## Backend integration

- connect the flask app to a remote database
  - Using the flask framework we can connect to database,
    insert into, and do queries using python.
  - for the login page, the method type is going to be "POST"
    write a function that handles "POST" Methods in flask.
  - for now we can store username or email and password as strings to start.
  - We can host the MYSQL database using Heroku's ClearDB