



Season 1 Episode 5: Recap and Reflect: What did we learn?

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[Upbeat intro music]

Nicole:

Hey guys, this is Nicole Kelly.

Sarah:

And this is Sarah Tuberty and

Nicole:

you're listening to

Both: [completely off sequence form each other] disarming disability.

Sarah:

We're gonna get better.

Nicole:

You get better at this we have so many more episodes to get better at it as we like sit next to each other and make this happen. Hmm. Yeah, awesome. So awesome.

Sarah:

So we're so happy. You're here. We're so glad you're here. Thank you for taking time out of your day to be a part of this really important and powerful conversation.

Nicole:

I have okay, so I have kind of a deep thoughtful question for you that I want to throw at you before we get started. I haven't prepped you. I'm impressed Sarah for this at all.

Sarah:

I'm ready

Nicole:

So last week. I spoke at a college and at the beginning of my conversation with college students. I always start by talking about identity and I break it down into two categories because I just want people to you know, naturally people think about themselves and I know that not everybody in the room on these college campuses have a disability. So the categories a break them up into our identities you are born with so I am a white woman, right and I grew up in the midwest. These are you know, all things about me and then the other one is identities that you choose to take on or you choose to acquire by we like actually play a game to figure out what what

people's identities are that they're born with versus ones that they kind of grow choose to grow into fun. And at the last college that I was at last week There's a really really thoughtful college kid who was asking the best questions, you know, there's always one who's like much more thoughtful than everybody else.

Sarah:

Or who is like like willing to go there.

Nicole:

Yes, who's willing. That's exactly the right wordage. There's the there's the one kid who's willing to go there, you know the kid who's not there like filling some sort of credit for the fact that he came to watch me speak. Right? What he was asking me was do you think that your chosen identities you as a 20? How old am I now? 28 year old, do you think the identities you've chosen are based out of or grow out of the identities that you were born with and how much of the of the identities have you taken on do you think come from those things? So I guess my question for you is in your life decisions identities of the Sarah who you're trying to become the identities that you're choosing. Where can you track those back to the identities that you were born with and can you think of any off the top of your head right now?

Sarah:

Sure. Yes, I think so. And I think there's also the intentional decision to continue to pursue new identities also. Oh, yeah, so I would say that like yes identities that I'm born with like I was born as a daughter. I was born as a sister. I was born as a family member. I was born as a like white very like middle class Californian but I have Midwest parents. So it was just this really interesting medley to be in a very liberal state with very deep-rooted Midwest Roots also so like that kind of played together, but then I also went to a private school in the California. So I had like all of these sort of really beautiful opposing influences, which I think really helped ground me in that and then we also grew up in a country outside that too. So, you know, I mean when you think of California, I think people like to idealize that like the entire state is like LA or the entire state is like the mountains.

Nicole:

I think that it's all Disneyland.

Sarah:

I mean Disney looks great. But so I grew up out in the country. And so it just had all of these very like beautiful influences that I'm really appreciative of because I feel like that really rounded me as as a young adult and my mom was very active in Rotary. And so we had gone to a lot of different events. I mean and she was also like a working mother that was had this amazing career and then would take us to all these different like after school programs. I mean, no not that like she had lots of things that she was doing which is again like why I do so many things right because my mom is that she's involved in all these different clubs and organizations and she's like a mover and a shaker in our town. So then I have followed that too. But even with that it comes to like we went to in a rotary events and she had I didn't want to go but I couldn't drive home because I was too young and so I like begrudgingly in my like, you know angsty 13 year old self was like "fine I'll be here" and just like pouted somewhere. But with that I met an exchange student who was here from Colombia. I thought it was amazing and then I went to my mom was like, hey, can I be an

exchange student and like three years later? I was in Italy. So just like how that. It continues to be all of these different identities that have come up but like that comes from my mom like that comes from who she was that comes from the way that I was raised. So it makes sense that I'm doing a lot of things but yes, so they are related but I think but I think there's I don't know how to point my finger to that in that there's still this progression to wanted to continue to develop other identities. Like I don't think that I've ever like the identity of the person that I am now, like I probably won't be this person in another 10 years. I'm sure there's lots of different things that I will take on but so I don't I don't know how to how to pinpoint that one but I would say that they're related.

