

**VERIZON
UP TO SPEED LIVE
February 28, 2022 12:00 PM ET**

>> RAQUEL: HEY, EVERYONE, HAPPY MONDAY AND WELCOME TO UP TO SPEED.

I FIRST WANT TO ACKNOWLEDGE THAT OUR HEARTS HAVE BEEN WITH THE PEOPLE OF UKRAINE DURING THIS DIFFICULT TIME.

AND VERIZON IS STEPPING UP TO HELP.

WE WILL WAY OF CHARGES FOR CALLS FROM HOST STATE CONSUMER AND BUSINESS WIRELESS CUSTOMERS AND RESIDENTIAL LANDLINE CUSTOMERS TO AND FROM UKRAINE FROM FEBRUARY 25TH THROUGH MARCH 10TH.

WE WILL ALSO WAY OF VOICE AND TEXT ROAMING CHARGES FOR CUSTOMERS IN UKRAINE.

IF YOU'D LIKE TO HELP VERIZON WIRELESS CUSTOMERS CAN DONATE \$25 BY TEXTING UKRAINE TO 25383.

PLEASE NOTE THE DONATIONS WILL BE APPLIED TO YOUR WIRELESS BILL.

TEXT TO DONATE WILL PROVIDE RELIEF TO UKRAINE THROUGH THE INTERNATIONAL RESCUE COMMITTEE IN THE FORM OF FOOD, MEDICAL CARE, AND EMERGENCY SUPPLIES TO REFUGEE FAMILIES IN UKRAINE.

NOW TO SOME BRIGHTER NEWS.

AS BLACK HISTORY MONTH WRAPS UP, WE WANT TO REFLECT ON HOW WE CELEBRATED WITH OUR THEME, KNOWLEDGE, AND ACTION.

FROM THE B.O.L.D. UNAPOLOGETICALLY AMBITIOUS LINKEDIN LIVE EVENT FROM VERIZON BOARD MEMBER SHELLYE ARCHAMBEAU AND CONSUMER GROUP CHIEF OPERATING OFFICER KRISTA BOURNE TO HIGHLIGHTING BLACK TECHNICIANS AND OTHER TALENTED V TEAMERS THERE MONTH WAS PACKED WITH WAYS TO CONNECT WITH OUR COMMUNITY, INCLUDING OVER 2,800 HOURS DEVOTED TO VOLUNTEERISM.

AND LAST WEEK, THE POLICY PUBLIC POLICY GROUP PARTNERED WITH B.O.L.D. TO PRESENT SHOOT FOR THE MOON, LAND AMONG THE STARS.

A PANEL DISCUSSION ON LINKEDIN HOSTED BY VERIZON'S DONNA EPPS WHO LEADS OUR PUBLIC POLICY TEAM AND FEATURING SHARON MCDOUGLE, A RETIRED SPACE SUIT TECHNICIAN AS A SPEAKER.

THE FIRST BLACK WOMAN ASTRONAUT TO GO TO OUTER SPACE.

WE ALSO HEARD FROM OTHER BLACK WOMEN IN S.T.E.M.

HERE'S A CLIP FROM THAT EVENT.

>> I'VE READ THAT YOU'VE SAID

YOUR PATHWAY TO ASTRONOMY HAS

BEEN JUST AS IMPORTANT TO YOUR

PATHWAY TO THE DIVERSITY WORK THAT YOU'RE DOING.

AND YOU WERE RECOGNIZED AS A DIVERSITY LEADER.

AND SO, YOU KNOW, I SHARE THAT

SAME PASSION AND I'M JUST

CURIOUS, LIKE, WHAT DRIVES YOU

TO THAT PASSION?

LIKE I JUST WANT TO HEAR MORE ABOUT THAT.

>> YEAH.

SO - - SO THE RESEARCH THAT I DO,
THE THINGS THAT I STUDY AS A SCIENTIST ARE I'M REALLY
INTERESTED IN THE BRIGHT CENTERS OF GALAXIES.

AND THESE ARE BRIGHT CENTERS

THAT HAVE BEEN FED BY - - ARE BEING FED BY GAS AND
DUST FALLING INTO A BLACK HOLE.

AS I WENT THROUGH MY JOURNEY TO BECOME AN ASTROPHYSICIST AND TO
STUDY THIS WORK.

>> RIGHT.

