

- Good morning, Virgin Islands. My name is Amelia Headley LaMont, the executive director of the Disability Rights Center of the Virgin Islands, and you are tuned in this morning to Ability Radio, You and Your Life. This program is brought to you by VI Lottery, making a difference in our community. I'm also joined from time to time by my co-host, the incomparable, Iris Bermudez, and Archie Jennings, who is our managing attorney in the St. Thomas Disability Right's office. Today, I am delighted to have joined us today the former CEO of our counterpart in the great state of Louisiana, Lois Simpson. Lois, good morning.

- Good morning, Amelia.

- And you are here today to provide us with support and technical assistance in our outreach efforts. And dare I say that the work that you have done is quite similar to the work of the Virgin Islands Disability Protection Advocacy Group.

- Absolutely. Oh, as protection and advocacy systems, we all have the same mission and goals, which is to protect the rights of people with disabilities throughout our state or territory, which is a large a mandate but one that we do through various methods. And we, I guess we're gonna talk about some of those.

- Well, yeah, let's talk about those. First of all, you're here because one of the programs that we are involved in is, involves mental health services. And you've had an opportunity to at least meet with members of our, what we refer to as our Protection and Advocacy for Individuals with Mental Illness Advisory Council. And so, I'd be curious, what did you learn? What did you clean from your conversations with that particular group?

- Well, two things. The first is that you have a wonderful group of people advising you on mental health issues. I was so impressed with the breath of their knowledge and their dedication to improving services for people with mental illness in the Virgin Islands. But the other thing I learned through our conversation is that the Virgin Islands has a woefully inadequate mental health system. And, of course, that's your charge to try to improve it. We have, you have so many impediments toward that goal, but I really encourage you to keep trying and I know you will and I know that they will, but my goodness, what a, what a long road do you have ahead of you.

- And in the next few hours or several hours, you'll be meeting with members of our board of directors as well. And, you know, you'll also have some excellent input from that group, as to the kinds of services that are available, our system, our, you know, what are the impediments to trying to [inaudible] out a better quality of life. And I dare say there's been some similarities between, you know, the State of Louisiana and the Virgin Islands, or, what's your stake on that?

- Yeah, no, there are a lot of similarities between our two jurisdictions, if I can call them that. You know, we're both economically disadvantaged, so we suffer from that, because, you know, money talks, and the more money you have, the better, or the more services you can deliver. So we both face challenge there. I think we have many of the other, same challenges, in terms of our educational systems perhaps not being what we were all want them to be. Our health care system not being up to par. Jobs are always an issue. You know, people need jobs if they're going to have an incomes to buy services that they need. So there are lot of similarities. We're, of course, a larger, you know, our population's much larger, our geographical distances are larger, although you have the added challenge of needing to get from island to island, which we don't have. We can get on a road and get from New Orleans to Shreveport. We don't have to get in a boat or a plane. So there's that, but, yeah, there are lot of similarities, yes.

- In a previous conversation, you had even made some comparisons between, I believe, Southern New Orleans or Southern Louisiana with the Caribbean. I mean, how, that seem to be rather interesting. How would you describe it?

- Yeah. Louisiana is really very different from the south to the north. In south Louisiana, you have a largely catholic population. You have a large African-American population, although that's true throughout Louisiana, but the African-American population, many of them, of course, you know they were former

slaves, but many of them came from the Caribbean. Many of them came from places like Haiti. When there was an insurrection in Haiti, which everybody has heard about, a lot of those people moved to Louisiana. And you see the, you see the similarities in our architecture, the shotgun house which is so prevalent throughout the greater New Orleans area is reproduced again and again in Haiti. You see pic, I've never been taking unfortunately. I'd love to go there. But I've seen pictures, and it looks astoundingly like the New Orleans area in terms of the architecture and the colors the houses are painted. We have similar foods and music. There is a strong Caribbean influence in our music in Louisiana as well, so lots of back and forth in there. You know, there's, there was a lot of trade between Louisiana. Louisiana, New Orleans is one the largest ports in the country. A lot of people don't realize that, but I think it's second or third largest port, in terms of volume coming through there. And so we were a big trading partner with, not only the Caribbean, but with Honduras, Guatemala, Nicaragua, so there are all those connections, and it makes for nice, big, rich cultural too.