Nicole:

The identities you're choosing to take on based off of this identity. You were born with one always does play off of the other and it's fun to kind of try to look at that trajectory and tie it back to what what in my life what cards were I dealt that now I'm making the decisions that I'm making? What does it trace back to its kind of? Yeah. Yeah. So cool. Thank you. Appreciate you diving in.

Sarah:

I like I appreciate the question. I appreciate that. You found that that question was so thoughtful that you had thought about it because we're thinking a lot here that you thought about it and found it important enough to want to bring up here and ask me so thank you. I appreciate

Nicole:

Your welcome back. Totally. Yeah. Well, I feel like we should move on into our expert for the day. I'm super excited for a guest as this man has shaped a lot of my matura thoughts on the ideas around disability. He's just so well-spoken and so well written and it's a treat to have him as our guest today. So I am pleased to introduce to you today Lawrence Carter Long. Lawrence has been a modern dancer radio show host producer and lifelong activist. His advocacy has been awarded by the likes of former NYC Mayor Mike Bloomberg and the American Association of people with disabilities. Formerly the public affairs specialist for the National Council on disability. He joined the disability rights education and defense fund as the Director of Communications in 2017. In is Communications work Lawrence has both set up media coverage by numerous disability issues and has been interviewed by many respected Outlets Lawrence. Welcome. Thank you.

Lawrence:

I am absolutely thrilled to be here and congratulations on this new Endeavor. It's fantastic. Thank you.

Nicole:

We're excited. It's a steep learning curve, but we are certainly enjoying trying to figure out all the pieces. So we appreciate you joining us on that Adventure.

Sarah:

How's your day?

Lawrence:

My day's been good. My day's been good. I started out writing a Japanese film director about a movie called 37 Seconds. That was authentic Lee cast with a young woman who has cerebral palsy and trying to find independence from her

overprotective mother my pivoted from that writing Folks at ITBS, which are sort of the feeders for Independent Lens and POV on PBS about a project. We've been doing interviewing documentarians with disabilities, answered a bunch of emails, which is not exciting but in you know an important part of the job and and wrap the day up really having a meeting with our development director and our executive director talking about plans for our annual fundraising event, which is coming up in the fall, and some of those spend some of those those emails are we are reaching out to people that we hope to get which I don't want to jinx myself to soon but I think what we're going to it is pretty exciting. So so it's been a good productive day. And what a perfect way to cap things off.

Nicole:

Yeah, it is a amazing. I love it there. We are joking and kind of talking earlier before we started recording about inspiration porn and I feel like the first actual question. I'm going to ask you today is would you please explain to people what inspiration porn is and why it's bad.

Lawrence:

Well, it's a it's a concept that came from Australia. Wonderful Stella Young who did a show she was in media called "Ramp Up" and anybody who's not familiar with Stella and her life and her work, sadly, She's passed on should just go to the Google and and search her name and find the Ted Talk that she did which describes it far better probably than I ever could but the basic idea behind inspiration porn is it stories about disabled folks that are made for non-disabled folks generate a feel better about themselves and so disabled people are sort of centered more as objects. Not the subjects of those stories. And what we want to do is shift that Focus Shift that lens wave from disabled folks being sort of thought of as the other where we're telling the stories ourselves right at one point on there.

Sarah:

I think she says that the problem with inspiration porn is that it's like, oh, I think I have a bad day, but I could be that guy, right?

Lawrence:

Yeah, exactly. So again, they're making themselves feel better by using us as the you know, sort of before photo right there. You know, the thing we don't want right so yeah, and and the sad thing about that is most of the time when disability is talked about it's talked about in these with sort of Polar Opposites. You either get somebody whose heroic just for getting out of bed in the morning or or you're getting somebody Tragic because they've had this horrible fate befall them in some way shape or form and and when you get to be as old as I am, I'm going to turn 52 in May you discover that most people are neither one of those most people live a life somewhere in the middle and those, the problem I think with inspiration porn, if you're able to kind of narrow it down and drill down that focus is that it leaves out the vast majority of people at leaves out those stories in the middle and it leaves out the lives that people actually lead. So if you're getting this kind of skewed notion of what disability is and those are the narratives that get repeated over and over and over again not only is the world getting a jaundiced view but disabled people are getting a jaundiced view to they think they have to shoehorn themselves into this way or that way and not

understanding that there's so much more room in the middle. That's probably not being explored.