>> I WASN'T THINKING ABOUT

MYSELF AS BEING - - I WAS OFTEN THE ONLY, BUT I WASN'T THINKING
ABOUT THAT, RIGHT?

I WAS JUST TRYING TO BE A SCIENTIST.

BUT THEN SORT OF AS YOU'RE IN

THE FIELD AND AS YOU RUN UP

AGAINST OBSTACLES AND AS YOU RUN

UP AGAINST PEOPLE WHO MAYBE

DON'T EVEN DIRECTLY SAY, BUT YOU RUN UP AGAINST PEOPLE WHO

CLEARLY DON'T THINK THAT YOU CAN

MAKE IT OR DON'T THINK THAT YOU CAN DO IT OR QUESTIONING YOUR - -

YOUR INTELLECTUAL ABILITY.

AND I SEE PEOPLE - - I SEE BOTH

THE OTHER PANELISTS SHAKING

THEIR HEADS BECAUSE THEY TOTALLY RECOGNIZE THIS, RIGHT?

YOU NOTICE THESE THINGS.

AND IT STARTS TO REFLECT BACK ON YOU, RIGHT?

AND - -

>> YEAH.

>> AND SO IT'S REALLY IMPORTANT

TO SORT OF KEEP YOUR HEAD UP AND

UNDERSTAND WHERE YOU WANT TO GO

AND PUSH FORWARD.

>> RAQUEL: OKAY, I WATCHED THIS EVENT LAST WEEK AND IT WAS AMAZING
AND WORTH WATCHING THE ENTIRE CONVERSATION.

YOU CAN FIND THE LINK IN THE REPLAY OF TODAY'S STORY.

AND AS BLACK HISTORY MONTH COMES TO A CLOSE, WOMEN'S HISTORY
MONTH BEGINS.

WE HAVE SO MANY EVENTS IN STORE THAT I'M LOOKING FORWARD TO,

STARTING WITH A WAVE EVENT TOMORROW, MARCH 1ST, THAT WILL DISCUSS

HOW WE CAN BREAK THE BIAS.

OUR THEME FOR WOMEN'S HISTORY MONTH.

THE KICKOFF EVENT WILL FEATURE OUR VERY OWN SVP AND CHIEF DEI

OFFICER MAGDA YRIZARRY AND DEBORAH TSAI MUNSTER SERAMOUNT'S

VICE PRESIDENT OF PEOPLE, CULTURE, AND OPERATIONS.

AND BE ON THE LOOKOUT FOR WOMEN'S DAY EVENT WITH WOMEN'S COLAB AND BUSTLE ON TUESDAY, MARCH 8 AM.

YOU'LL BE SEEING ME AND DIANA ALVEAR HOSTING THE EVENT THAT WILL FEATURE A SERIES OF PANELS AND DISCUSSIONS WITH WOMEN WHO HAVE FACED AND CONQUERED THEIR OWN CHALLENGES THROUGHOUT THEIR CAREER.

THERE WILL BE MANY MORE EVENTS SO STAY TUNED FOR DETAILS.

AND SPEAKING OF STRONG WOMEN, MAGGIE HALLBACH WILL LEAD THE TEAM FOR FEDERAL, STATE, LOCAL, EDUCATION AND VERIZON FRONTLINE PUBLIC SAFETY CUSTOMERS.

MAGGIE HAS BEEN WITH THE V TEAM FOR OVER 25 YEARS AND SERVED IN SEVERAL ROLES.

CONGRATULATIONS, MAGGIE.

WE ARE LOOKING FORWARD TO CATCHING UP WITH YOU SOON.

NOW SOMEONE ELSE WHO I WOULD CONSIDER A STRONG WOMEN, JESSICA BONARDI AND OUR FAVORITE FITNESS FANATIC IS GETTING US UP TO SPEED WITH WHAT OUR HEALTH AND WELLNESS TEAM HAS LINED UP FOR MARCH. TAKE IT AWAY, JESS.

>> JESSICA BONARDI: THANKS, RAQUEL.

IT'S TRUE.

I LIKE TO PICK THINGS UP AND PUT THEM DOWN, CLEARLY.

AND A KEY TO LIVING A HEALTHY

LIFESTYLE IS HAVING GOOD NUTRITIONAL HABITS AND BEHAVIOR.

THAT'S WHY THIS MARCH WE'RE

CELEBRATING NATIONAL NUTRITION MONTH WITH FUN ACTIVITIES, INTERACTIVE CHALLENGES AND DELICIOUS RECIPES.

