Season 1 Episode 12:
Chapter 3 Advocates: What did we learn?

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[Upbeat intro music]

Nicole:
Hey welcome!

Sarah:
This is Sarah Tuberty.

Nicole:
And this is Nicole Kelly and welcome to Disarming

Sarah:
Disability. All right. Hello Nicole. How are you?

Nicole:
Sarah it's rough. I actually the past couple of days have been more sick than I have been in a really long time.

Sarah:
So that's not fun but sick also happen so we can just like ignore that as part of The Human Experience some days Days really suck and that's okay

Nicole:
and that's the attitude that I'm really really trying to take. I had weakened plans that I was really excited to do that had to be canceled and so that you know just sucks. But also there's nothing I can do about it. So unfortunately the past three or four days. I've been flat on my back and darkness and and not very exciting honestly, but but yet again just like you said it's part of the human experience. I just understood that I just needed to Just just do what I need to do to get better. So I've been drinking a ton of water trying to eat as best that I can and today I actually just took my I'm getting better shower.

Sarah:
So yes looking but I also think there's also just moments of not like constant stimulation. I think that we live in a space where there's just tons of stimulation whether it's like stuff that I'm watching or seeing or someone's texting me or I'm answering these emails or I'm watching this video. Like there's just all of the stimulation that we're being bombarded with so I just envisioning you lying on your back leg in the Stillness in this quietness where your body not feeling well, but you you're giving yourself that time and that space just to sort of like be in exist and think and have processed things whether intentionally or unintentionally, but that makes

me think of like in yoga where they talk about just like letting your mind do what it's going to do. I sort of see that just happening and those four days where you're not like on the schedule or or being exposed to all of this stimulation. stimulation I think I mean that's good. We need that. We need that break time.

Nicole:

Yeah, totally I mean stimulation and the ways in the light I was having really bad migraines. So that was definitely out but also, it's weird how when you're sick. I feel like I wish I could use that time to productively think but it's almost like the only thing you can think about is how much you hurt and how much you don't want to hurt. So it's probably time the time when you're sick seems really short but really long at the same time because you're just everything the way that you're living life is so different. But anyway, that's enough about being sick you you have exciting things to share.

Sarah:

Please keep enough that I am on my fourth podcast in a car. So really, I'm just a one of my pod-car-ster.

Nicole:

I liked it. I liked it.

Sarah:

Yeah, thank you. Thank you. I actually thought about that on my welcome here - so I am I'm in a car. I am in Sacramento. I am outside of my sister's house here and it's just fun. So I'm back in California My Life as a flight attendant stopped on Saturday. I'm on pause now, so but I'm really excited. So today I'm in my car because I just got done defending my doctorate proposal for my doctorate project for the summer. So I'm going to be spending the four months here in Sacramento working at my home Hospital under the mentorship of my surgeon. Dr. James at Shriners Hospital here in Sacramento. So I'm just like very excited and I will be putting together a resource to help our community specifically of people with congenital limb differences. So I'm developing a resource to specifically support parents and it's just really cool to be a part of this world and to not be 14. So now I can actually do stuff with everything that I've learned in this experience to help give back and help move all of this education and resources further and and to walk into this hospital as an adult knowing that I'm going to create something that will have impact because the last time I was there I had graduated as a patient where I was sort of receiving care. So it's just this really beautiful full circle and then to have the direct mentorship from my hand surgeon who is just a very prominent individual within the hand surgery world. It's just like I'm so happy and this is sort of like the culmination of everything I've done in my life. I'm so excited. So I just defended my proposal and I start on Monday and I just yes all of these wonderful things and I'm so excited because I feel like these are things like this type of content is everything I've been doing in all my side projects. So I'm just really excited that this will be my main project and hoping to continue my life forward roll. This will continue to be my main project and it's no longer my side project

Nicole:

So exciting congratulations. Congratulations. Congratulations world, and I'm so excited to see ya so get so many good things anymore.

