

## Christian

*(singing)* Welcome back my friends to the show that...*did kind of end for a little while.* (Stops singing) But we're back now, we're gonna be back once a month every month for at least the next year. I'm so excited to share our next new episode with you, but first just a little housekeeping.

To start, Thank you to everyone who supports the show via Patreon, including Nickolas, Vitali, and Hiei! In case you missed it, we've made some changes to our Patreon. You can learn more about these changes at [Patreon.com/onceandfuturenerd](https://Patreon.com/onceandfuturenerd). If you don't yet support us, please check it out and consider joining in the wonderful folks who help make this show possible. If you do already support us—Make sure you are aware of how the Patreon changes affect your pledge and what you need to do to get your rewards. There's more information directly on the Patreon page.

For those of you who aren't in a position to pledge, we totally understand, and appreciate your listenership and support nonetheless.

This podcast is sponsored by BetterHelp. Is there something interfering with your happiness or preventing you from achieving your goals? Personally I've struggled with anxiety for most of my adult life and I can't say a global pandemic has made it *much* easier. And honestly even when I'm feeling OK it's great to have a professional listen to me and validate my feelings and give me some perspective on my patterns. BetterHELP will assess your needs and match you with your own licensed professional therapist. You will be matched with a therapist in under 48 hours.

It's not a crisis line, it's not self-help, it is professional therapy done securely online. There is a broad range of expertise available in the world which might not be available locally in your area through traditional therapy. But BetterHELP--- is available for clients worldwide. You can login to your account anytime and send a message to your therapist. You'll get timely and thoughtful responses plus you can schedule weekly video or phone sessions, so you won't ever have to sit in an uncomfortable waiting room as with traditional therapy. BetterHELP is committed to facilitating great therapeutic matches so they make it easy and free to change therapists if needed. It's more affordable than traditional offline therapy and

financial aid is available. BetterHELP wants you to start living a happier life TODAY.

You can visit their website and read their testimonials that are posted daily. I've got a few here - one person says their BetterHELP therapist "helps me get to the true root of my problems, taking things a few steps deeper than previous therapy work. I'm confident...the results will be long-lasting." Another says their therapist "has provided me the tools and skills to heal, learn, and process all that I encounter. I'm so thankful."

Visit [betterhelp.com/toafn](https://betterhelp.com/toafn) - that's better H-E-L-P and join the over 2,000,000 people who have taken charge of their mental health with the help of an experienced professional. In fact, so many people have been using BetterHELP that they are recruiting additional therapists in all 50 states. We've got a special offer for Once and Future Nerd listeners: get 10% off your first month at [betterhelp.com/toafn](https://betterhelp.com/toafn) - that's better H-E-L-P dot com slash T-O-A-F-N.

One more thing before we get into the episode, because it would be weird not to mention it. You're gonna notice that Nia sounds different starting in this chapter. Rhiannon, Zach, and I talked about it and we all agreed that the character would be better served, the show would be better served, and it would be more consistent with our values if Nia were played by a Black woman. So I hope you'll help me in making Regina Renee Russell feel welcome as the new voice of Nia. I've had the privilege of recording two chapters now with Regina, and she's absolutely brilliant. I'm so glad she chose to join our cast and I think you will be too.

But if you're as huge a fan of Rhiannon Angell as I am, don't worry. Rhiannon will very much still be a part of the show, continuing to play Yllodyk and also taking on the roles of several very interesting characters that you haven't met yet.

Okay, that's all the housekeeping. Check the content notes on this episode - there's a few, and otherwise, we hope you enjoy it!