

Hey Sabers,

I am excited to tell you that this Sunday November 7th, we are launching our live Value Up show on Instagram. Every Sunday night at 6pm central time, we will be taking a topic that has to do with you and your story and the struggles that teenagers face today, breaking it down to offer some solutions and most of all hope. I am not an expert on everything but I have spent the last 30 years listening to teenagers all over the country and hearing their struggles.

First, follow us on instagram @myvalueup and then come on and join us live this Sunday night. We will be putting those videos on our YouTube channel later that week if you can't be with us live.

I will be giving a **shout out to Dewitt High School this week!** I can't wait to see you guys again!!!

Mike Donahue
Value Up