- Absolutely. Absolutely. Yeah. I didn't realize that the trade role of, and so with this New Orleans port.

- Actually, it's called the Port of New Orleans. It's one of our largest, a huge driver of our economy. Actually, it's tourism, the port, and now more and more we're having a role in medical care, and even some of the new communications, internet communications are growing in the, in the states.

- Well, tell me a little bit more about the medical care. I mean, I'm curious about that. What role do you foresee or...

- Well, at one time, New Orleans was even seen more as a leader in medicine, then it fell back a little bit, and now it's taking on that role again. Tulane University School of Medicine has long been an attractive place for young doctors to go and be trained. Our Charity Hospital in New Orleans, it was a place young physicians would say, "You can see more there in a couple of weeks than you would see in many other emergency rooms around the country." So it's long been a training place for physicians and other medical professionals. And as I said, it's growing. We have a brand new big medical center that was built after hurricane Katrina, so, yeah, it's good. It's good. Because for a while you saw more of that going to Houston or Atlanta, and now New Orleans is trying to take its rightful place again as a medical center.

- I noticed you said, "It's a rightful place," so that sounds like real biased on your part.

- Well, I lived there a long time, so I'm a, I'm a true native now.

- And other thing, sadly, that we share is the experience of natural disasters and hurricanes. And we are going into hurricane season fairly soon, and I believe you were at the helm of the advocacy center during the Hurricane Katrina days. Can you give us an indication, from your perspective, as to actually how deep it came to be, the level of the impact on the city?

- Well, the impact of Hurricane Katrina was unlike anything else I had ever seen, and certainly that I would hope to see for the rest of my life. You know, 80% of the city was on underwater. I, and my family stayed there for the hurricane, which looking back on that now, was probably not the brightest thing we've ever done, but we were very fortunate in that our house was in the 20% of the city that didn't flood. So we didn't flood but hurricane came through on a Monday and by Wednesday, we had to evacuate anyway because the mayor had order to shut off all water because of, you know, fear of contamination and disease, so we eventually had to evacuate too. Amelia, when I tell you, when I came back, I think I was allowed back in the city three weeks later, because I had a business there. I quote, it's a nonprofit, but you know, it's considered a business, so I was allowed to come back in to inspect my business. I've never seen anything so eerie in my life. The city was empty. And I went to downtown New Orleans to look at the building where our office had been and you saw nothing but broken glass, debris, a few national guardsmen patrolling with guns. It was like I was in some sort of a weird movie set. And I've never experienced anything like that. Most people have not experienced the total evacuation of a whole city. So interesting times, interesting times. But I'll tell you New Orleans has come back. People, after a natural disaster, Hurricane Sandy and others that we've had since then, talk about the resilience of the

population. And that is something that we can all be so proud of as human beings, as citizens. We do rebuilt and we come back stronger than ever.

- Now, you mentioned in a previous conversation that the damage came from, because I know you're, the city is on the Mississippi River, correct?

- It is. It is.

- And then there were some other body of water that I was not familiar with it.

- Right. Well, New Orleans sits between Lake Pontchartrain which is a huge lake. I'm sorry. I can't tell you, I know that the causeway that goes over Lake Pontchartrain is 27 miles long. So it is a big, big lake. And so the city sits between Lake Pontchartrain and the Mississippi River. And protecting the cities, or what should have protected the city, are levees, which are earthen projects. You know, they're big, high sort of earthen hills, if you like, that are, that are supposed to protect the city. Well, two of those that would have protected the city from Lake Pontchartrain broke. And that allowed the water from the lake to enter the city and really just filled up, the city is sort of like a natural saucer. So the middle of the city is lower than the sides, and that why my house was protect because I lived on one of the rims of the saucer. And it just filled up with the lake water. And many of the areas of the city were under nine feet of water. So it was, you know, we, most of your listeners would have seen the pictures of that.

- Absolutely.

- I think it took up the news for many, many days after that, and it was pretty horrifying. People on their roofs just waiting for a boat to come and rescue them, so, yeah.

- And then I think this experience, and I know this is again something we share, is the importance of preparation.

- Yes.

- Yeah. And we will, in future shows, have a representative from our local Virgin Islands Emergency Management Team, VITEMA, who will again remind us of what are the important things to do in preparation for hurricane season.

