

**VA Greater Los Angeles Healthcare System (VAGLAHS)**  
Dietetic Internship (DI) Program

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### October 7 2024 Open House Agenda

01:00 pm	Jill Redgate, MS, RDN - VAGLAHS Dietetic Internship Program Overview
01:30 pm	Elizabeth Sussman-Dabach, PhD, RD, FCRS – CSUN MS in Human Nutrition Overview
01:50 pm	Anureet Kaur Shah, PhD – CSULA MS in Nutritional Science Overview
02:10 pm	VAGLAHS Dietetic Internship Class of 2025 Q&A

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### About VA Greater Los Angeles (GLA) Healthcare System (HS)

Who We Serve	Inpatient Services	Outpatient Services
<ul style="list-style-type: none"> <li>Serves the health care needs of &gt;84,000 Veterans across 5 counties (Los Angeles, Ventura, Santa Barbara, San Luis Obispo, &amp; Kern counties)</li> <li>&gt;1.3 million outpatient visits + &gt;8,000 inpatient visits annually</li> <li>Top medical diagnoses: PTSD, CVD, HTN, COPD, DM II</li> <li>Food &amp; Housing Security: Of GLA Veterans screened, 8.2% + for food insecurity (vs 24% GLA adults) 4000 unsheltered Veterans in GLA</li> </ul>	<p>716 operational beds in WLA &amp; Sepulveda, including:</p> <ul style="list-style-type: none"> <li>296 domiciliary beds</li> <li>224 CLC (long term care) beds</li> <li>82 gen med/surgical beds</li> <li>Includes geriatric team + a variety of surgical teams (cardiac, thoracic, general/GI, ortho, urology, etc)</li> <li>48 intensive care beds</li> <li>46 inpt mental health beds</li> <li>20 physical medicine &amp; rehabilitation beds</li> </ul>	<ul style="list-style-type: none"> <li>In-person &amp; telemedicine</li> <li>Primary care services: Homeless Patient-Aligned Care Teams (HPACT); Home-Based Primary Care (HBPC); Geriatric Care; Women's Clinic</li> <li>Specialty care clinics: Endocrinology (DM), Oncology, MOVE, Neurology (ALS), Dialysis/Renal including &gt;20 HD beds</li> <li>Veteran Health Programs: LGBTQ+ Veteran Care (including gender-affirming care); Whole Health (including Healthy Teaching Kitchen (HTK) and complementary therapy)</li> </ul>

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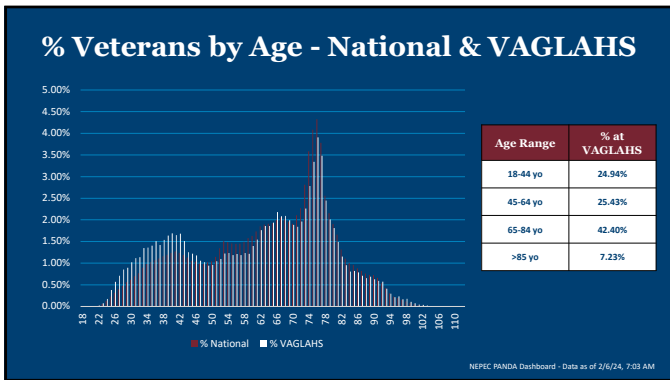
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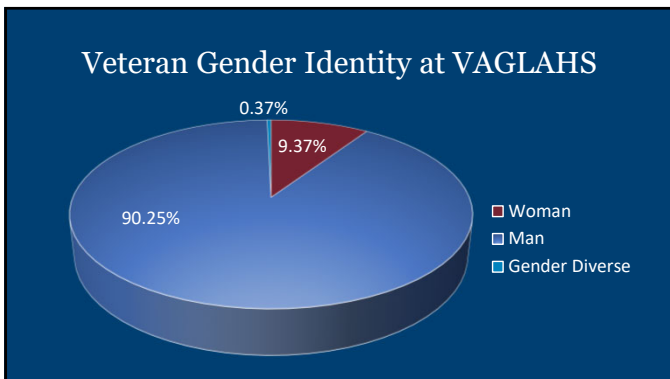
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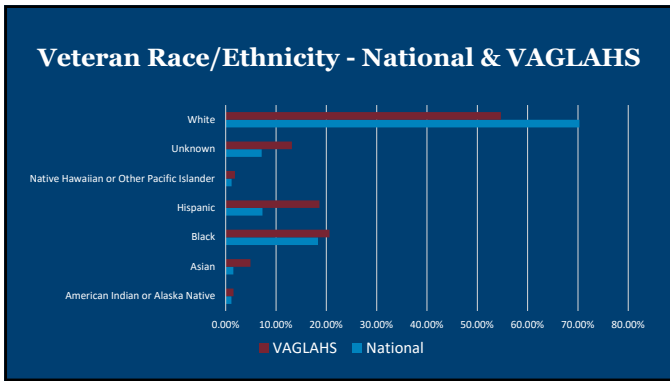
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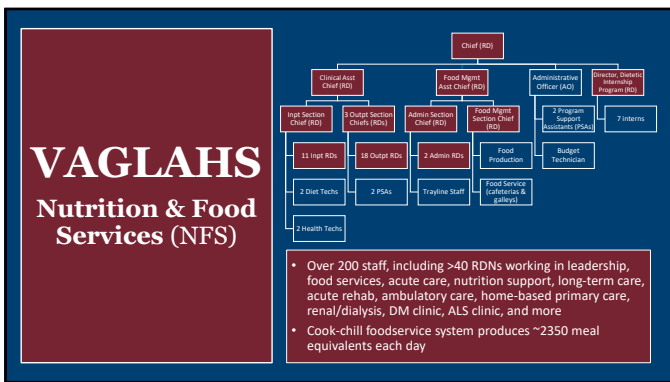
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### Internship Overview