Nicole:

so my immediate assumption and so I guess I'm asking you a question, but it's my assumption question. I don't know my assumption is the reason that there have been those two extreme narratives is because the people actually writing those narratives are people who don't have disabilities. Is that correct? And if it is why has that been and if it hasn't been if I'm wrong what why why has that been the narrative I guess is an actual question.

Lawrence:

The science bears that out. So so there are a lot of reasons we could talk about why you know a lot of it has to do with opportunities socio economics, you know things who gets the chance who gets to go to university and develop that skill set who gets the job opportunities who gets hired who doesn't because of assumptions about disability. And so let's let's look at me know my area of expertise really is film and TV. So let's look at that. So in 2016, there was a report **from Stacie Smith**.

Our colleagues at the media diversity and social change initiative and and they looked at basically a Hollywood was doing where do we get our stories? Right? Where do we see the stories most of its film and TV and what what they discovered they track and I think this was very smart in their approach who appears and who gets to speak in the most popular movies that were released since 2007, right? So in 2015 the first year they analyze movies regarding representation of people with disabilities, they found so that you ready for this number. I'm glad you're sitting down now.

Sarah:

I don't know I'm nervous

Lawrence:

they found that only 2.4 percent of characters in the top 100 movies who spoke or had actual names were disabled. And and what's the problem with that? Well, the biggest problem with that is there's a significant gap between fiction and reality. Yes, you look at the numbers that we can. At from places like the Centers for Disease Control and this was just in August of 2018. So fairly recently what the CDC found if you add it all up like so physical disabilities. This would be people with mobility issues people have amputations people with sensory disabilities who are blind or deaf folks who have intellectual disabilities something like down syndrome psychiatric disabilities, you add all that up and the CDC itself the government agency found that 22% that's nearly one-in-four folks in the United States of America have some form of disability and identify us such that they're willing to report that information. What's that tells us we've got nearly 20 percent Gap there that we need to make up and and so if we're only seeing those tragic stories are only seeing those heroic stories think about all of the everything that's being left out there in the middle and I think that's that's where the Crux of the issue is. But what's changing now- And what I think is really quite fascinating and also long overdue is is that doing things like making your own , having your own YouTube channel, gives real live disabled folks an opportunity to tell the stories that they want to tell and that's changing the narrative just by our presence. It's changing the ideas and the concepts about what

disability is and what disability can be because we're occupying the space in ways that we've never been able to do before so if a film director or a TV director makes a mistake you could go right directly for that person and address them on Twitter or you can address them on Facebook. They can't hide inside their ignorance anymore. And I think that's a wonderful step forward.

Sarah:

That really is a wonderful step forward.

Nicole:

I like I like the phrase they can't hide inside their ignorance. That's yeah, that's a beautiful phrase.

Lawrence:

I guess I well and and it seems that all of us are in along some sort of spectrum right somewhere in the spectrum of the stuff that we were force-fed the Notions and ideas that we that were expected of us and hopefully at some point in ways that aren't too painful but usually are, folks wake up to the reality of that right people begin to understand that disability and life with a disability isn't all the nonsense that they've been fed or told or led to believe or expected but it is something else and then they decide okay, wait a minute if I've been lied to that means everybody else is being lied to and we got to do something to change it. I was 35 years old before I came to that realization and part of the reason that I do the kind of work that I do and focus primarily on media is because other people shouldn't have to wait that long.

Nicole:

What was it for you? What if you don't mind me asking and you don't mind sharing what was the wake-up call for you?

Lawrence:

Oh, not at all. I don't mind at all. It was the film Million Dollar Baby. And for people that don't know anything about the film Million Dollar Baby. I hate to give away the spoiler but I think the word is out there about it. Now. It's about a boxer a woman who's a boxer who gets sucker-punched during a particularly important fight bout in her career and she falls breaks her neck hits a stool the stool that you're supposed to sit on becomes quadriplegic and then she decides basically the same injury that Christopher Reeve had just kind of perspective and and she decides because she can't be a boxer anymore because she doesn't know any other disabled people anybody who has been quadriplegic because her family is just atrocious there what a different reasons that she'd rather be dead than disabled. Now at that now when I went to this movie, I'll be perfectly honest with you. I expected Rocky in the sports bra. I didn't know that there was any kind of like disability anything in it. So I'm blithely going along my own business thinking I'm going to see this gender-bending Rocky movie. Yeah and next thing, you know, there's this whole third act that that I didn't know about because I saw the first weekend before the I don't generally don't read reviews before I see movies because I want to get my own experience and and at the end of the movie Clint Eastwood's character Clint Eastwood directed the film and his character he plays a character in the film who is her father figure and he talks at one point about eating to put down his old dog his talk. He would gotten old and and wasn't useful anymore and that's basically what they Hilary Swank character the lead in Million Dollar Baby decides because of her

disability and he kills her. This Father Figure kills her. So at the end of the movie everybody else in the audience, or at least it seemed like everybody else in the audience breaks into Applause. They start clapping and the light bulb went off above my head while the lightning bolt hit I went holy smokes. They think she's better dead than disabled.