- Yeah. And I think, you know, when a population has lived through something like Hurricane Katrina, or Sandy, or Hugo, or any, you know, we all know the names, they will never take their safety for granted again. And I know that I would take it very seriously. When the mayor gets on TV and says, "It's time to evacuate." Yeah. Let's get out of there and be safe. Of course, that's a problem too. Now, I imagine here in the Virgin Islands, you don't evacuate so much as get to higher ground to take shelter, because where are you gonna go?

- That's correct. Correct. Correct.

- In Louisiana, you get on the highway and you go north or you go east or west, wherever it's predicted that that hurricane is not going to follow you. But that's a problem too, because when you evacuate, everybody else is evacuating at the same time, and unless you have family who is waiting for you with open arms, you know, where are you gonna go? The hotel's get filled up fast. And so it's something we live with. But that's another reason why we have to try to protect these places as much as possible. So better constructed levees, in our case, or, you know, other barriers to the sea out in the ocean that are going to lessen the impact of the waves and the, and the water coming in on you. So a lot of that has been done in the last 12 years since the hurricane hit, and we're just praying that enough has been done so that the next one that comes our way isn't going to be as devastating as Katrina was.

- Right. Now, you, and this is just a quick, quick aside. You described a causeway. Now, that sounds like a bridge that extends for 27 miles over Lake Pontchartrain, am I correct?

- That's right. It goes from the City of New Orleans to what we call the Northshore. It's still Louisiana but it is coming to Mandeville, those cities on the Northshore. They're towns really, on the Northshore. And a lot of people live on the Northshore and commute everyday over that causeway. So it's a very important artery connecting the city and those communities on the Northshore of the lake, is what I'm talking about.

- I'm just visualizing a bridge extending 27 miles.

- Yeah. It's a long bridge

- Oh, my goodness. Okay. Is that the longest bridge in the world?

- It's one. I think it's one of them. It's a very long causeway. And that gets closed down from time to time when there's tremendous winds or fog. They will not allow cars to go back and forth on that bridge. But like I say, it's used very heavily every day by people who commute to work.

- So what are some things, just again as a, as a note to our audience. What are some things that we should do to prepare? Just some practical tips.

- Well, you know, my job, of course, was, as yours, the director of a nonprofit, but a nonprofit that provides services to people. So what we learned from Hurricane Katrina are ways to continue to be able to communicate with the people we serve in the event of a natural disaster. So we made lots of changes in our communication systems. For example, we keep all of our data in the Cloud now. We don't have manual servers, because when we all had to evacuate from New Orleans, our servers were still there in a tall office building downtown. So we're on the 21st floor, and so our servers were up there. So when, that first time we were allowed back in the city, a group of us from the Advocacy Center went in, about six of us drove in together, had to climb up 21 flight of steps in the dark because there was still no utilities in the dark, in the heat, to retrieve those servers and computers and bring them down with us. So we don't do that anymore. All of our data's in the Cloud. We use telephone systems that are Cloud-based as well. So, actually, we had a little trial run a couple of years ago when we had a freeze. The opposite end of the weather spectrum. We had a freeze in New Orleans and we had to close the office down. And we were able to still take calls from people from a remote area that wasn't closed down. So, you know, we learned those kinds of things and it will help us forever into the future. We will not be as unprepared as we were during Katrina. The other thing that people learned is that their cell phones didn't work during Katrina.

- Right. That's right.

- The cell towers all went down. And I don't know as much about that technology, but hopefully that's being improved. I think there are other ways now to keep people in communication. Because we all depend so much on our cell phones, and if that goes, you're isolated.

- Right. Right. Right. How were you able to communicate in this remote location by phone? It was certainly not by cell, or was it?

- Our phones are again connected through the internet and so that, yeah.

- That was it? Okay.

- And we can take our phones with us there and as long as you can get, as my staff, as long as they can get to an area where they have an internet connection, so whether they're going to Lafayette, Louisiana or Chicago, Illinois, they take their phone and their laptop computer with them, and they'll be able to work from there.

- Uh-hmm. So mobility is important.

- Very.

- in addition to having batteries, in addition to making sure you have amount of water. You know, the basic human stuff too.

- The basics. Right. Right.

- Yeah.

- And unplug your refrigerator before you leave.

- Oh, okay.

- A lot of people didn't do that because they thought they'll be back in a day or two. And when the power goes out, everything in your refrigerator, very quickly...