- Established in 1945
- Trained 969 dietitians and future dietitians as of June 2024

Class of 1950- something!

Class of 2023

Class of 2024

Class of 2025

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## Program Mission Statement

The mission of the VAGLAHS DI program is to develop competent entry-level or above entry-level RDNs for evidence-based, inclusive and equitable practice in clinical, community, or foodservice nutrition and to support the mission, vision, and goals of the Veterans Healthcare Administration.

The program is structured for developing interprofessional teamwork and communication skills, cultural competence and humility, establishing a basis for self-reflection and life-long learning essential for maintaining a credentialed status, and providing the most effective learning environment utilizing highly trained staff preceptors and providing support and flexibility for interns with diverse backgrounds and learning styles.

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## Program Statement on Inclusion, Diversity, Equity, and Access (IDEA)

The VAGLAHS DI is seeking applicants with diverse educational backgrounds and experiences. We acknowledge the history of racial discrimination and anti-LGBTQ+ biases by the Department of Defense, including Veterans Affairs.

We are actively working to ensure a safe and inclusive environment for all Veterans and their families, employees, and trainees.

We believe that choosing interns with diverse backgrounds and experiences will improve the care of Veterans at VAGLAHS, and we strive to provide a supportive learning environment where interns of all abilities, backgrounds, religions, and outside commitments can succeed.

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## Benefits of the VAGLAHS DI Program

### Stipend & benefits



\$15/hr (up to \$25,200) + health benefits  
Paid time off (12 holidays + sick & annual leave)  
VA laptop provided during supervised practice

### Flexibility & support



Graduate mentor program  
Telework, flexible schedules, & paid time off  
Supportive, individualized learning environment

### Training site for hundreds of disciplines



Environment of learning for future RDs, MDs, RNs, pharmacists, social workers, SLPs, & more  
Learn from all disciplines while working closely with the interprofessional healthcare team

### Variety of programs & medical services



Surgical (cardiac, thoracic, general/GI, ortho, urology, etc), acute physical & substance rehab, HD, MOVEI, HBPC, Whole Health/HTK, clinics for DM, oncology, CKD, on-site housing for Veterans, & more!

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## Flexibility, Support, and Inclusion/Belonging

When interns and graduates were asked...