OUR FRIENDS AT THE HEALTH AND

WELLNESS CENTER ARE HERE TO

SUPPORT US. COACH RACHEL, TELL US MORE.

>> HI, JESS.

THE HEALTH AND WELLNESS TEAM IS VERY EXCITED TO CELEBRATE NATIONAL NUTRITION MONTH BECAUSE

THE THEME IS A WORLD OF FLAVORS.

WE WILL BE TAKING A TOUR AROUND THE WORLD TO EXPERIENCE

DIFFERENT CUISINES FROM LATIN

AMERICA, TO ASIA, THE MEDITERRANEAN AND MORE.

WE INVITE V TEAMERS TO TAKE OUR

CHALLENGE OF CREATING AND TRYING A NEW CUISINE.

CELEBRATING FLAVORS FROM

CULTURES AROUND THE WORLD CAN BE

A TASTY WAY TO NOURISH OURSELVES AND APPRECIATE OUR DIVERSITY.

CHALLENGES INCLUDE CREATING YOUR

OWN SPICES AND MARINADES,

VISITING YOUR LOCAL FARMER'S

MARKET AND HOSTING A DINNER PARTY.

WE KICK OFF WEEK ONE FEATURING

LATIN AMERICA WHERE WE CHALLENGE
YOU TO CREATE YOUR OWN PICO DE GALLO.

>> THIS TOMATO- BASED SALSA CAN
BE EATEN ALONE OR AS A TOPPING TO ANY DISH.
ADD YOUR PICO DE GALLO TO ANY RECIPE OR ENJOY WITH CHIPS.

>> THIS PICO DE GALLO RECIPE IS
SO GOOD, EVERYONE IN YOUR FAMILY WILL WANT SOME, EVEN THE DOG.
>> THANKS, RACHEL.

I AM SET TO START WITH WEEK
ONE'S CHALLENGE JUST IN TIME FOR TACO TUESDAY.
NOW, IF I COULD ONLY FIND THE CARVING BOARD.
WHERE IN THE WORLD DID I PUT IT? I DON'T KNOW.
WHAT DID I DO WITH THAT?

>> RAQUEL: OKAY.
THANKS, JESS AND RACHEL.

I'M LOOKING FORWARD TO TACO TUESDAY MYSELF.
AND I CAN'T WAIT TO GET A TASTE OF DIFFERENT CUISINES AROUND THE
WORLD.

LOOKING AHEAD TO LATER IN THE WEEK, AS HANS MENTIONED LAST WEEK,
INVESTOR DAY IS THIS THURSDAY, MARCH 3RD WHERE WE WILL BE MEETING
WITH THE INVESTOR COMMUNITY TO TALK ABOUT OUR STRATEGY AND MORE
ON OUR FIVE VECTORS OF GROWTH.

AND WE'LL HAVE MORE DRAMATIC, EXCITING EVENTS LATER THIS WEEK.
AND STARTING TODAY WE ARE ON THE GROUND IN BARCELONA, SPAIN, FOR
THE MOBILE WORLD CONGRESS.

MANY OF OUR LEADERS INCLUDING TAMI AND RIMA ARE THERE TO SPEAK ON
THIS YEAR'S THEME CONNECTED IMPACT WHICH ENCOMPASSES THE MOST
GROUNDBREAKING TECHNOLOGY OF TODAY AND EXPLORES HOW IT CAN
SHAPE THE WAY WE LIVE TOMORROW.

MAKE SURE YOU TUNE IN ON FRIDAY FOR A RECAP OF ALL WE DID AT MOBILE
WORLD CONGRESS.

BEFORE I GO, IT'S EMPLOYEE APPRECIATION DAY FRIDAY.

THIS IS A GREAT OPPORTUNITY TO SHARE YOUR APPRECIATION FOR YOUR
FELLOW V TEAMERS AND THERE'S LOTS OF WAYS TO DO SO INCLUDING
WRITING YOUR MESSAGES OF GRATITUDE ON OUR JAMBOARD.

IT'S SO IMPORTANT AND A GREAT WAY TO START OUT THE WEEK.
WE HAVE LOTS MORE IN STORE FOR UP TO SPEED FOR THIS WEEK.
HAPPY MONDAY AND UNTIL NEXT TIME, YOU'RE UP TO SPEED.