User

```
    id:            a unique integer used to identify a user,
    name:          name of the user
```

Chow

```
    id:            a unique integer used to identify a chow,
    createdBy:     an integer that corresponds to a user,
    createdTime:   the time the chow was created in the format: "yyyy-mm-ddThh:mm:ss",
    deleted:       used for soft deletion of chows,
    food:          a description of the food that is offered,
    lastUpdated:   the last time the chow was updated in the format: "yyyy-mm-ddThh:mm:ss",
    meetLocation:  a description of where to meet in person,
    meetTime:      the time to meet in the format: "yyyy-mm-ddThh:mm:ss",
    notes:         any additional notes the poster of the chow may want to share,
    posterUser:    the username of the user who posted this chow,
    posterName:    the name of the user who posted this chow,
    posterEmail:   the email of the user who posted this chow,
    posterPhone:   the phone number of the user who posted this chow
```


Chow Me-In