**“Overall, how satisfied are you with the flexibility, support, and inclusion/belonging provided by the VAGLAHS Dietetic Internship Program?”**

7/7 (100%) of Class of 2024 were **“Extremely Satisfied”**  
and  
5/7 (71%) of Class of 2023 were **“Extremely Satisfied.”**  
(the remaining 2/7 (29%) were “Somewhat Satisfied”)

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## About the VAGLAHS Dietetic Internship Program




**Highly skilled & dedicated preceptor staff**

Interns do not have to find preceptors – all preceptors are VAGLAHS staff or affiliates



**RDN preceptors have autonomy in practice**

Clinical privilege: order labs, diet orders, supplements  
Well-respected by the interprofessional team



**Intensive, Hands-on Intern Training**

Majority of rotations 1:1 intern to preceptor ratio  
Clinical skills taught at bedside and in medical simulation lab

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## VAGLAHS DI Schedule Information

Program Track	Start Date	Program Length	Year 1 (June 2025-June 2026)	Year 2 (June 2026-June 2027)
Degree - MPH in Community Health Sciences @ UCLA	09.22.2025	22 months	Fall, Winter, & Spring Quarters at UCLA	Jun: Orientation Jul-Sep: Rotations Sep-Dec: Fall at UCLA Jan-Jun: Rotations
Degree - MS in Nutrition Science @ CSULA	08.18.2025	20-23 months	Fall & Spring Semesters at CSULA	Jun: Orientation Jul-Apr/ Jun: Rotations
Degree - MS in Human Nutr @ CSUN	08.20.2025	23 months	Fall & Spring at CSULA	Jun: Orientation Jul-Sep: Rotations Sep-Dec: Fall at CSUN Jan-Jun: Rotations (+CSUN if needed)
Non-Degree	06.16.2025	10-12 months	Jun: Orientation Jul-Apr/ Jun: Rotations	No second year

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## VAGLAHS Dietetic Internship Schedule

Daily	Weekly	Monthly/Yearly
<ul style="list-style-type: none"> <li>Hours worked are called your "tour of duty"</li> <li>Intern tours are 8.5 hours (includes 30-minute unpaid meal break)</li> <li>For most rotations, tours start between 6:30-9:00am</li> </ul> 	<ul style="list-style-type: none"> <li><b>Mon:</b> Didactic activities &amp; independent work; occasionally supervised practice rotation hours</li> <li><b>Tues-Fri:</b> Supervised practice rotation hours</li> </ul> 	<ul style="list-style-type: none"> <li>12 federal holidays off</li> <li>1 week off for Thanksgiving</li> <li>2 weeks off for winter break</li> <li>Addtl days (or weeks) of paid + unpaid leave, reviewed and approved on a case-by-case basis</li> </ul> 

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## Supervised Practice Rotations

Administrative Rotations	Inpatient Clinical Rotations	Outpatient Clinical Rotations	Community Rotations
<p><b>Food Services &amp; Production</b> Interns work in groups of 3-4 to complete food production &amp; service projects, including developing &amp; overseeing production &amp; service of a patient meal.</p> <p><b>Clinical Supervision</b> Interns work with a clinical supervisor RD to practice supervising clinical staff &amp; to complete projects related to management, clinical compliance, &amp; evidence-based practice.</p> 	<p><b>Inpatient Clinical</b> Interns work with inpatient RDs to care for Veterans in general medicine, surgical &amp; medical specialties, and post-acute care.</p> <p><b>Critical Care</b> Interns work with an RD specializing in critical care &amp; nutrition support in medical &amp; surgical intensive &amp; progressive care units.</p> <p><b>Long-term Care (CLC)</b> Interns work with RDs to care for Veterans residing in one of VAGLAHS Community Living Centers (CLCs).</p> 	<p><b>Outpatient Clinical – Primary Care &amp; Specialty Care</b> Interns work with outpatient RDs to care for patients in primary care and a specialty care area of their choice (HBPC, MOVE, ALS, etc.).</p> <p><b>Renal/Dialysis</b> Interns work with an RD specializing in nutrition for chronic kidney disease. They will work with the interprofessional team &amp; assess &amp; educate Veterans receiving hemodialysis.</p> 	<p><b>National Nutrition Month</b> Interns work together to plan educational nutrition events at VAGLAHS &amp; in the community.</p> <p><b>PHFP-WIC</b> Interns work alongside WIC RDs &amp; nutritionists to learn about public health &amp; policy &amp; perinatal nutrition.</p> <p><b>Private Practice/Eating Disorders</b> Interns work with an RD who owns &amp; runs a private practice specializing in disordered eating.</p> 

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## Supporting Projects & Assignments