Nicole:

Yeah holly balls

Lawrence:

and they probably think that about me too.

Nicole and Sarah:

YES!

Lawrence:

So I was at first shocked and then a dangerous thing happened. I got pissed off.

Nicole:

Yep

Lawrence:

You know, it was like wait a minute. I how can that be the case? I had never really encountered that kind of thing before. I think I largely because of my big mouth or my attitude or whatever it is, you know, I can sort of pass as a non-disabled person or I could do at least approximate one to the degree that often stuff wasn't kind of put in my face but the movie did it in such a way that I wasn't able to ignore it anymore and I wasn't able to sit on the sidelines anymore and and I began asking myself as a result of that Catalyst. How can I get more involved? How can I be of use to the cause and the community, that up until that point, I hadn't been involved with whatsoever. I didn't think I need to I thought other people doing that kind of advocacy. I can just go ahead and live my life and and and I was wrong and so luckily I had you know career of doing media based work on public speaking for about 15 years before that happened and and was able to sort of transition and translate that to doing disability work in ways that I hope have been unique but but it was really that wake-up call that that that had me saying wait a minute if this and I've always been a film buff I was watching Laurel and Hardy movies when I was five years old before I could walk on a little black and white TV and my my room when I was a kid, so so movies were always a way that I kind of process the world. It was it was naturally no surprise when I look back now to think that just that that it was a movie that kind of woke me up and and and was the Catalyst for me finding disability community. And I just wonder what if found disability community at five years old how would my life in different? You know, there are people who had done the things that I had to figure out how to do on my own decades before there was an independent living movement here in Berkeley, where I live now, that they never taught me about in school.

Sarah:

Nope!

Lawrence:

You know, they they didn't tell me anything about Judy Heumann or Ed Roberts or any of those people and so I had to wait until I was an adult and I had to seek it out

myself before I found out those parts of our history not only the disability communities history, but America's

Nicole:

Yes

Lawrence:

so and so, you know, they've become it's sort of fueled that fire in me to say. Well, what can I do using the skills that I have to bring that out into the open and to and to present it right to give it as a gift to more people.

Sarah:

Absolutely, and I understand a bit to where I was working a flight and a fellow flight attendant was sort of asking me about my hand right because that's something that comes up everyone wants to talk about like what happened and so I was sharing it and then she looks at me she's like, well, it's not like this is anything anyone would want and it was like, well, I like yeah,

Lawrence:

How do you respond to that? Neither is this punch in the face, you know where the disabled person was being told that they should be expected to die or one assisted suicide where they were fighting to live. Can you name me one? Can you give me one example, right and then it doesn't exist, right? So and so if you look at the history, and I'm sort of an armchair historian a populist historian when it comes to film and TV there have been to the best that I can identify approximately 35, 36 movies somewhere in there. I don't remember the exact number since 1915 where people became disabled in some way shape or form became ill in some way shape or form and decided that they'd rather be dead. Right? So again, if the narrative that you're seeing 35-36 movies about disabilities since movies began then saying, oh, I'd rather be dead, people began to accept that as normal, right? That's the only Story You've Been Told then they're thinking oh, yeah shit that happened to me. Well, of course, I guess that's my only option I should be dead and because they probably don't know people who are let's say "politically active" or "culturally active" in disability circles, right? They didn't have the mentors. They didn't have the people that blaze that path because when we don't we generally speaking aren't born into communities of disabled people disabled folks generally speaking are born into their regular families. Whatever that is any of us has a regular family and and they generally don't have other disabled people or people who identify or who aren't culturally politically socially active in doing disability work. So you become this anomaly you're an outlier. You have no one to learn the ropes from you're not grew up, like I did this is an Indiana and the 70s and early 80's, you know, the thing that was drilled into my head the message that got pushed over and over again was that I had to try to be normal. Yeah, so what did but so that might sound okay on its surface but start breaking it down. What does it mean it basically means don't hang out with other disabled people don't seek out other disabled people don't get to know other disabled people because they're not normal in that kind of context and so you never get the opportunity to learn those things. And and so that happened right for most of my life. And and so I often come back to that idea. Well what had happened if what would have happened? How would my life have been different? again If I had been surrounded by disabled people from the get-go? So one of the things that

