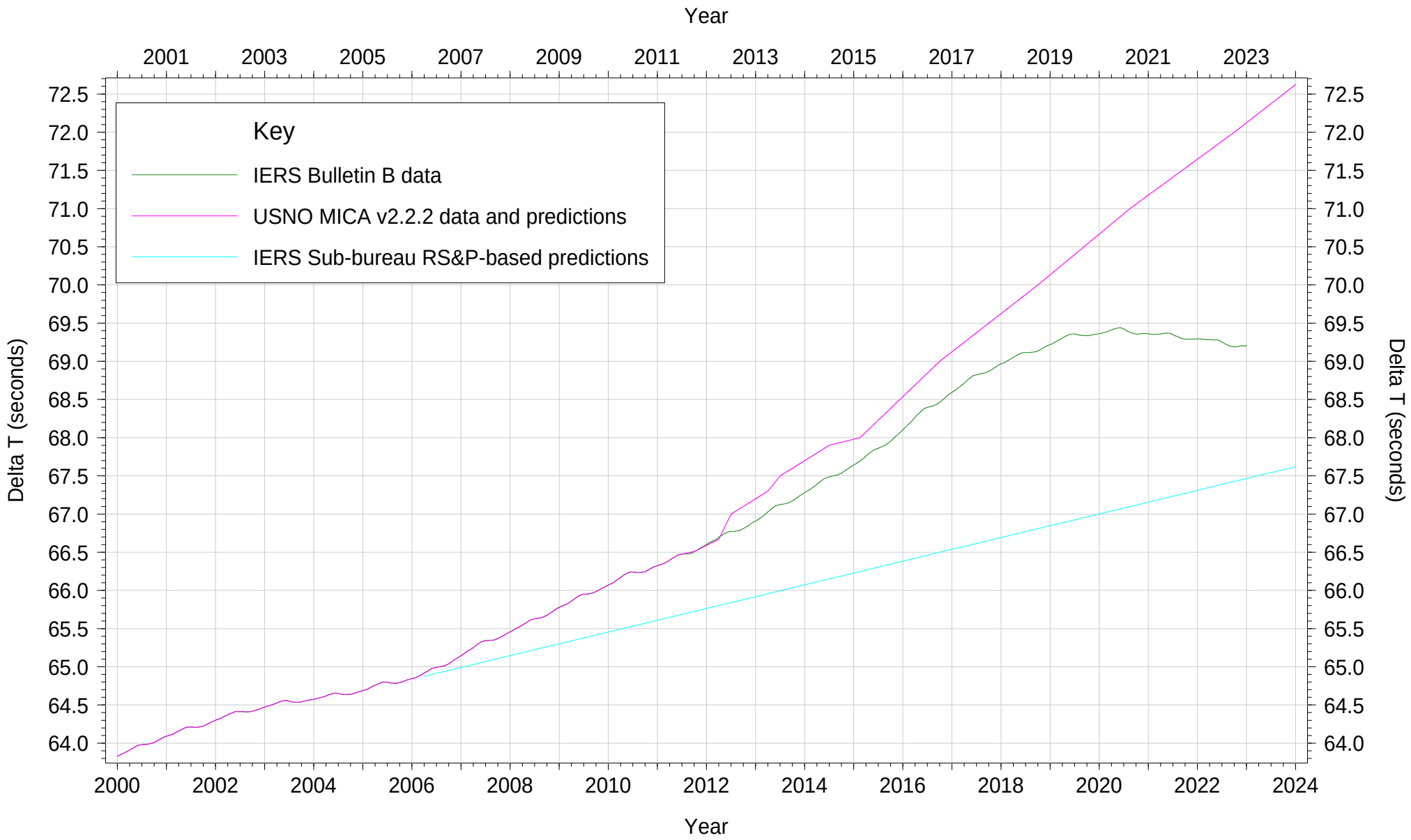Current values and short term predictions of Delta T (2000 to 2024)