<p><b>Diversity, Equity &amp; Belonging Curriculum</b> Interns review &amp; discuss videos, articles, podcasts, &amp; activities related to I-DEA.</p> 	<p><b>Pediatric Case Studies</b> Interns complete case studies and review them with a pediatric RDN.</p> 
<p><b>Mentoring Assignment</b> Interns give a presentation to and mentor nutrition students.</p> 	<p><b>Advocacy &amp; Public Policy Project</b> Interns research public policy issues related to nutrition, propose solutions, and educate others.</p> 
<p><b>New Intern Selection</b> Interns actively participate in selection of the next intern class.</p> 	<p><b>+</b> PLUS professional development-related projects &amp; assignments, rotation-specific homework and projects, and other new, exciting activities in development!</p>

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## Registration Exam Preparedness

- RD exam preparation included in curriculum throughout the year
- RD exam preparation classes hosted by VHA and GLADIC
- VHA may pay for RD exam study materials (depending on facility budget)



Year of First Attempt	VAGLAHS First Time Pass Rate	National First-Time Pass Rate
2023	71.43%	62.21%
2022	83.33%	66.66%
2021	100.00%	63.47%
<b>Total</b>	<b>85.71%</b>	<b>64.07%</b>



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## VAGLAHS DI Application Information

Program Track	Application Due Date	Application Fee	GRE	Minimum GPA	Past Education Requirements	Estimated Tuition
Degree - MPH Comm Health Sci @ UCLA	12.01.2024	\$285 (UCLA + SOPHAS)	Not Required	≥3.0 overall bachelor's or graduate	DPD + Baccalaureate or Graduate degree	\$37,952/ \$55,224
Degree - MS Nutr Sci @ CSULA	01.15.2025	\$70	Not Required	≥3.0 for last 60 semester or 90 quarter units	DPD + Baccalaureate or Graduate degree	\$8,684/ \$21,284
Degree - MS Human Nutr @ CSUN	01.15.2025	\$100 (Cal State Apply + ApplyWeb)	Not Required	≥3.0 overall bachelor's or graduate	DPD + Baccalaureate or Graduate degree	\$13,473/ \$28,593
Non-Degree	01.15.2025	\$50 (DICAS fee only)	Not Required	No minimum GPA	DPD + Graduate degree*	\$0

\*Will consider applicants on a case-by-case basis who will complete their graduate degree by time of completion of supervised practice rotation portion of the program.

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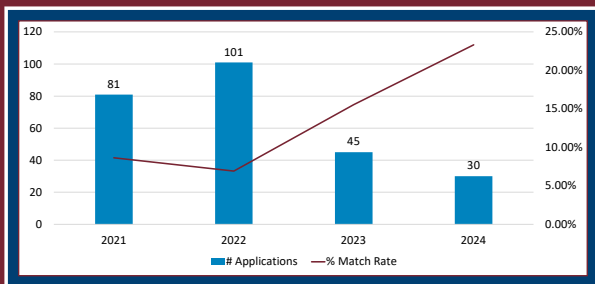
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## VAGLAHS DI Application Numbers



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## VAGLAHS DI Selection Criteria

<div style="border: 1px solid #0056b3; border-radius: 10px; padding: 5px;"> <div style="display: flex; justify-content: space-between;"><span>25%</span><span>Academic Achievements</span></div> <p>Grade Point Averages (GPAs) (15%) Degrees &amp; Certifications Publications &amp; Presentations</p> <div style="text-align: center; border: 1px solid #0056b3; border-radius: 50%; padding: 2px; width: 30px; margin: 5px auto;">Additional Distinctions</div> </div>	<div style="border: 1px solid #0056b3; border-radius: 10px; padding: 5px;"> <div style="display: flex; justify-content: space-between;"><span>25%</span><span>Work Experience</span></div> <p>Paid &amp; non-paid - clinical, foodservice, customer service, and other types of experience are considered. We believe that all work experience can prepare you to be an intern!</p> </div>
<div style="border: 1px solid #0056b3; border-radius: 10px; padding: 5px;"> <div style="display: flex; justify-content: space-between;"><span>25%</span><span>Soft Skills</span></div> <p>Teamwork &amp; Communication Adaptability &amp; flexibility Creativity &amp; innovation Leadership, initiative, &amp; time-Management Clinical knowledge &amp; critical thinking skills Response to constructive criticism Diverse perspective</p> </div>	<div style="border: 1px solid #0056b3; border-radius: 10px; padding: 5px;"> <div style="display: flex; justify-content: space-between;"><span>20%</span><span>Good Fit</span></div> <p>Veteran preference Experience working with Veterans Career goals align with VAGLAHS DI curriculum</p> </div>