Sarah:

I'm not wearing millions of clothes like this is all just I'm just happy. I'm so happy.

Nicole:

you're in California. You're living life. I'm still no it's still cold here.

Sarah:

I'm sorry. I will send you all of my sunshine.

Nicole:

So thats great. Um, so that's amazing and I feel like that's a good kind of jump into kind of wealth-getting on into reflecting about the episodes. We just had we intentionally brought on people who work as advocates and allies within the disability community and we wanted to pick their brains on the way that they go about that and the roles in which they feel like they can play within the community and how they go about doing that. So yeah Sarah what I guess what initially raises to the top of your brain about conversations we had.

Sarah:

yeah so many thoughts I think before I think it's important to sort of differentiate that the individuals that we had specifically in this last two episodes did not necessarily identify as being within the disability community. And these are almost like our quote unquote able-bodied peers that are helping to Advocate the efforts of people within the disability Community. Whereas a lot of the other people that we've had on our on our podcast do identify with the disability Community. I know we haven't necessarily explicitly said that like, hi, I'm blah blah blah and I have this thing because it doesn't matter the content that they have produced is both from their own experience in conjunction with all the professional experience they've learned and be able to share that with us, which it's so funny. Like I didn't actually realize that they identified within the disability Community until it came up and so it's so beautiful to be in a place where that's not necessarily like the focal point of the conversation but to specifically have these two individual speak about what it means to be an ally and what it means to be an advocate that do not identify within the disability Community themselves, but being able to help and support that so I think it's important to sort of different or I could give some definitions as far as what that is and and being someone who does identify as disabled that there is that lens they bring and taking on that ownership and that pride of having a disability. And so if we're talking about disability rights, like their voices should be the ones that's at the Forefront in whatever way that that looks like and sometimes individuals are not it's not accessible for them to physically say their voice to physically write their voice, but they can still have their needs communicated and other methods and its importance as an ally someone who doesn't identify with that disability to create a space to listen and to hear what that individual saying but it's important. So from those messages from within the disability Community themselves as someone does not identify as being within the disability Community or perhaps even identifies as having a different type of disability maybe even I don't know that could be a question mark But to be an advocate. I just wanted I found this definition just through Google and I wanted to read it. So an advocate is a person who publicly supports

A particular cause or policy. So I just think that it's important that it just that they're supporting a cause or they're supporting a policy and I think that it's important that the policy and the cause that they are supporting is generated within the specific needs and wants and desires from people who are within the disability community and it's not Advocates or generating things that they feel that that Community needs but rather what are the messages that this community wants to share and what are the needs that they are saying they want and I think that Advocate is then supporting those needs of the individuals who are vocalizing them.

Nicole:

That totally yeah, that's what I absolutely for fronting as well and and even kind of honing in on a portion of what you said. I felt like so strongly kind of like creating the space to listen. I feel like Luca and his work with l'arche and creating a lived and experienced and then Patrick who was talking about. I mean, he schooled me on the fact that you can try to educate people with data and numbers all day long. And that's not the way that that it will get through to them. I guess in my brain that realization of just kind of being in community together and sharing and Community really is the way to open up that channel and I think the people who are going to be good Advocates and really really good allies specifically for disability will understand understand that there's a difference in those rules and that's not something that's insulting that that is that is just the way that it should and does work.

Sarah:

Yeah. Absolutely. It's fun because it makes me think of a conversation that we had in my OT program where we really want to look at who the person is. What does that person want to do? What are their supports? What are their barriers? And how can we help that person achieve what they want to achieve so it's really important to at we have this conversation about an individual Who had who was using a wheelchair and had difficulty with fine motor skills. And and this OT it was like case study. I think I could also be totally saying this wrong but this is what I remember. So we're going to go with it with that understanding- but it was an individual so they went into her home and they saw that she was having difficulty eating at the table and she was being fed by a caregiver. So the OT like I mean feeding is one of like a highlight like Hallmarks of what OT can do and there's so many different adaptable feeding utensils. So the OT was like great. I'm going to help this individual with feeding because I know that that's something that I can do. And I know that we can make this whole thing better with all my tools and all my strategies, but the family didn't want that like the family both the individual who was that had the disability and the family member like that was a shared experience that they enjoyed having together that mealtime was really important for them. And that was a really important role for both of them to be in that space together. And neither one of them were interested on exploring any feeding things. They'd rather needed help with bathing. And so then that OT like even though there's so many things that we can do to help support that or make that better. There's no point in developing an entire intervention plan and you know forcing these individuals if you will to try all these adaptive feedings and there and then the OT was like no like I'll just show you it'll be great and they're like, no we don't want that like even that's an area of help. If you will that's an area in which that individual can have more Independence on an activity I want but that's not what they wanted. They wanted rather help with an entirely different tasks. And so I just think of that that it's really easy to be someone who is a Helper and to be someone who thinks that they're being an advocate and an ally by be seeing like seeing like, oh, I see that these are the needs in this community and I'm going to use my voice and my social power and my social media accounts or whatever that person has that are beneficial for them and I'm seeing through my perspective of someone who does not have this disability as that this is what this need is and I'm going to help change this need or I'm going to help create messaging to bring awareness to this need when that isn't necessarily A need that is from within the community itself.

Nicole:

Yeah, totally totally. That's what I think too. You know, I feel like so looking in my life. I feel like the best person who has been the best ally to me is my prosthetist David Rotter. He is just first of all a rock star of a human being he you go into his office and he's listening to school together as I'm just it's funny like talk about life and he's just amazing person but getting past the layer of him being an amazing person in general when you are with him and he's talking about prosthetic devices and using them. He is the most realistic man. You'll ever meet the first thing he'll say to you when you start talking about prosthetic devices with you is this is a tool in this state. This is a tool. It's unrealistic to think you're going to use it in every situation. It's unrealistic to think you're going to wear it from you know 8 a.m. To 10 p.m. You know, he is the first person to kind of set the realities and then with that knowledge listen to what you actually want and need and then you can go forward from there. So like right now I'm working on I'm going to get I'm really excited. I'm getting a lifting arm so I can try to lift the weight. That's just mean I've never right in his office because you have to go multiple times but it has to be in there with him and specifically the creating this something that works but it's so he's he listens to no that's too tight. I want to be able to do this type of lifting like his whole job is to listen and then figure out how to make the device best work for you and your lifestyle I feel so hurt and so appreciated when I'm in his office and I walk out with a cool that makes my life better. It's yeah, yeah. Everybody be here everybody meet David Rotter.

Sarah:

I think I think that's important to highlight two because people within the disability community may not know the things they need right like you may not know all the different prosthetic devices. You may not know actually you don't know I'm just going to say that you don't know that you can't possibly know because only someone who's trained in that profession could possibly know all of the different devices. I'll what each device is rated for like the quite, you know, like all these different tools. So, of course you as a person with disability cannot you don't have access to all that information, right? You don't need to have access to all that information, but you need the person with the information to be an appropriate Helper and to hear you provide space to listen to what you're saying be able to interpret what you're saying being able to repeat it back to you making sure that seeking that validation or verify not validations that verification that what he heard was correct. And in fact what you what you want and then can develop a tool or a message whatever that then fits that need because it of course it's unrealistic to assume that everybody with disabilities knows the exact way that they need everything to happen. A lot of people may or may not, do in that given circumstance, but we know what we need, right? We don't know necessarily all of the solutions, but we know our bodies we know our minds we know what we want to be able to do and what we need in order to get there and we can't do it all on us on our own so yes, I want to clarify and make sure that I was also part of the messaging that I'm sharing the like we don't have all the answers and we need help finding the answers, but we don't want your answers. We want our answers together. Like I want an answer that's going to be able to fit my needs. Not one that's super imposed on me based on what someone else thinks that I'm going to want and need without giving me the moment to share or talk about it.

