

Dawn Plummer: Good afternoon, everyone. Greetings from Pittsburgh, Pennsylvania. Tiara Collins and I are here to have a conversation with you all. We invite you to introduce yourselves in the chat, if you so would like to. We would love to know who we're in conversation with, share your name and your community, where you're calling in or Zooming in from today. Thank you so much for joining us, and I'm so excited to have this opportunity to talk more with Tiara. Any opportunity to talk with Tiara is fantastic. She is a true celebrity. I would love to introduce her now.

Tiara Collins was an applicant to our Pittsburgh Food Equity Ambassador Program. I knew of her leadership in a community organization that works around access to public transportation and all of the good work she's been doing over the years. She is a dedicated mom of fantastic human, and so enthusiastic about this food equity work that she agreed to accept the suggestion that she join our board of directors at the Pittsburgh Food Policy Council, so we very much appreciate your leadership, time, and dedication and care for your community, Tiara. I'm really excited to jump into this conversation. Would you like to say hello quickly before we get going?

Teaira Collins Hello, everybody and Dawn, thank you for that wonderful introduction.

Dawn Plummer: Yeah, so this is really important work that we do together. I have a couple of questions, just to kind of dig a little bit into what it is that we do together. First I wanted to just ask you, what inspired you to do this work? I think what I'm talking about is the ambassador program, but I think you can talk about that more generally also if you'd like.

Teaira Collins Well, basically what inspired me to do this program is being a mother, a single mom of five children. I'm also dealing with children who have special needs, so being able to feed them properly counts, being able to give them the food that they need counts, being in low-income neighborhoods where you know that the children aren't getting proper nutrition, proper diets and the families can't afford it, I was willing to jump in. I was all on board, I know how important that is, so I'm happy to be here.

Dawn Plummer: Awesome. Can you share a little bit of the challenges? I can hear the passion. I know your passion, but I'm curious what makes this tough?

Teaira Collins What makes it tough is, just being able to get people to listen to you, get people to hear that there is a issue with food. You're going to the food banks and they're giving you food that you don't eat, you don't need, you can't use. For me, why this passion is so, like I said for me, it's a lot because I've been raising kids for 32 years. I have a 28 year old who was born with a rare disease. She couldn't have pork, she couldn't have salt, she couldn't have chips. There was a lot of things that she couldn't have. We couldn't just go to the store and shop, we had to shop around with her. A lot of parents have those issues. People don't know it because you don't say it to nobody, you just do what you have to do. But me living a life where I had to do these things, living in neighborhoods where we know there's other children who have other dietary needs, you have seniors who can't have pork, who have high blood pressure, who have diabetes, so just living in neighborhoods where you get to see this every day and you want to help and you see them.

Even for me taking them to the grocery store, going to the grocery store for them to help them get their groceries, picking out their foods. I've done home health for 20 years, so when I say I'm all into it, and I know diets and I know the importance of people eating right and getting the things that they need, I most definitely know it firsthand, hands-on, personal experience, outside experience, my own life experience. I just want to make sure that the families are getting what they need, especially now. There's so many children who's hungry, we don't even know it, because no one is saying anything. These kids are not going to come out and say that they're hungry. We have to sort of figure it out just from watching them. Watching their movements, watching the way that they're acting, their behaviors. There's lots of things that shows that there's something wrong, we just have to figure out how to think out of it, be able to point it out and fix it.

Dawn Plummer: Absolutely. What would you say keeps you going in this work? Things are tough, it's obviously hard to see kids struggling, families not being able to meet their needs. What keeps you energized in the work?

Teaira Collins I have have a nine year old with down syndrome, so that keeps me going. Him being able to eat healthy, him being able to... He loves to eat healthy, he likes to go to the grocery stores and pick out his own food. People get a kick out of him going to grocery stores and shopping. I think their biggest kick for them is the fact that he actually goes into the grocery stores and picks out healthy foods. When they see him pick out chicken, or they see him pick out lettuce and tomato, they're amazed that he does those things. But for me, I'm not amazed because that's just the way he was raised, he was raised to eat healthy. Parents don't know that they have to show their children from a young age, how to eat healthy. It's our job to do that.

