Suggestions for participation:

- Please mute yourself and remain muted until prompted otherwise.
- Select "Speaker View" and "Full Screen" to maximize your view.
- Ensure your audio is turned on so you can hear our speakers.
- You may wish to mute your video for the beginning of the program—this may help with the quality of the video.
- You're welcome to use the chat to say hello to friends and share your thoughts about our program!