Nicole:

We're talk about it. Yes, I couldn't agree with you more and I know that this kind of to take a step broader. Of course, we are talking specifically from our vantage point of having one hand. You know, we're two white women are 20s have a limb difference but stepping outside that scope. I know just even messaging and ways that the disability community as a whole is figuring out messaging is ever change because the needs of every individual specific disability also is different and creating that space. That's what's coming with keeps coming to the top of my head. Like are you making space for the diversity that you need to make space for and are you listening to all of the voices? Are you are you representing and all of the voices and bringing the appropriate experts in the appropriate people and tools to the table in order to find some sort of solution. It takes it takes a whole Army of people feeling these very specific roles in order to move kind of this thing forward. That is that is our community, I guess.

Sarah:

Yeah, and I know everyone's at a different moment within their disability spectrum and I believe I this could be again quoted in accurately, but I believe that it was that article and it was it was that article on Special that Ryan O'Neal. McConnell crap, what's his name? I don't know. We're going to cut that out: Ryan that Ryan wrote on his the spatulas. The my God. Is that show that he put on Netflix that was sort of it's an individual who has CP. Yeah, Ryan what Ryan O'Neal right?

Nicole:

Yeah. I actually don't know last name

Sarah:

dang it. I'm pretty sure it's, a no anyway, but we can change that later. I and so it was based on a book that he wrote called special and other lies that we tell ourselves and there was an article that was written as an interview with him that he was sort of sharing in in the like media posts about promoting his his series that he was a part of or a Mater yes and in there he talked about coming out of the disability closet. So I know that like there's a part of the journey that people have where it's like accepting this term disability and accepting what it means to be dismissed diss someone who is disabled and and some people was in the disability Community say that they're disabled blah.

I'm very like Pro person first language because I can come from health care. So I know that what's happening is a very medical model. So we're trying to like create that people are people and not sort of diagnosis you so in response to that I use a lot of the person first language, but other individuals like find that really annoying and irritating and they want to be like the disabled blah blah blah. And so I know that we have this different interaction with our language and again messaging throughout the entire disability Community is is a work in progress progress and and there's different people have different needs.

Nicole:

It's okay for it to be dynamic and I think it's okay for it to be. I'm going to say the word changing but that's not quite the right word because I think it's always consistently the same but our needs we have rights to to have the same basic human needs that the rest of everybody else has and that's always root of the conversation at hand. But yeah, also when addressing Pride I think you're absolutely right and and I think also a part of that ally-ship that people can have is is listening in on those conversations and and Patrick talked about he talked about coming out of the closet and that it's something you need to be careful about who you're coming out of the closet to because once you not with your disability Pride, you know, there's no going back and that's a it's a beautiful thing. Its an powering thing, but

Sarah:

I really do think and I think that goes back to what we're talking about.
It's like privacy right privacy with our first episode with dr. Kramer and that he was talking about that like people right to privacy in that that like if someone's looking you up for a job Nikki or me, whatever that they can look at all my social media and see that like, oh I do have this disabilities part of me. And even though I didn't necessarily explicitly say that in any of my resume stuff, but that could be a moment of discrimination or not from that and knowing that like that is that is something unfortunately, that like yes taking on disability Pride, but there is that component to it and still being still want to communicate myself as an effective employee and that I can actually take on these job roles regardless of this is disability.

