPPS is an American stand-up comedian, actor, film producer, writer, and rapper. He is best known for playing Day-Day Jones in Next Friday and its sequel, Friday After Next, and also appearing in The Hangover as “Black Doug”. He was the voice of Boog in Open Season 2 (replacing Martin Lawrence). He is also known for playing Lloyd Jefferson “L.J.” Wade in Resident Evil: Apocalypse (2004) and Resident Evil: Extinction (2007) respectively.
- BlackCelebrityBirthdays.com



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“If you don’t understand racism, everything you do understand will only confuse you.”

- Neely Fuller Jr.



The Midterm Mash-up:

Setting the 2024 Stage - WITHOUT the 2020 Stars!

“I have fought a good fight, I have finished my course, I have kept the faith.” - 2 Timothy 4:7.

Celebrated athletes and politicians all too often disappoint their supporters when they fail to exit at the top of their games. Often, these notables become the victims of “just one more try,” an attempt to re-capture their earlier, more productive years.

Too often, however, such efforts prove unfruitful. Take, for example, Trump and Biden.

In my opinion, both should use these 2022 midterm election results as their swan songs. This is because they’ve each already achieved their highest political accomplishments.



Quit while you’re ahead, I say. You’re not facing the reality that your time has come, . . . and has left. For example:

Faced with multiple multi-state lawsuits, possible indictments, and trials - as well as the failure of the midterm’s GOP “red wave” to reach the heights he guaranteed - Trump’s widespread influence and financial support continue to plummet.

Many GOPs urge him to abandon his threatened 2024 presidential run, as such an unpopular Republican pursuit would now further sink him and them in one motion.

Trump has succeeded in leaving a legacy of divisiveness; created a long-term election-denying culture; as well as a decidedly conservative Supreme Court majority, which overturned its 49-year Roe v. Wade ruling.

Isn’t this the perfect time to forego deepening GOP losses by deciding against another White House run?

Although his legacy widely contrasts Trump’s, Biden’s 2024 reelection bid would be equally unattractive. His current two-year record boasts many strong accomplishments: infrastructure legislation; COVID-19 vaccinations and management; newly appointed Supreme Court Justice Ketanji Brown Jackson; and most recently retaining the Senate majority and stemming the loss of House seats that have historically been lost during midterm elections.

Why not go out on top - at age 80 - and pave the way for newer faces and younger leadership?

There’s a message here for each of us to know when to quit, cut losses, and be aware: seek independent counsel and not your own yes-people; focus on the facts, not on your self-centered ego; and read the room to see where you stand.

In other words, follow the Apostle Paul and know when you have fought the good fight and have finished your course.

tim allston is the author of 7 Steps to Manage Ego Problems: The How-to Guide for “Somebody Else,” a free and downloadable book available now at www.timallston.com.

AAMU Food Science Alums to Compete on Netflix Special

Two 2010 Alabama A&M University food science alumni comprise two of the dozen contestants scheduled to compete on Netflix’s new food science-oriented cooking competition ‘Snack vs Chef.’

Alison (Gladness) Manning and Lauren (Mounts) Jude are the only food scientists and the only



each contestant recreate some of the world’s most iconic snacks, but each must also come up with an original snack inspired by beloved classics. One contestant will claim the \$50,000 prize.

For more information, contact Dr. Martha Verghese, chair, AAMU Department of Food and Animal Sciences, at (256) 372-4175 or e-mail martha.verghese@aamu.edu.

SNACK vs CHEF

Black women on the show, noted Dr. Martha Verghese, AAMU professor of food science. Jude also earned the master’s degree in food science from AAMU in 2011.

What is being described as “the ultimate snack

showdown” will premiere on Netflix on Wednesday, November 30. Hosted by comedians Megan Stalter and Hari Kondabolu, this new food competition sees 12 contestants go head-to-head. Not only must



Preventing High Blood Pressure This Holiday Season

High blood pressure, also called hypertension, is known as a “silent killer” because often there are no symptoms. Black Americans develop high blood pressure at a higher rate than any other racial group in the U.S. Moreover, high blood pressure tends to occur at younger ages and is more severe in Black Americans. If not properly cared for high blood pressure’s progressive effects can strain the heart, damage blood vessels, and increase your risk of heart attack, stroke, and even kidney disease.

According to the 2017 guidelines published by the American Heart Association (AHA) and the American College of Cardiology (ACC) for detection, prevention, management and treatment of high blood pressure, high blood pressure is now defined as readings of 130/80 mm Hg and higher.

