1. This [document](https://docs.google.com/document/d/1TJntk7XpXgqCN6AkjCo0PbZ22U84fNZ2e1q5JmEUVr4/edit) with a few short paragraphs
2. These [short fb posts](https://docs.google.com/document/d/1BPv4XCtjQp7BxM80O3ISfF69p9Oh9WaSdgQupuMGgzg/edit?usp=sharing)