For me, if we could get together and do like we do, we do a cooking class once a month in Hazelwood to show families how they eat healthy and how to be able to feed a family of five for less than \$25. It's hard to do that now with the cost of everything going up, but it's doable and for me, that's my drive. Knowing that I got someone's to live for, someone to fight for, and being able to fight for other children like him and all of our children, children with down syndrome, children with autism, all of them, the children who don't have autism. I know that from growing up and being able to eat healthy, and being able to go out into the garden and pick your own vegetables, that's the way I grew up. We had a garden. You get to go out and pick out your own peppers, your own greens and your own head of cabbage. That's just things that for me, it came natural. It doesn't come natural for everybody, so that's something we would like for it to come natural for everybody, I know I would so that's my drive.

Dawn Plummer: Absolutely, awesome. I'm curious, as you reflect on the... Could you share a little bit about your experience with the ambassador program? What you thought of it? What it was like? Kinds of things you may have learned along the way, things you shared along the way.

Teaira Collins What I liked about the ambassador program was the way that we were able. We all got to be able to meet monthly online. Everybody got to open up and talk about things that they didn't know. Everybody got to learn something, we all learned something. There was people who didn't realize that there was food banks all over the place, or you can call 211. That was the biggest things. People did not realize they could actually pick up the call 211, and find out resources of

where they could get food. People don't realize that you can call the churches in your neighborhood and say that they need help and get help. People didn't know these things.

There's are so many things that I personally learned that I knew a lot about, but being able to share some of the things that I knew and just watching all the other people share things that they knew, and being able to come with a plan, and like you said, be able to submit it to the Mayor Ed Gainey's office, to try to get these things on the way, it was great. I enjoyed every bit of it and I love being on this board. I love being an ambassador. I've invited people to be an ambassador. I'm just looking forward to the long-term outcome of being able to help all of our communities, and we be able to make sure that we all have not just me or my neighbor, all of us have what we need.

Dawn Plummer: Absolutely. Just to share a little bit of background. Tiara, you were part of the first cohort, and we have a second cohort that we're in the process of finalizing our group. We wanted to invite the ambassadors who were part of the first cohort, to continue on with us and we're so thankful that Tiara is going to continue on with us as we continue our journey these next six months going forward.

Another question I wanted to ask you, is how you see our work together as shifting power to community members. How do you see this kind of program as doing the work of shifting the power balance in Pittsburgh?

Teaira Collins For me like I said, there's so many people who don't do... I didn't even know... I'm going to say this. I didn't even know this policy even existing. Getting an invite to be on this board was the most nicest thing in the world. To know that this board exists, for me that's going to be our opening into these neighborhoods and to the communities, because people didn't know. A couple of the people who I invited to be on the second ambassador board, they didn't even know. They're like, "What? There's really a..." Just getting the word out, that there is such a group, there is a Food Policy Council, there are ambassador groups where you can get in, say what's going on in your neighborhood and be able to figure out a way to come together as one and bring the gap of the food shortage smaller. Like they said, we're one of the wealthiest countries in the world, there shouldn't be a shortage, but there is. The more people I talked to, the more people are like, "I didn't even know that. How do I get involved?" Me and myself, I'm going to keep spreading the word and getting as many people part of this group as possible. Because the more, the merrier and the more we can help.

Dawn Plummer: Absolutely. You mentioned about not knowing about resources, and that's one of the big things that we do at our Food Policy Council, and I know other councils and networks like ours around the country are really part of... What they're trying to do is just share information, because you only know what you know, or what you have access to knowing. In our region, we have an abundance of resources. We have access to public assistance programs. We have access to food delivery that was developed during COVID, things like that... It's really about how do you get that information? So a lot of the conversation we were having with ambassadors is, how do we get that information in one place?

Everybody knows where to turn and can share that information like you're saying to you, with your neighbors and your own networks, so it's been a really important piece of the work that we've been doing together. I'm curious what you think about the solutions that we were starting to generate in our ambassador cohort, and how you think community members can use our power to generate creative solutions. How can we as community members who are living in the situations where we're facing food insecurity, we don't have access to healthy food in the community, what's the way that community members can use their power to generate solutions? What do solutions look like? How do we generate them together?

Teaira Collins

For me solution is for us, because I like what you guys were talking about in our cohort. We have a lot of great solutions, and we've come up with a lot of great ideas. But for me like I said, the main thing is, and you keep iterating, is getting the word out that people know this is what's available. Here's how you get to it. Like I said, people are afraid to ask. People are afraid to talk to people. People don't know. For me my thing is, keep spreading the word. Do a YouTube video, do a TikTok, there's lots of ways to get it out there. Do Facebook, do Twitter, we got to reach out to the news, let's reach out to the news. But we know there's lots of ways to get the word out. We have places, like I said now up on the Hill, they have community gardens where you can get food and stuff and they got the truck.