- Goes.

- Because, you know, it's the hot season and everything rots. So we learned a lot of practical things...

- Probably, in addition to unplug, take the stuff out.

- Yeah. Oh, right. Absolutely. Throw it away.

- Throw it away or eat it, whatever the case maybe. But we will have some more details as to how to best prepare.

- Uh-hmm.

- So I didn't mean to joke on the spot with respect to that. I figured, you know, it's good to have some practical experience and tips and suggestions for how to, you know, be safe.

- The other thing we learned, Amelia, getting back to, you know, what we both do which is advocate for people with disabilities, if a lot of people are displaced from their home, the federal government comes to the rescue, right, and brings in trailers for people to live in. Well, the first delivery of trailers came to a place north of Baton Rouge, not one of them was accessible to somebody who used a wheelchair or had another, you know, mobility issue.

- Right, uh-huh.

- And so, that's another thing we helped FEMA learn. Actually, we, I hate to say this but we had to file a lawsuit against FEMA to get them to bring in some accessible trailers. But after the lawsuit was filed, they settled it with us and vowed forever more to have accessible trailers. The Red Cross learned a lot about accessibility for people with disabilities, because if you're in a shelter and you have a disability and you can't get to use the bathroom, that shelter isn't working for you. Or if there are no sign language interpreters and you are deaf and can't communicate with people. So we learned a lot during Katrina about the need to accommodate people with disabilities in a time of disaster like this.

- Share with us, Lois, what are some of the, in addition to the work that you've just describe, right, negotiation, litigation, if that's required. What kind of other functions of the protection advocacy system that you do and that we do is training and outreach? What kinds of things had you done or have noted that was beneficial?

- Well, you know, when we started, we did the usual training. That was back in the day. That was 1977. So we didn't have internet or anything like that, but we would go out and speak to groups wherever we could. We go all over the place and say we're coming and speak to groups. And then we did a lot of outreach materials. What are your rights as person with a disability and, you know, and try to get it into

very simple language, not legalistic language but language that people could relate to. Did a lot of that, still do a lot of that, but now so much of our outreach is done through social media, through Facebook, through Twitter. So we really got on that bandwagon several years ago. And we do a lot more of that now, because that's way people get information. So, and then what you're doing here with these radio broadcasts is just great. I love it. It's a way for people to hear about topics they're interested in without having to go to a place and sit there and listen. They can listen with streaming and everything. They can listen whenever they're free to listen to it.

- That's right.

- So these new techniques we have for communication are fantastic. And as advocates, we need to use everything available to us.

- Absolutely. And let me let our audience know that if you are unable to hear this whole interview, we do post this show and other shows on our website, which is located at drcvi.org. Now, Lois, I know that you've been director of the Advocacy Center for what period of time?

- Amelia, I was director for 39 years, which is a long time. It went by in a flash. I can't tell you how much I loved my job. There was always something new to learn, something, a new issue coming up, new people to deal with, board members, bless them. They were all volunteers. They gave their time to help us run these organizations. You'd mention the council who advises us on mental health issues. And, of course, the staff. I loved my staff because they are such dedicated people. They don't make a lot of money. They do this job because they love it. They love the people they work with. And so all of that just kept me going for 39 years. It was a wonderful career. And, you know, I can't say I loved every minute of it. Every job has some things you don't, but for the most part, it was, it was great.

- And what brought you to this type of work?

- Well, I had, let's see, graduated from college, went in Peace Corps for a couple of years, came back. And I went down to, I'm not originally from New Orleans, Louisiana. I'm originally from New Haven, Connecticut, very different.

- Uh-huh.

- And I went down to New Orleans to go to Tulane for graduate school. And when I finished graduate school, I was looking for a job. And I got a job and did that for, I work for the, a poverty organization that you might remember, President Lyndon Johnson's the Great Society programs.

- Right. Sure.

- Well, I work for one of those in New Orleans. And one thing led to another. And as far as this job goes, I actually saw an ad for it in the newspaper, because back then that's how you advertise jobs and that's how you applied for. I mean, you still do a certain amount of that, but mostly people get their jobs in other ways. Again, that old internet is so important. But back then, I saw it in the paper and I applied for it, had an interview, and then 39 years later...

- Here you are.