Nicole:

No, totally that's actually been you know, that that specific blame. Dr. John was the one who kind of brought that to the Forefront in my brain and and it really had been something. I hadn't thought about much and now weirdly I think about it a lot because it does feel really really unfair that we are in a position where I have to give up my privacy in order to be a part of the conversation. That's not totally because I know within communities, you know, Chicago is a really strong disability Community. I'm so thankful to feel like I'm a part of that. So of course I'm having one-on-one interactions with mentors and peers who I feel like, you know, I'm able to have these conversations with but still, you know, there's just this greater Reach online and and that's real and that's true and connecting with the people who have strong voices is really real as well. And so it's been hard for me to reconcile.Which which gets importance because I don't know if that makes sense. Like these one-on-one interactions with people in person are much more validating to be as a person seriously talking to another human. You know, it's a community. That's where I am. But at the same time it's a much smaller range, right? It's about one-on-one conversation back and forth. So that's I don't know if any of that made any sense of it's something that I really have been mulling on and thinking on a lot since we had that conversation with dr. John.

Sarah:

Yeah, because I know when we first started talking to that that there was this moment we were like there's these two different identities that I hold there's the Nikki Kelly and there's then Nicole Kelly and they're two different people and they have two different messages, you know, like they're they're just they exist in these two different worlds and they are very few like you are both of them And so it's hard to sort of be like, how do I interact in in one of these worlds? Because that is a piece of me, right? And then how do I interact and another part of these worlds? That's another piece of me and there's an entirely different like en suite of of level not level but like type of professionalism that happens in both of them and hard to reconcile the the two of them to

Nicole:

well. No, I don't know if you have experienced this. Well, okay. So a good example is when I am - I'm trying to think of a specific example for you. Okay, so I my boyfriend Nate we're with his family a lot. He's an amazing family. I'm not just saying that because I know that that's going live to the world the way in which I talk about the disability work that I do to them is very different than if I'm interfacing with somebody who's within the disability world, but it's which I know that's the way it is. Right like you talk business to the people who understand your business, but it's no weird that this section of business it's something that's broadcast to the world before all I know they've all said everything that I've ever had to say because it's out there online right like in theory, they could know so much more about me and about this thing that I talk about a lot without me realizing that even though when I'm interfacing in real life those are not the things that we're talking about and of course I share those them but it's the way in which I talk about is very different. Does that make any sense?

Sarah:

Yeah. Yeah, I think so in that because there is that sort of. Yeah, because people are Dynamic people are really complicated beings and and we all take on these different roles, you know, and and that's something again. I really love from the perspective of OT as we look at people's roles. Like what is this person's role? What are all the different identities that person takes on right? Like you are a you are a an individual with disability. You are a podcaster. You are a girlfriend. You are a roommate like your friend your daughter like you have all these different spaces and in each one of those rules has a different set of things that comes along with it, right? and and so being living within this world that is speaking very publicly about the experiences of having disability and and then being someone who is just a person that walks down the street right? Like those are two very different places to be and of course the person that walks down the street wants to be welcomed and accepted and not judged critically for speaking publicly about things I and I think about this I think because in my life, No in my social media stories and I say stories meaning like the content. I produce not like my Instagram story because we have words are different things now, but I know that like I share very hard conversations. Like I have been the most vulnerable on my Instagram and that was really important for me to liberate myself from these messages because I'm not hiding them in holding on to them anymore. I'm not letting them give me I'm not giving them power to limit my perception of myself, right? So me saying them out loud publicly to any I mean anyone could look at them, right and and I was anxious like I was anxious what people I went to elementary school with would say because I've never shared any of these things with them. I was anxious for some friends that I've been really good friends with to see that because these are themes and concepts that I was not I didn't know how to talk about them. So I didn't talk about them. I didn't have any of the words. I was nowhere near the pride to be able to publicly speak about any of them. So I didn't and I don't want them to think that they're bad friends because they weren't at all it was more sort of. How do I find my journey to share these things. So future employers could look up them to because it's all public but not having that be then turned and used against me and knowing that like that's that's a space I need to reconcile and I believe in these hard conversations and I believe in the power that people can have in the connection that people can have by reading them because they can say like, oh me too like thank you for finally someone saying these things because that's so important to know that we're not alone and I think it's really easy to be like everything's great. I'm normal like everything's fine. Everything's wonderful. We're just like any other kid or it's like No And what really what is any other kid? Like we all have these pieces of The Human Experience that are difficult and I think it's important to acknowledge that they're difficult just like you're having a sick weekend. There's nothing wrong with having a sick weekend. It's not the most fun but sick weekends are important and they are important to work through and then process and make peace with and I just believe in the value of connection on that. So that's a choice that I made when I shared that but know that that's a piece of myself. That is no longer private.