They were talking about the truck up here on the Hill, get the truck for every neighborhood, or just figure out how to get that one truck to be able to go to all the different neighborhoods. There's lots of ways to be able to close the gap to what's going on with the food, but we got to make sure we got enough people on board to make it happen. The main thing is for us is to get the word out there, that there is a group who's willing to help each neighborhood. That there is a group out here that knows that this problem exists. Once we're at that part taking care, I think the rest of us will come together. Because the more people know that there's someone out here actually does scare, the more people will start coming around and see, "Okay, they're not out for their selves. They are truly out here trying to help us." Because that's the biggest problem, people are afraid to ask.

Dawn Plummer:

Yeah, you mentioned... Something you were saying reminds me that Pittsburgh I think like many cities, there are unsung saints and Sheros out there that are doing this kind of work, planting gardens, bringing produce to the community and maybe aren't seen and aren't known. Lifting up this kind of work, particularly with the leadership of a city government to shine a light on the good work that's happening on the ground, and to say that these aren't in isolation in communities, there's actually a whole network of residents, of businesses, of nonprofits that are doing this work and how can we collaborate to make a bigger impact?

You mentioned tier the Hill, and for those who aren't Pittsburghers, could you give us just a little bit of background about the community that you live in, that you call the Hill.

Teaira Collins

It's called the Hill District, five minutes from downtown. Right now, they're doing a lot of revitalizing to the Hill. They have a lot of programs up here right now. We just did with Chef Claude, he just did the 412 food thing. He does that every year, and he gave out free food for people to eat, and big boxes of food

for people to take home. The Hill is a place where a lot of important people lived and a lot of important places where... Right now, they're just trying to revitalize it to bring it back to what it used to be, where it had its own grocery stores. It has credit unions and banks, but it was more of a welcoming community. Right now, there's a lot of stuff going on that people are moving out, moving in, and for me like I said, I've only been up here for a year, a little over a year.

I've lived in Hazel for about 15 years, so I know a lot of people up here cause of living everywhere. I've lived everywhere, so it was a beautiful place and I can't wait to see what it becomes when it's all finished. They're bringing a new grocery store up here, supposed to be here in another year or so, that's down in the strip district called [Salims 00:14:59], they're going to move that up here. I think that's going to be a great thing for the community to have a grocery store that will have fresh meats. You'll be able to get fresh meats, and they'll have a restaurant. Just bringing things to the neighborhoods that this neighborhood is used to having, that it doesn't have currently. For me, I'm looking forward to what the Hill is going to become.

Dawn Plummer: Awesome. Just for reference for those of you who have never had the opportunity to visit the Hill, it is a hill. Just, the other day was going from one block to the other and it's a hill. We have questions coming in and I want to turn to those questions and encourage you to continue. Those of you who are we're having conversation with this afternoon to share your questions.

The first question Tiara is, to hear your thoughts on strategies for getting neighbors engaged and organized.

Teaira Collins For me to getting neighbor strategy and engage like I said, it's to start inviting people from different neighborhoods which we've already started doing to our meetings. Let them know that this group exists. Like I said, everybody has a family member or friends who lives in a different neighborhood. Like I said, I have family in every neighborhood in the City of Pittsburgh, so I've already reached out to a family member of mine and invited them to be a part of the cohort. Everybody I've offered this to, even on Facebook, I've shared you guys on Facebook. Let them know that, "Hey, there's this Food Policy Council board. Come to these meetings." Even if we got to pick, and maybe... I watched Mayor Ed Gainey, he's going into the neighborhoods and he's letting people know this is our plan. This is what we have to do.

Maybe we need to do that. If they got ideas of how they would like for us to be able to bring more people to the table, I'm open, I'm all ears. But for me, I know just for my mouth alone, I'm getting people involved because I know lots to people, so I'm inviting people. It's something I do every day. It's not something I do once a week or once a month, every day that I'm out, I'm talking about this program, what we're doing, how we're trying to get better food into the food banks, how we're trying to get better food into the stores and their neighborhoods. It's just word of mouth, slowly. Right now, just word of mouth.