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## Additional Selection Criteria

<ul style="list-style-type: none"> <li>• US Citizenship Preferred</li> <li>• US Residents may be considered</li> <li>• International students should not apply</li> </ul>	<p>DPD or graduate degree in Nutrition earned w/in the last 4 years</p> <p style="text-align: center;">OR</p> <p>Complete 'Recent Education &amp; Practice' form (on website)</p>	<ul style="list-style-type: none"> <li>• Pre-interview questions (DICAS)</li> <li>• Case study</li> <li>• Performance-based interview</li> </ul>	<p>Admission to Partner University (degree track only)</p> <ul style="list-style-type: none"> <li>• UCLA application due 12/01/2024</li> <li>• CSUN/CSULA applications due 01/15/2025</li> </ul>
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For more information

Jillian Redgate, MS, RD (she/her)

Dietetic Internship Director  
VA Greater Los Angeles Healthcare System  
11301 Wilshire Boulevard #120  
Los Angeles, California 90073

Email: [jillian.redgate@va.gov](mailto:jillian.redgate@va.gov) Call/Text: (310) 704-2962

Website: [VAGLAHS - Dietetic Internship Program](#)

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## Combined MS/DI through the VAGLA and CSUN

Elizabeth J. Sussman-Dabach, PhD, RD, FCRS  
Professor  
Yoko Mimura, PhD  
Professor, Graduate Coordinator  
Department of Family & Consumer Sciences

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## MS in Human Nutrition & Dietetic Internship



- Collaboration – VAGLA & CSUN
- 2-year program
  - Year 1: MS coursework through CSUN (30 units)
  - Year 2: MS coursework through CSUN (18 units – Fall semester only) *and* DI through VA
    - NOTE: 9 units of coursework in year 2 is internship units (i.e. units for completing DI rotations; not traditional classwork)

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## Application Process – Part 1



- Apply to **CSUN through Cal State Apply (\$70)**
  - Deadline: **January 15** despite other date listed on the website
  - No GRE required this year
  - 3.0 GPA (note: applicants with less than a 3.0 undergraduate GPA who can demonstrate evidence of academic acumen may submit their application for consideration; note: CSUN does not accept students with an undergraduate GPA less than 2.5)

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## Application Process – Part 2



- Apply to the **Dept of FCS through ApplyWeb (\$30)**
- Requirements:
  - Deadline: **January 15**
  - Resume
  - Respond to questions, 6 prompts (see website)
  - 3.0 GPA (note: applicants with less than a 3.0 undergraduate GPA who can demonstrate evidence of academic acumen may submit their application for consideration; note: CSUN does not accept students with an undergraduate GPA less than 2.5)
  - Copy of unofficial transcripts
  - Three letters of recommendation (electronically submitted)

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## MS in Human Nutrition



- 24-unit Core Courses to take
  - FCS 505 Drug and Nutrient Interactions (3)
  - FCS 601 Food and Nutrition Policies and Regulations (3)
  - FCS 606 Vitamin and Mineral Metabolism (3)
  - FCS 607 Carbohydrates, Lipids and Protein (3)
  - FCS 609 Nutrigenomics and Nutrigenetics (3)
  - FCS 681 Research Methods (3) [to be completed in 1st year]
  - FCS 682 Research Applications (3) [to be completed in 1st year]
  - EPC 600 Educational Statistics for Research and Measurement (3)

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## MS in Human Nutrition



- 21-unit Option (Human Nutrition) Courses to take
  - FCS 506 Readings in Human Nutrition (3) – **waived for combined VA DI/CSUN graduate students**
  - FCS 605 Ethics and Social Justice in Human Nutrition (3)
  - HHD 513 Leadership/Professional Competencies for Health and Human Development Disciplines (3)
  - HSCI 587 Seminar: Epidemiology (3)
  - EPC 451 Fundamentals in Counseling (3)
  - 6 units of electives (**courses listed below are only available for CSUN/VA DI combined students**):
    - FCS 694A Internship (1)
    - FCS 694B Internship (2)
    - FCS 694C Internship (3)
- 3-unit Culminating Experience