Anyone can develop high blood pressure; however, age, race or ethnicity, being overweight, gender, lifestyle habits, and a family history of high blood pressure can increase your risk. You can’t control who you are—your age, gender,

race, or family history. But, you can control your lifestyle habits through physical activity, eating a healthy diet, maintaining a healthy weight, and limiting alcohol consumption.

Not getting enough **physical activity** increases your risk of getting high blood pressure. On the other hand, regular physical activity helps to strengthen your heart, lower blood pressure, control weight and reduce stress.

You should aim for at least 150 minutes per week of moderate-intensity physical activity, such as brisk walking or bicycling 5 – 9 mph. That’s just 30 minutes a day at least five days a week. If you can’t carve out 30 minutes daily for your physical activities, you can break it up into three 10-minute segments, or two 15-minute segments.

Making **healthy food choices** can help lower blood pressure. You should aim for a diet rich in fruits, vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and oils like olive or canola. A diet that is high in salt, calories, saturated fat, trans fat, red

meat, sweets and sugar-sweetened beverages can increase your risk of high blood pressure.

Being **overweight or obese** puts an extra strain on your heart and increases your risk of developing high blood pressure. It also increases your risk of cardiovascular disease and diabetes. Losing as little as between 10 and 15 pounds is enough to help manage or prevent high blood pressure. Maintaining a healthy body weight throughout life may be your best defense against high blood pressure. But that doesn’t mean you should forget about the other lifestyle factors that contribute to your risk of developing high blood pressure.

Limiting alcohol consumption can help prevent high blood pressure. If you drink, limit your alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women. A drink is one 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits or 1 oz. of 100-proof spirits.

The connection between high blood pressure and **smoking** has not been de-

termined. However, every time you smoke, it causes a temporary increase in your blood pressure. Smoking also increases the risk of the buildup of plaque (fatty substances) inside the arteries and high blood pressure is known to accelerate that process.

Of all the controllable risk factors, maintaining a healthy weight throughout life may be your best defense against high blood pressure. Moderate physical activity, eating a healthy well-balanced diet, and limiting alcohol consumption are all linked to maintaining a healthy weight. Together, all lifestyle factors can reduce your risk for high blood pressure.

- Constance Brown-Riggs, RD
BlackDoctor.org

Huntsville City Council Meetings



Huntsville City Council’s regular meetings are held in the City Council Chambers of the Municipal Building on the 2nd and 4th Thursday of each month at 6 p.m.

Council work sessions are also held in the Chambers of the Municipal Building on the 1st and 3rd Thursday of each month at 6 p.m.

For more information, call (256) 427-5011.

NAAACC Meetings

The North Alabama African American Chamber of Commerce (Huntsville) meets monthly on the 3rd Tuesday at 12 noon.

The meeting location varies. Call (256) 564-7574.



DLC Accepting Applications for 15th Cohort
tnvalleydlc.com/applications

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Rosetta James Foundation "Spotlight on Our Elders" ... Featuring

Dr. Katie W. Byrd

Dr. Katie W. Byrd led a life replete with extensive community volunteerism and leadership for more than four decades. Her diligent service as a Sunday School teacher spanned more than 35 years and her affiliation with worthwhile organizations and associations is legendary.

Dr. Byrd rendered service to The Normal Historic District Preservation Association at Alabama A&M University; The Mary M. Chambers Heritage Trail (AAMU); The Links Incorporated, Greater Huntsville Chapter; Delta Sigma Sorority, Incorporated; The Harris Home for Children and its Foundation; and many others.

An exemplary and revered leader, Dr. Byrd served as Board President of the Harris Home for Children, and she served on the Board for six three-year terms. Other leadership examples are manifested by her affiliation with the Community Action Agency, for which she served as Board President and devoted two three-year terms; the United Way of Madison County, serving as Secretary to the Board and Chair of Planning and Allocations (8 years); and state recorder for the Alabama Women's Political Caucus, State Recorder.



Dr. Byrd was vice president of the Madison County Women's Political Caucus; vice president and co-founder of the Alabama New South Coalition, Huntsville Chapter; and vice president, Madison County Democratic Executive Committee, District 19.

She conducted and/or participated in more than 25 voter registration campaigns; was an alumna of Leadership Huntsville Class #3 and Leadership Alabama Class 4; served on the Regional Leadership

Team on Organizational Development for Delta Sigma Theta Sorority, Incorporated; and served on the National Leadership Team for the United Way of America.