Dawn Plummer: Wonderful. We have another question here. The participant is asking, we're trying to figure out how to track success on the food security front in order to seek additional funding. What are some measures you recommend using? To give some background, this participant is in a rural community in Appalachia. How to track success on the food security front? That's a big question.

Teaira Collins

It is a big question. I know we talked about that at our meetings actually. We talked about how we'd be able to track it. I guess for me to say how to track it would be, we're going to have to get someone who's actually in each neighborhood. We have our ambassadors, if we could actually have someone in each neighborhood to be able to send out people that let us know how are we are doing. Do you feel like we're meeting their needs? It might need to be through a blast email. It might be through a newsletter. We might have to have like, when they do community meetings, as events. There's events, everybody has events. I got three, four events planned right now for this year coming up. If we have to have surveys sitting out, to be able to get the word out there, how we're able to track it. We can go to the stores that we have up here, to find out how much produce and stuff they're actually getting in, how much produce is being sold, how much produce is being wasted. There's lots of ways to do. Do we have an exact way of how we're going to do it? That's something we're currently working on. When we figure it out a hundred percent what's the best way to get it done, we'll let everybody know. But that's something [inaudible 00:19:01] ask the investors right now.

Dawn Plummer:

Yeah. I would add just in addition to measuring how much food you're able to distribute, keeping track of how many other resources you're able to connect people to, because we know that if you're having trouble getting food, you're probably having trouble with rent, or paying your mortgage, or probably having other issues that you could be connected to other services, so I think that would be something also to track.

We have another question here, that's asking specifically about the application process for the ambassador program. Because I think there are others across the country who are looking to replicate this kind of program. Do you have reflections on what that application process was like? Was it easy? Was it a barrier? Was it simple? Some of your thoughts on how that went?

Teaira Collins

It was very easy, it was very simple. They just asked me what my name was, where I live and a couple questions. What did I think I could bring to the table? How did I think I could help and what was my strengths and my weaknesses, so I thought it was very simple and very to the point.

Dawn Plummer:

Yeah. Because we're just going through this process now, we had applications open for some number of weeks. Obviously the longer, the better. I think in the case of the first cohort was a little shorter. This last time, I think it was, they were open for a month. Like you were saying word of mouth and giving that some time to get the word out through social media and all those ways. Then also, once the applications were submitted, we reviewed them and then we did one-on-one interviews. We had conversations to answer questions, but also to get to know applicants a bit more. But yeah, it was a pretty straight-forward application process, that if anyone's interested in learning more about that, I'd be happy to share more.

Looks like there's another question, Tiara. How has being part of the ambassador program changed your perspective on being a community member? How has the ambassador program change your perspective? Then there's a second question, how do you understand public... How do you think public policy should be made?

Teaira Collins

Well-

Dawn Plummer: I guess how has it changed your perspective? How has it changed your understanding of how public policy should be made?

Teaira Collins How has it changed my perspective? Like I said, number one, I didn't know this even existed, so just finding out that it existed was a plus for me. Being involved, what I did was, I'm already involved in my community. I've always been highly involved in my communities. It just took me more involved. During COVID, I was actually picking up food boxes. I was going and filling my truck up with as many as I could fit in my vehicle, and I was taking and delivering those boxes to people. I was probably getting about 30, 40 boxes every month-

Dawn Plummer: You just hit your mute button.

Teaira Collins ... and it was [inaudible 00:22:08] and get, and to deliver and I did that. I'm willing to still do that. Like I told you, if I got to get a bigger truck, I'm willing to get a bigger truck to be able to make more deliveries to more people. For me, this made a big difference. Not just for me, but for my community, for Hazelwood, for the Hill, because I delivered to both communities. I got to meet more people. Being on this board and being able to be a part of policies and making them and just to be able to say, this is what people need. You don't know what people need unless let's say you're actually in the shoes of these people. You have to be able to sit in their seat, walk a mile in their shoes. You have to be able to say that you walk that mile. If you walk that mile, you truly know what they need. Being able to help them become, is really a blessing. Because I'm in them shoes. I'm living in them shoes right now, I'm walking the mile. I can walk 20 more miles in it. Is it hard? Yes it is. But am I enjoying being able to help make policies, making sure that our families get what they need? I'm loving every bit of it.