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**Human Nutrition Faculty**

Annette Besnilian, Ed.D, MPH, RD

- Dietetic Internship Director

Nelida Duran, PhD, MS, RD

- Arctic indigenous food systems
- Global environment change and its impact on food and nutrition security
- Role of nutrition in eliminating health disparities
- Translation of nutrigenetics, nutrigenomics, and epigenetics in clinical and public health nutrition

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**Human Nutrition Faculty**

Dena Herman, PhD, MPH, RD

- Co-DPD Director
- Food security and sustainable food systems
- Functional consequences of dietary quality on the gut microbiome
- The role of nutrition as a social determinant of health for MCH populations
- Childhood obesity
- Application of policy, system and environmental approaches to advance healthy eating and active living

Elizabeth Sussman-Dabach, PhD, RD

- Co-DPD director
- Renal nutrition

Setareh Torabian, Dr.PH, MS, RD

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Thank you!



<https://www.csun.edu/health-human-development/family-consumer-sciences/graduate-program-human-nutrition>

[elizabeth.dabach@csun.edu](mailto:elizabeth.dabach@csun.edu)

[yoko.mimura@csun.edu](mailto:yoko.mimura@csun.edu)

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Combined MS/DI  
VAGLAHS and Cal State LA

Dr. Anureet Kaur, Ph.D,MS  
Graduate Coordinator  
akaur23@calstatela.edu

Dr. Kathryn Hillstrom, EdD,MPH,RDN,FAND  
Professor and Chair  
kgraves@calstatela.edu



Department of  
**NUTRITION & FOOD SCIENCE**

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**MS in Nutrition and Dietetic Internship**

Collaboration between VAGLAHS and Cal State LA  
2 year program  
Year 1: MS coursework through CSULA (30 units)  
Year 2: DI through VAGLAHS (no units needed through Cal State LA)

NOTE: No need to register for any units of coursework in year 2 as most students complete the MS in 2 semesters (1 year)

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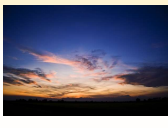
**Highlights of Cal State LA's MS program**



Fast  
(primarily online synchronous evening classes taught by experts in the field)



Affordable



Convenient

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## Application Process

TO THE UNIVERSITY

- <https://www2.calstate.edu/Apply>
- Application fee-\$70
- Official transcripts from every university attended including for prereqs
- No GRE required

APPLICATION OPENS: OCTOBER 1, 2024 AT 6PM  
 DEADLINE: FEBRUARY 15, 2025  
 IN STATE COST FOR 2 SEMESTERS (2024-2025) - \$8684 (FULL TIME FOR TWO SEMESTERS)

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## Application requirements

Graduate degree applicants must meet the university requirements for admission, which include a baccalaureate degree from a regionally accredited institution. Applicants are only considered for fall admissions. To be admitted into the master of science degree program in nutritional science, applicants must also meet the following:

1. Grade point average of at least 3.0 in the last 60 semester units (90 quarter units) attempted. A GPA calculation sheet is required.
2. Two letters of recommendation.
3. Statement of professional and research goals. Instructions are provided on the supplemental application.
4. Current resume with work and related volunteer activities listed.
5. Completion of all prerequisites. Students who have a DPD verification statement or are Registered Dietitian Nutritionists do not need to satisfy the prerequisites.

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## Prerequisites

- BIOL 2030 - Human Anatomy [4]
- BIOL 2040 - Human Physiology [4]
- CHEM 1010 - Fundamentals of Chemistry [4] OR CHEM 1100 - General Chemistry I [4]\*
- CHEM 1020 - Fundamentals of Organic Chemistry [4] OR CHEM 2200 - Organic Chemistry I [4] and CHEM 2201 - Organic Chemistry Lab I [1]\*
- MICR 1010 - Introduction to Microbiology [3]
- NTRS 3170 - Introduction to Nutrition and Metabolism [3]
- NTRS 4170 - Advanced Nutrition I [3]
- NTRS 4175 - Advanced Nutrition II [3]