Nicole:

Yeah. Well and just not only I mean, I guess during that you're not only hopefully encouraging and empowering other people to step up and share their narrative. And then but then also I feel like it's an Avenue also to create allies as well and you know these people who are generally very interested in being supports and being there to lift up the voices and the things we have to say as well. So yeah, it's just it's curious to look at this 21st century way of filling all these roles in the way that you can create community and be a part of it and you know, it's so many different, again facets that you can in plug into and be a part of but they all kind of have their different implications that go along with them. So it's just interesting to kind of break those down but always with I mean, I feel like the endpoint is always creating a connection to someone. Yeah, whether that be a future Ally or whether that be somebody who is an advocate or a person with a fellow person living with disability that’s always there that search I guess.

Sarah:

Yeah it is it is and I think it's important to acknowledge it. Yes. Yes all of it. Yes and here that connection because there's there's pieces of my story that people can connect to without having my experience right because we're humans and we have all these feelings and emotions and struggle with how to be people in the world. And

and then I think that there is this unique perspective of being someone with a disability and and having that an ally able to see that and and help spread that message so that it connects to other people who may be experiencing this too and I think that's important, but I also think it's important not to generate messaging completely not from the perspective of somebody with disability but being an outsider looking at it and then sort of commenting on it. I think it's important to to hear that messaging from within the disabilities and amplify that messaging and share it and maybe you know, like what am I you say like I said like help refine the message, but I think it's important that the overall content of the messages are actually coming from people like things that people have said or communicated in the way that they can communicate. It's important that those the the true messages like, you know bullet point statements that we want to convey are coming from within people's of the disability Community rather than that messages and that's been superimposed because that's what we think that we want. So I just think it's really important to be mindful and and I was really thinking about your journey with your prosthetist to in that like you were going for these multiple meetings. So you're like the initial conversation is what do you want to be able to do that? You cannot do right now as effectively. And then like these are potential suggestions. Let's try them on. Let's get feedback. Like this is what I heard you saying? This is what I picked and chose for you. Does this work for you? Great. If it doesn't like let's find a new one. So I think it's important to include people with disabilities throughout that entirety of the the conversation just to make sure that people without disabilities are like truly understanding what that message was and and and then being able to amplify it from there.

Nicole:

Totally I totally agree with everything you just said. Yeah, I do I do and I really it takes a Village to move people move messaging along and to amplify the voices and you know, everybody has a part to play I come from a theater background right like every payroll and those roles are well defined and you have a certain costume about you where in certain lines like high-end and I think doing the homework to understand where you fall within this community is so important to understanding how you can be of help because if you haven't met homework, you could be actually unintentionally hurting. Yeah don't think that anybody anybody's intention is ever do that? I don't think but my my I've been reflecting since I'm almost turning 29 on the thing that I learned this year. What was the No 1 Thing. The number one thing I learned in my 28th year of life was that good intention does not always mean good. Yeah, you know, so like someone have really really awesome mention, but that doesn't mean that what they're actually producing or do me saying good and so just someone being being able to pause and do the homework and make sure you something check to make sure that you actually are doing something right? Yeah, and

Sarah:

I know I said messaging a lot. I think I just was perseverating on messaging there, but it's really anything. It's building a space. It's it's helping create policy. It's it's helping change policy like any anything that individuals with disabilities need it's helping someone find an alternative strategy or building a tool from someone. It's any of those gamuts is is how an individual can be an advocate so I really see how you said that we all have a role to play in a costume to put on and even like a job within that it's not necessarily everyone on theater. It's everyone it could be people sitting and watching the production and supporting the production that way it's people who are doing all the lighting and the sound in the background work and who made stuff here and there, you know, it's not just the people on the stage and there's absolutely a whole world of Advocates who are not on stage. They're all of the other support that happens everywhere else that don't necessarily get that stage Limelight if you will, but are still crucial components of it,

Nicole:

Right but the actors and the players on stage should be the people with disabilities, you know, and then your back some crew that should be the people providing tools. There should be your doctors. There should be across such as they should be.