Dawn Plummer: Thank you so much. I know I mentioned earlier that we had other ambassadors present to the mayor's senior team. We also did a presentation for a city council woman here in Pittsburgh who really leads on a variety of food issues, Councilwoman, Deb Gross. So having that access to policy makers to say, "We see the work that you're doing on these issues." And what Tiara is just saying here. "Here's the experience. Here's what we really need. Here's a way we can go further with it." I think is really some of the beauty of the ambassador program.

I'm seeing here another question. You brought up a great point about special diets. This person has heard that the clinic based food access points, they're hearing this in Cincinnati as well. Would you make it easier for people with special diets to meet their specific needs? What would you do to make it easier for people to meet the needs of special diets? Would that be ordering systems? Would it just be to have more options? Would it to be have better labels? More gardens? Et cetera.

Teaira Collins Well, first of all, you would have to look at each person's diet individually, because everyone's diet is different depending on what their diet needs are. My daughter's diet need was different from per se, mine. I have high blood pressure, but my diet needs are still different from hers because she actually needed kidneys. What I think people really need to do, and this is from my perspective of working in a hospital. They need to be able to sit down with a dietician. Even if that's something we would have to be... If they can't afford... I know most insurances do pay for you to have a dietician to be able to talk to

them. Once you're able to assess what their actual dietitian needs are, then yes. Like I said, be able to set it up where if you're going to a food bank, that they're actually being able to give the people, the foods that they need.

If you can't have pork, don't give them boxes with pork in it. That's something we did highlight when we wrote our paperwork for the mayor's team. They need to be able to make sure that the people are getting the foods that they absolutely need, not foods that you think they need. Because that's the one problem that I have with going to the food bank. You go to the food bank, you're not getting foods that you need. You're getting foods that you're giving you because that's what they want you to have. Yes, me, myself, my goal is to fight for the people to get the foods that they need, not the foods you want us to have. We need foods that we need because if you getting the foods that you need because you have dietary needs or dietary issues, not only are you being able to eat healthy, you're being able to increase your lifespan of living. When you're eating stuff that you shouldn't have that cuts down your lifespan.

Health-wise, mentally, physically, cuts down lifespan. If you're eating pork, you can't have pork, well guess what? Your blood pressure's going to be 200 or 150, and you're going to have a heart attack. That's not what I want. That's not what I think anybody else wants. Yes I do feel the goal is to make sure that people with dietary needs are being met and they are getting what they need. Even if that means, what they're getting is they're getting food stamps from the public welfare, they have the cards for the senior now where they can actually go into the grocery stores and they're able to use those cards and buy fresh produce and things, that needs to be some that people need to be... I'm asking, ?Do you have dietary specific needs?? Because they're supposed to be able to provide them with extra food stamp or whatever, to make sure that they're getting those needs met.

We need to come up with a plan or a system and make sure that those needs are being met for fresh produce. Fresh produces, we know is better than canned produce. I know that, it tastes better too. There's a reason that those things are better. So yes, I feel that. Those are things that we need to make sure and I know I stressed it. They need to make sure that those dietary needs are being met at all times. If we need to make special trips to make sure people are having those things being met, or they need to be able to reach out to people because you got to make a phone call. Even with getting a program with 211, if that's something we need to set up with 211 to make sure the 211 has a link to reach to all the different programs and agencies that, "Hey, we have someone with a special dietary need, and we need certain things for this family." Then that's something they should be able to do.

Dawn Plummer:

Do you think that people have access to the knowledge and information they need to make the kind of choices to be healthy? I ask that because as a kid, I grew up not eating great food. Convenience food, junk food, whatever was fast and easy. My mom was working, that kind of thing.

Do you, do you feel like there are resources out there in the community that provide people with that kind of background? You say you know that, but someone taught you that at some point. But do you feel like that's the common experience, or do you feel like maybe there's more that needs to be done there?

Teaira Collins

I think we need some parenting classes, because parents don't know. Parents don't know that giving your child a pack of [inaudible 00:28:53] and noodles, isn't good for them. Parents don't know to let your children use a microwave seven days a week isn't good for them. You're right. I was raised completely different. I was raised by an old lady, my grandmother raised me.