\*Chemistry series will depend on which option student selects

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 **MS in Nutrition (30 Units) 1 YEAR ROADMAP**

**2 options**

- 1. Option in Nutrition and Dietetics**
- 2. Option in Nutrition Research (this option will require you to complete lab work the second year; designed for those seeking PhD)**

**Core Courses**

- NTRS 5030 - Biostatistics and Qualitative Research in Nutritional Science [3]
- NTRS 5110 - Research Concepts and Methodology in Nutritional Science [4]
- NTRS 5130 - Advanced Problems and Topics in Nutritional Science [3]
- NTRS 5220 - Advanced Nutritional Biochemistry [3]
- NTRS 5330 - Advanced Nutritional Counseling [3]
- NTRS 5270 - Nutritional Epidemiology [3]
- NTRS 5970 - Graduate Research [1-4] (complete 4 units)

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 **Option in Nutrition and Dietetics (3 or 7 units)**

- NTRS 5180 - Advanced Medical Nutrition Therapy [3]
- NTRS 5190 - Seminar: Special Topics in Food and Nutritional Science [3]
- NTRS 5210 - Advanced Topics in Eating Behaviors [3]
- NTRS 5230 - Advanced Topics in Dietetic Management [3]
- NTRS 5250 - Advanced Topics in Food Science and Technology [3]
- NTRS 5260 - Food Environment and Nutrition [3]
- NTRS 5280 - Advanced Sports Nutrition [3]
- NTRS 5950 - Fieldwork in Nutritional Science [1-3]

**Culminating Experiences:**

NTRS 5960 (comprehensive exam): students select 7 units from the electives.

NTRS 5990 or NTRS 5995 students (thesis or project): select 3 units from the electives.

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 **Option in Nutrition Research (13 units)**

- CHEM 4300 - Introduction to Biochemistry [3]
- CHEM 4310 - Biochemistry I [3]
- CHEM 4311 - Biochemistry Laboratory I [2]
- CHEM 4320 - Biochemistry II [3]
- CHEM 4321 - Biochemistry Laboratory II [2]

Students selecting this option must complete 4 units of NTRS 5990 to satisfy the Culminating Experience requirement.

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 **Culminating Experiences**

Students select whether to complete a comprehensive exam, a thesis or a project.

- NTRS 5960 - Comprehensive Examination [0]
- NTRS 5990 - Thesis [1-4]
- NTRS 5995 - Project [1-4]

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 **Nutrition Faculty**

**Dr. Kathryn Hillstrom, EdD, MPH, RDN, FAND**  
Chair and Professor

*Specializes in population/community research. Her areas of interest include maternal and child nutrition/health, breastfeeding, gardening, food insecurity and community wellness.*



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 **Nutrition Faculty**

**Dr. Sunil Mangalassary, Ph.D.**  
Professor

*Dr. M's research is in food safety - primarily post-food processing techniques to enhance the safety of food products. He works on developing antimicrobial food packaging biopolymers, the use of natural antimicrobials, and lactobacilli (fermentation) to control food pathogens*



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 **Nutrition Faculty**

**Dr. Anureet Kaur, Ph.D. , MS**  
MS Coordinator and Associate Professor

*Dr. Kaur is a nutritional biochemist. Her research focuses on- studying the effect of bioactive compounds and isoprenoids like tocotrienols on cancer and cardiovascular diseases involving cell culture (in-vitro research).*



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 **Nutrition Faculty**

**Dr. Kimberly Gottesman, DCN, RDN, LDN, CNSC**  
Assistant Professor, DPD Director

*Dr. Gottesman's research interests are in **worksite wellness, weight management, and physical activity.** Plus, critical care. She also studies COVID-19 and college students' health behaviors.*



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 **Nutrition Faculty**

**Dr. Michele Nicolo, PhD, MS, RDN**  
Assistant Professor

*Dr. Nicolo is analyzing **food insecurity** among Asian and Asian American populations in the United States using national database information. Other research interests include body composition and type 2 diabetes.*



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THANK YOU!

<https://www.calstatela.edu/hhs/dnfs/nutritional-science-ms-degree>  
akaur23@calstatela.edu  
kgraves@calstatela.edu

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**Q/A SESSION**

You may unmute yourself or type your questions into the chat.

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