happens when folks reach out to me or speak to me, you know after speaking engagement or media appearance. Is you know, 80% of those roughly 80% of those who are disabled become disabled later in life. Most of them aren't lucky enough to be born with a disability like us so so so then again, you've got additional barriers to that because you've grown up with this concept of yourself as non-disabled in your mind. Probably all your you're wanting to do based on the messaging is go back to being normal, whatever that is, right? And so then your you don't even seek out those individuals. And and so I think there's a real value that disabled people can do whether you were born with one or you acquired one later sort of been showing people the ropes. But but in order to do that, it's got to be valued and it's got to be something we push for in society.

Nicole:

Yes. I love that. I think that's so beautiful. Where do we see media and representation going now and kind of two parts to that. So I'll just ask you with it. How can we get involved? How can we be helpful? What what should we as people with disabilities be doing an order to help make that change?

Lawrence:

All right. Well, what well what I think you're doing it, I mean you're creating the media yourself. You're not waiting for anybody else to tell you how it's done or to give you permission. You're just throwing down the gauntlet and going bam.

Nicole:

Yes here we are. I love gauntlets and I love throwing them.

Lawrence:

That's what they're for, right? That's the only reason yeah, that's right. And and and so I think that's don't wait essentially is what I'm saying. Right? Don't wait for any of those things. Whatever you feel a compulsion a passion to do do that scratch that itch and and find a way to make that a reality. I think technology has helped in some ways to make those types of things easier than they've ever been before. So so take advantage of that. The other thing I think that's really important and I've alluded to a couple of times now, but I don't think it can be said enough is the opportunities and the willingness to find Community to seek out Community to learn the ropes from other people and to build those things where they don't exist, you know, even if it is if you're in an isolated Community or a rural community or or whatever it might be you can still find people online. Yes, you know, you can you can still find folks who have had similar experiences to yours and learn from them that's never been possible before either. So it's you know, you have the the texts of fabulous books. You have videos of fantastic speeches, you know, you know growing daily in ways that that can't be ignored anymore. So so the the thing that I would suggest is recognize that things are changing and that the expectations are different now and then ask yourself how you can be useful in making that change even better. What is the thing that you want to do and then find out and who are the people who can help you do that and then find them find them and just make it a reality. I think that that's that's something that is possible now in ways that it wasn't done before the other things. I think that that I would sort of recommend that people do is if you your million-dollar baby moment. Whatever that moment might be perhaps

Nicole:

I know I have, I know Sarah has as well and we know you have is there's at least three of us and who have

Lawrence:

yeah, so don't hesitate to speak up or speak out right don't be afraid to cause a Ruckus because if you do other people might just climb on board so send that email send that tweet post on Facebook tag important people, right and and the thing about the hashtag which was fascinating to me is I just used it in a fit of anger. I didn't think about it. It wasn't a campaign. It wasn't anything that I'd planned. I just sort of put it out there because the list was made of all kinds of identity groups and advocacy groups in a pretty important speech that the president and somebody that I respected President Obama had given at the time and Disability was left out and I was just tired of being erased and I don't know what it's gonna take for us to be part of the mix. Yes, and and and so at the end of that little rant that I did both on Facebook and Twitter. I did the hashtag say the word disabled all in capital letters with a period say the word and next thing I knew that like the next morning I'm getting up and I'm seeing that that my Twitter feed blew up and people in Australia were using it when Whales wanted to do an interview about it and about the week or so, maybe two weeks later and PR is sending me a note and I'm doing this NPR interview. And so I'm not you know, I don't think I'm the most original thinker in the world. But what I think happened was that I struck a nerve that I tap into something that was bigger than me. It had a lot of it's very own and I just happened to make a hash tag out of it and the rest of the world just kind of ran with it and its own way and and so you never know where the and here I am talking about it for years later. So it's it's one of those things that that whatever the thing is that strikes you do it right find a way to just put it out there in the world and see where it leads you because you you may never know

Nicole:

Well and Lawrence your say the word campaign personally affected me as well. So thank you. It was during the time that I had had my lightbulb moment with but was still trying to assemble the pieces of the puzzle to make it make sense and it was during that time of me trying to make it make sense where I was meeting a lot of people and trying to understand and do different things and trying to come to terms with the word in the community and I don't even specifically remember how I got my hands on the article. But when I read it I was like this is this is it this is absolutely everything that I've been trying to to say, and I knew that I was proud and I knew that this community I was proud of but I still couldn't I didn't understand the fact that what I had been taught about the word disability I could separate that and that's not what it meant. So I still was in that space of struggle and you really helped me bridge that and understand the separation between the two so yes, thank you for that.