I was bred from a different cloth than most people, and I do understand that. For me, yes. I feel that we need to be able to get parenting classes. We need to be able to teach people healthy, living, healthy eating. It's just like self care. You don't know that you have to give yourself self care, when no one told you. We need to be able... Do we have to maybe start going into the schools and let them know? Let's do some education on teaching our children how to eat healthy. Might have to do that, but for me I know it's going to start with parents. We need parenting classes. We need education classes on health, on how to eat healthy. People don't know how to eat healthy, because like you said, you that's something you're taught. But everybody's not taught that. Your family feeds you from what they ate growing up and how they grew up and how they were taught to eat.

I was just blessed to be raised by my grandmother, who believed that you should have a salad for lunch and dinner, and who felt that you were supposed to be able to go out and as we called it, playing in the dirt and plant your own vegetables and be able to pick your own vegetables and learn how to survive because we came from a big family, and that's how she felt. She fed us because like she said, "It's healthier." I knew it was healthier because I was told it was healthier. You don't know if you're not told. No one knows why you got to a plant garden. That's stuff you have to be told.

Dawn Plummer:

I'm wondering if you've seen, I've heard a lot that during the pandemic, there was so much more gardening go going on. I know for myself it was a place for some peace of mind. I'm curious if you've seen that in your community and around Pittsburgh. People gardening maybe for the first time ever, if you're seeing that sort of widespread. I'm curious your take on that.

Teaira Collins

You have a lot of that going on. Even in Hazelwood, we actually did that with the children. We got groups in Hazelwood. We have our parents support group in Hazelwood. We have all types of programs in Hazelwood that I know they don't have in all the other communities. A lot of communities do have family support groups, but we did a lot and Hazelwood that I didn't see going on in the other neighborhoods. But did a lot of people start doing more gardening when the pandemic happened? Yes they did. Why? Because they had to eat. You were on lockdown, grocery stores weren't open, and when they were open, when you got there, everything was sold out. I think a lot of people did for the first time start doing things like planning gardens that they've never planted before.

Was it a good thing? Yes, it was. I probably call it playing in the dirt and I think that's number one. People you say plant the garden, everybody gets scared, because, "Oh, you're planting the garden." But if you call it playing in the dirt, people look at it so much different, because playing in the dirt is actually a good thing. It is relaxing. It does give you a peace of mind, and you get to realize that you're actually doing two things. You're relaxing yourself, clearing your head and planting yourself stuff that specialty at the same time that you're going to be able to eat years to come.

Dawn Plummer: Yeah, I agree. We have another. Someone is asking if ambassadors are paid for their time.

Teaira Collins Yes, ambassadors are paid for their time, so come on and get on board. You're not really, and you know it's not a lot. It is something for your time, so I don't want people to come and think, "Oh, you're getting a paycheck." Because you're not getting a paycheck, it's a stipend. You're getting a stipend. But for me, I wasn't worried about the stipend. It's fun. To be able to like I said, we went and visited all those different gardens during our time. We met at different gardens, we got to see different incubators and how people were growing different things. This was fun for me, to be able to meet new people, to see how they were doing things, to help their communities, to get the foods that they needed. I don't know about anybody else. For me, I don't care what job I have. I want it to be fun, and if it's fun I'm in and this was fun for me.

Dawn Plummer: It looks like there's one final question and we can leave on this note, which is, if you could leave your fans... Celebrity miss Tiara, if you could leave your fans today with one message, what would it be?

Teaira Collins We want to learn how to eat healthy. We want to eat healthy and we want to stay healthy. One thing for certain, two things for sure. If you're eating healthy, you live longer. If you're healthy, you're happier, so let's eat right. We can do this as a whole.

Dawn Plummer: That's right. Awesome, thank you so much. I think that's it for our questions. Let me just do a time check. We will be wrapping up here. I guess I'll just share that if you want to learn more about the Pittsburgh Food Equity Ambassador Program, I invite you to visit our website. It's pittsburghfoodpolicy.org, and Pittsburgh for those of you who don't know has an H on the end of it. You can go onto our site there under what we do, and there's a link to our ambassador program. I'm always happy to answer questions if you want to reach out to the Pittsburgh food policy council. Again, my name is Dawn and Tiara Collins is also, I'm sure happy to answer any questions beyond today. I just wanted to thank the event organizers for inviting us, and Tiara for being the superwoman that you are. As we you've done throughout the pandemic constantly multitasking, but thank you so much for being able to bring this message and your experience to us this afternoon, and I hope everyone has a lovely afternoon.

Teaira Collins Thanks for having me. I hope everybody has a good afternoon.