- Yes. Yeah. So, but you know, it fell in line with the kind of work that I wanted to do which was advocacy, working on behalf of disenfranchised people. I didn't necessarily have a background in disability. At that time, I didn't even know I had disability in my family, which by the way drives a lot of people to this work, because they've lived it with a sibling or a parent or something like that. I did not have that in my family or, at least, I didn't think I did. Later on, I found out that indeed my grandmother had died in a mental health facility, which had never been shared with us. And I tell that to you to emphasize the stigma that was attached with mental illness for years and years and years, and still is to some degree. It shouldn't be. Mental illness is a disease, like any other disease. People cannot help being mentally ill. But, you know,

that's the way it was back then. And so I didn't know that my grandmother had a mental illness and died in a facility in Connecticut when I was nine years old. I never met her.

- Oh, I'm sorry about that. Yeah. Well, one of the things that we do, as you've mentioned before, is litigation and talk about the training and the outreach. There's also another part of the job that a director has to contend with and that's reporting to all of our guarantors. You may, and I'm sure you know, that we have a variety of constituencies that we have to respond to. How has that been for you, working in that context?

- Well, that's both a blessing and a curse.

- All right.

- I mean, the fact that we do receive funds from different federal agencies is good because if one gets cut, maybe the other one won't, so that's good. But the curse of it is that you have so many different reporting requirements and different regulations that guide each one of those sources of funding, and you have to adhere to all those regulations and do the reporting that's required. So that's a big part of the administrative side of this job. I mean, the advocacy side is to me the more rewarding side. Nobody likes to fill out reports, but it's a necessary evil, and you do it to keep your funding and to keep the federal government apprised of your work. And the other thing about this, the work that you do in keeping data and sending it to the federal government, is it allows the feds to show congress why these programs are important. If we don't tell congress what, if we don't tell the federal government what we do, they can't tell congress, and therefore congress will not understand the value of the program. So it all, it all, it's, you know, it's all good and it all serves a purpose.

- Absolutely. No, that's totally understandable. We're gonna take a little break and we'll be right back. Lois, we had a slightly, well, exciting conversation about your work, your previous life as a Peace Corps worker or volunteer. I'm not sure how that was back in, back in the day, so to speak. So before you were the director of Advocacy Center, what kind of experience that you have post-college?

- Yeah. Well, you know, I graduated from, I'm gonna give away my age now. I graduated in 1967. That's a long time ago. But I had gone to, you know, I had lived my entire life in New Haven, Connecticut. I went college in New Haven, Connecticut. And when it came senior year, you know, everybody, that's a stressful time for young people, I think, is the, [makes sound] what comes next? And I had seen ads on TV about the fairly new Peace Corps that had been developed by President Kennedy. And it always intrigued me to see these young people in a foreign country, doing some interesting things. And so that really caught my imagination, and I decided to apply. And I'm sure my parents were horrified because obviously, you know, they had never been very far. They were not wealthy people, so they hadn't traveled very far. And the thought of your daughter, who's 21 years old, going off to some place that was unimaginable to you. People didn't travel as much then as they do now and all of that. So, but anyway much to their credit, they did not try to stop me from going and I was assigned to, well, I asked to be assigned to a country where they spoke Spanish because I had studied Spanish. So they assigned me to Brazil, which is the one country in South America where they do not speak Spanish. But I went to Brazil as a Peace Corps volunteer and stayed there for two years. And I had a wonderful experience, Amelia. It was just a great thing for a young person to do, to experience another culture, to learn another language, to be on your own and try to figure out how you can be useful. Great, a great, great life lessons. And...

- Tell me about the town that you were in.

- Yeah. I was in a town called Ipora and it's in the state of Goias, which is some of your listeners might know where Brasilia is, right in the center of the country [inaudible] Goias. Brasilia had been carved out of the state of Goias. Goias was a very large state to the west of the country. And it was very rural, farm land. They grew beans, rice, corn. It was sort of cattle country too. But very, very primitive in those days. It has changed a lot, by the way. But when I went there, like, the little town I was in had 10,000 people in it. And they had no electricity. The roads leading into the capital city, which was Goiania, were dirt roads. So in the rainy season, they became muddy and you couldn't get, you couldn't travel back and forth. I

once went for a couple of months with no communication with the outside world because the bus that would bring the mail couldn't get through.

- Oh, my goodness.