Lawrence:

I thank everybody who helped me wake up, you know it, you know this really amazing Synergy of different factors that just kind of Boom converged at that moment and and struck a nerve with people and and I'm just glad that it's been helpful. It seems to have been helpful to people and I think that's really the most important thing that if we can do that for each other that's what community is all about.

Nicole:

Absolutely. Thank you. What? I'm trying to think about the best way to phrase this question. What are the best ways to I guess stomp our feet at Hollywood specifically when it comes to looking at at media specifically.

Lawrence:

I think I recognize the place where the rules are changing their to and and it's happening beyond the disability Community. I think the disability Community is finally finally finally leading the charge, right? So what let's let's just look at the trends real quickly, you know, the thing used to be traditionally. It's been the case where if a non-disabled actor wanted to get an award one of the things they would do to strut their stuff and show what they were capable of his play a disabled character and that you know that method that the which used to be pretty much failsafe started to fall apart and that's a see that not only are disabled people getting tired of the same stories over and over again, but non-disabled people are tired of that tragic heroic overcoming nonsense to let's look at just some of the movies that have come out in the last year or so, right? So Sky Scraper, with The Rock, Wayne Johnson, right? What's it what's was had the lowest opening of any of his movies in a number of years, right? So so it actually was released alongside Hotel Transylvania number three and got its ass kicked in the theaters, right? And and you know, you smell what I'm cooking?

Nicole:

That's halarous

Lawrence:

a little bit in terms of box office. It did better in China than it did over here during its run but it underperformed. In terms of the movies that The Rock has made recent years and then we had a movies Like Don't Worry He Won't Get Far On Foot starring Joaquin Phoenix arguing one of the best box office draws in the US only got a limited release also underperformed right didn't make one people anticipated that it would make most recently a movie like the upside. Now, I know where you got Bryan Cranston playing a disabled person and and his cohort is are there is Kevin Hart, right who's movies had been had been really sort of doing gangbusters before this. So so everybody anticipated that this remake of a French film called Untouchables sort of means outcasts. So in French, you know was going to be like the big hit of the season and what they found was it opened strong it and then after the opening it just kind of fell apart. So it opened on the low side. Let's look at it if people who were going maybe not because they cared about Bryan Cranston or they'd ever seen Breaking Bad. Um, but but you look at you know, the the Kevin Hart films and there were there were three different films, Get Hard, Ride Along, to Central Intelligence that all opened at 35 million or more, you know, when you look at the amount of money that the upside made it was just over 20 million. So even in that you see that it that it didn't quite work and Bryan Cranston there was a huge controversy where we're taking him on on Twitter and really challenging him taking that role in ways. That really hadn't been possible before so I think if you're if you're if you just looking at the economics, you don't care about disability at all. I think that what what that tells you is that those same worn out tired stories that we've seen a hundred times before aren't working anymore and it audience or more audiences are

bored with them too. And that they expect something a little more nuanced something different something that's more authentic and I think that's a sign of progress.

Nicole:

Yes. Yes. Yes, absolutely. Well Lawrence we could talk to you forever. I want to be respectful of your time. So at this point, I would just love to thank you so much for joining us today. We so appreciate your time. We so appreciate your expertise, and we so appreciate your laughs. So, thank you so much again, and thank you to our listeners for joining us today. We hope that we've given you information to help you go out there and disarm your disability will see you guys next week. Bye.

Sarah:

We want to give special thanks to our Network public-house media for our intro beats Jason Barnes, cybernetx for our logo art Patrice. You can find them at normal person's.com and Matt Meldrum and Ryan Louis are two-handed technical team. Subscribe on Apple podcasts or Public House media.org follow us on Twitter at disarm disabled follow us on Instagram and Facebook at disarming disability and check out our website disarming disability.com. See you next week. Bye.