Sarah:

Yeah, mothers and fathers.

Nicole:

Yes. Yeah mothers and fathers and and of the things and yes, yes people who are more and then you're right. Then there are the audience members and people who maybe don't necessarily interact with it on a daily basis, but also agree that disability rights are civil rights, and I want to be on the help push that along you know, it's so important. So yeah, I think I'm really really thankful for the two guests that we pulled and had I just thought they had such wisdom and I could listen to Luca talk all day long. Hes a real such a fire. So I felt them brought such quality and In addition, I just think that the thing the thing that I pulled that I'm just reiterating and I'll kind of what I said before but they both equally said was creating that space to listen and be in community with the person. Yes. Give me a person to another person. Yes. I loved that.

Sarah:

Yes. Yes, beautiful and that's it. That's it. That's the end of the day. That's how you beat up kit that we need you as an advocate.

Nicole:

That is how we need you as a man. Yeah, cool so slow. Well, we only have one episode left

Sarah:

Oh my gosh. It seems like what? Yeah. Yeah. Oh, you want me to tell them right now? got it! So that's it. This concludes our Ally chapter.

Nicole:

Sorry. Yes and also very hungry. So I'm just I'm gonna meet up with dinner. I'm going to have to do with my sister here. So I'm just like thinking about food which is lovely but yes, and so we just finished up our section on allies. And then that's it. This is our the end of our first season, which is really exciting. So our next episode we will recap on everything that we've learned combining all of the themes for our full first season will sort of do a general like what we've learned how we both you and I have grown as people as a result just direct result from this podcast will speak a little bit on some of the things that we want to change.

With a current podcast for next season. We already know I will not be typing on my computer typing on my keyboard in the car because I heard that in the audio is like oh my God, why are you typing and then we'll sort of outline how like what we're thinking of doing with season do there will be a season 2, but we will have a break both Nikki and I need a pretty significant break to just recap figure out what how we want to move forward with season two to be so much better than season one because we're always learning and growing

Nicole:

And also Sarah needs to graduate.

Sarah:

Yes. I need to graduate!

Nicole:

You're ready to finish what she has begun and also, I mean an important part of even though episodes won't be dropping weekly. I think it's important to note that we behind the scenes, you know, we we're really going to be sending out surveys to people who listen to understand how to be better. We're going to be crafting and creating a new arc for the second season. Like you may not you know, we're still going to try to be so like active on social media and hearing things even though there won't be new episodes dropping every week for a summer break. There there absolutely are things that are happening in the background and we're still going to be chugging along so we still want this conversation to continue. We just think it's really important to pause and collect and regroup in the way that makes it best for everybody and the broadcast. Yeah.

Sarah:

Well send us messages to we love hearing from you. And I know both of us have been pretty overwhelmed with everything that we haven't been able. Respond to emails as quickly as we wanted to but we love everything that everyone thinking so if you have ideas on topics you want to cover or people you'd really like to hear from that sort of are involved in Academia are involved in research or along those lines. Please let us know. We're really welcome to solve that. We loved it. We want you to be part of it because we want to be good Advocates and allies for you.

Nicole:

Hey, we do! that was so good Sarah right!

Sarah:

I was pretty proud myself.

We want to say thank you for spending part of your day with us. We want to give special thanks to our Network public-house media for our intro beats. Jason Barnes its cybernetics for our logo art Patrice. You can find them at normal person's.com and Matt Meldrum and Ryan Lewis are two handed technical team.