Professionally, Dr. Byrd devoted 25 years to executive leadership in federal government administration and management. Her contributions to higher education were achieved through faculty assignments at The Pennsylvania State University, Alabama A&M University and Oakwood University.

"Spotlight on Our Elders" is a weekly feature sponsored by the Rosetta James Foundation to promote volunteerism and activism in our community among those who are 70-plus. The Foundation also provides scholarships. Learn more about us at www.rosettajamesfoundation.org. Know an outstanding elder (70+) that you would like to see featured? Send us a photo and 250-word write-up to info@valley-weeklyllc.com.



HMA Presents 'Adventures in Imagination'

The Huntsville Museum of Art will present "Donato Giancola" through January 22, 2023.

Giancola is an American artist specializing in narrative realism with science fiction and fantasy content. Considered the most successful sci-fi/fantasy illustrator working today, he cre-



ates engaging paintings that bridge the worlds of contemporary and historical figurative arts. Exclusive to the Huntsville Museum of Art, Adventures in Imagination will include a range of thematic subjects, including paintings and drawings

based on the popular HBO series Game of Thrones, J.K. Rowling's Harry Potter, J. R. R. Tolkien's Lord of the Rings, and the fantasy tabletop role-playing game Dungeons & Dragons. Also included are works created to illustrate the covers and stories of recent fantasy novels, as well as other surprises.



This Sunday's Lectionary



Sunday, November 20
Twenty-Fourth Sunday
After Pentecost

(Track 2 - Year C)
Jeremiah 23:1-6
Colossians 1:11-20
Luke 23:33-43
Psalm 46

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Drake State Announces New Center

Drake State Community and Technical College announced plans recently to construct a new 50,000 square foot Advanced Manufacturing Center on Meridian Street.

The new building will support the aerospace and advanced manufacturing industries and will house the most in-demand training programs including engineering design and mechatronics.

Alabama Community College System Chancellor Jimmy Baker, Huntsville Mayor Tommy Battle, Madison Mayor Paul Finley, and Office of Senator Tommy Tuberville Regional Director Gwen Shelton shared their excitement

during Wednesday's press conference and highlighted the positive impact the center will have on North Alabama's workforce.

"The need is so great," said Chancellor Baker. "We want to show students that there are a lot of ways to make a good living that will allow them to be outstanding members, not only in their families, but in their communities as well."

Skills learned at the new Advanced Manufacturing Center will help Alabama workers earn a high wage and gain nationally recognized certifications at a low cost.

"We know that our continued economic growth



depends on a highly skilled workforce," said Drake State President Dr. Patricia Sims. "A Community College is the best vehicle to change our state by providing access to more career opportunities."

Construction workers are slated to break ground in January 2023.

Huntsville to Host Music Cities Event

Huntsville is less than a year away from an internationally acclaimed event that will put a global spotlight on Huntsville's music city ambitions.

The Rocket City will proudly welcome the 12th Music Cities Convention Oct. 18-20, 2023. Hosted by the Huntsville Music Office and Huntsville-

Madison County Convention & Visitors Bureau, it will explore the importance of music in the development of cities all around the world.

With delegates from 20-plus countries attending, the convention will showcase and celebrate Huntsville, as well as its music efforts to hundreds

of industry professionals.

The 2023 Music Cities Convention will feature several live music events, afterparties and exciting networking opportunities at a variety of venues, including the Von Braun Center, Orion Amphitheater and U.S. Space & Rocket Center.

Oakwood Searching for 'Gently Seasoned' Top Alum Achievers

The Oakwood University Office of Alumni Relations and the OU Alumni Council NETWORK OF ALUMS are EXCITED to announce the first-ever OAKWOOD'S 40 UNDER 40 of 2023!!

We are now open for nominations. Who do you know should be part of the FIRST OAKWOOD'S 40 UNDER 40 of 2023 winners?

The winners will be revealed in the Spring 2023 edition of the OAKWOOD MAGAZINE.

The nominee must be an Oakwood graduate and 30 years old but younger than 39 years old on April 10th, 2023, to be eligible.

With this initiative, we acknowledge and celebrate the achievements of our YOUNG ALUMNI.

Oakwood's best, brightest, and the University's engaged young alumni who are accomplishing incredible things in their careers while serving their community.

Please SPREAD THE NEWS by SHARING this post to all Oakwood alums



you know. Simply click the OAKWOOD'S 40 UNDER 40 of 2023 Nomination LINK to submit your nominee TODAY!

<https://forms.gle/R75Vb-wvWGF9EmFkc6>



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