- Yeah. So it was, you know, it's was quite different. But, you know, I met wonderful people there. I first went to this town with a partner, a female partner. And then about six months in, she decided to get up and marry another Peace Corps volunteer and move to a different town, which left me alone there.

- Uh-hmm.

- And a wonderful family in town said, "You can't live alone. A young, single woman can't live alone. That just wouldn't be proper. So you have to come and live with us." And I gladly did. They were very wonderful people. They took me in. They had five children of their own.

- Oh, my goodness.

- So we all lived together. And it was great. You know, it was a great experience. And if you have any listeners, young people who are thinking about what to do, the Peace Corps is still very much active. And it's a wonderful way to spend two years, getting to know yourself and the world around you. If you're looking for some way to spend your time before you make a decision about what your career is gonna be or what you're gonna do next is.

- Well, just a little thought. What kinds of things did you do?

- Well, I was part of a group that went to Brazil to work in the school lunch program, which meant, we were supposed to work with the, it was called the merendeira, the woman who made the school lunch for elementary school kids. And they made this lunch primarily with big sacks of powdered milk that was sent to them by the United States of America. It would say, "Donated by the people of the United States of America," stamped on the burlap bag that this powdered milk was in. And so the merendeira would, of course, make the milk, flavor it with some sugar to make it more palatable, maybe some cinnamon or cloves. And, you know, it was very nutritious drink for the children. And then often these merendeiras would grow a little garden in the school, so they could make a nice soup for the children in the middle of the day. And it was very nutritious and it was wonderful. But when I got there, the first thing I did when I got to my town is seek out the merendeira, introduced myself. And I soon realized that she really didn't need my help in cooking the lunch, so I did other things. I taught English. I did crafts projects with the school children. Tried to be useful in many different ways. And also during that time, that six months or so that I did these things, I was learning the language better, because when you first get to a country, even though you have studied this language, we had a very intensive language program in Peace Corps training. But you get to the country and people start speaking at you fast and...

- Oh, right.

- ...in colloquialisms and you are lost. So it takes a while to figure out what's going on and to hear people what they're really saying. So all of that was good. And then I became involved in a school partnership program, by which children in the United States would raise money for any country where there was a Peace Corps volunteer. They would raise up to a thousand dollars. That thousand dollars could be used by materials for schools to be built. And sounds like a little bit of money, but believe me back then and in these rural areas, that thousand dollars went a long way toward buying cinder blocks and wood and cement to build a little one-room schoolhouse. So I did that. We built seven schools in the area in which I live. I worked with the mayor our town who was a wonderful, wonderful person. He was very progressive. He owned a lot of land himself. And he had many, many families living on his land. And he wanted every child of every family to get an education. And so we built these schoolhouses on that property. And it was a great project because it was something that, uh, it was great for the kids in the States to raise the money, and then we'd send pictures back to those kids, to show them what their money had done. And I

hope that those schools are still standing. They were sturdy little schools, so hopefully they are still standing today.

- All right. Well, Lois, I'd like to thank you for taking the time to spend with us, to give me some guidance and support on the work that's required of our small fledgling. Well, I wouldn't say fledgling, but our small organization. And it's always important for us to see how we can improve, you know, in our service delivery. And I think I had mentioned before that, you know, you had met with members of our Protection Advocacy, entity for individuals with mental illness, and you will be meeting with members of our board of directors. So I wanted to thank you for that. And is there any thoughts you would don to share with our listening audience that we should come away with.

- Yes, I would. I mean, I think you made the point that the Virgin Islands receives relatively small amount of money to do the work that you are required to do because the money is based on population. I want to take this opportunity to congratulate you and your board and your staff and your advisory council for doing the great work you do on a shoestring budget. You have come up with some very creative ways to get the word out to people with disabilities in the Virgin Islands about their rights and what steps they could take to improve their service system, so my hat off to you. I know you've been doing this for a long time. And it's not an easy job. And I want to thank you for doing that work, and to thank your staff as well.

- Thank you. Thanks for sharing that information with us. And for those of you who hopefully will continue to listen to Ability Radio, You and Your Life, we will be featuring some future shows on hurricane preparedness. May is mental health awareness month, and we will have additional speakers that will target on the subject of mental health and mental health issues. So you listen to Ability Radio, You and Your Life. We'll talk to you next week. Take care.