

VERIZON  
UP TO SPEED  
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>> What is 5G?

For most people 5G means faster.

You might have heard the example about how fast you can download a movie.

But there's more to it than that.

5G stands for fifth generation, the next evolution of wireless technology, and it represents a massive step forward that will revolutionize entire industries but not all 5G is the same.

In fact, most of what is advertised as 5G is only slightly faster than 4G offerings but with Verizon 5G ultra wide band we built something completely different.

Our 5G runs radio frequent [au](#) sees, just like 4G but as a higher frequency known as millimeter wave and thanks to our spectrum assets, as a much larger bandwidth.

Is the faster 5G anywhere in the world, for speed, capacity, and lower latency than traditional 4G.

All of that translates into experiences even closer to real-time.

Which means it can be things like augmented, virtual and extended reality vividly to life for consumers.

Increase speed and accuracy for all types of industries like healthcare and smart manufacturing and support massive IoT deployments that will change how we live, work, and play.

And just like you've heard a lot about 5G, you may have heard about something called edge computing, multiaccess edge computing, or MEC for short, takes the burden of computing power and related infrastructure off the consumer's device and puts it all in the cloud, but instead of the cloud server being hundreds of thousands of miles away, it brings it as close to the end user as possible or, as one might say, right to the edge of the network.

The end result is that consumers get access to cutting edge accessing power, without having to constantly upgrade systems, download applications, or.

It means the data has the shorter round trip which makes for near instantaneous responses.

There are other benefits too.

By off-loading the processing burden from the end device, you open the door to a number of exciting possibilities on that front, like new form factors, better battery life, and even lower cost options.

When you put all that computing power in to edge of the network, the network you're using matters more than ever.

To get the most out of MEC, you need 5G.

For its massive increases in speed and number of supported devices and dramatically reduced latency.

Think of it this way.

If MEC is the rocket, than our 5G ultra wide band is the rocket flew.

Our 5G ultra wide band network provides the perfect platform to harness the full potential of edge computing.

We have partnered with Amazon web services to bring our 5G mobile edge compute platform to developers every where.

Across all of our strategic partnerships, at 5G labs and through all of the 5G innovation problems, we're enabling the next generation of innovators to push the limits of 5G and edge computing.

Here are just some of the use cases currently in development, augmented commerce, real-time quality control, AI assisted healthcare, public safety, drone automation, and inspection.

On-line and mobile gaming.

And autonomous fields and that's just a start.

He day the demand for real-time enterprise keeps growing, and 5G ultra wide band and edge computing will be there to meet it.

>> I'm Mike Moore, CEO and cofounder of ICE mobility.

ICE provides supply chain services to Verizon and all of the partners.

The goal is to make sure that when a customer has a right product on the she was when they sell it and one of the ways they achieve this is by making sure we double check every single shipment so it has the right product in the box.

This can add a lot of time and add a lot of cost.

One thing that's really exciting is that we're work Verizon and Microsoft using 5G and edge computing to automate and improve our quality control process through computer vision.

We were able to do this by installing high definition cameras plus every one of the lines, and these cameras are powered by the 5GMEC network.

What you're seeing in the video is automation for what people were doing before.

So the data for that particular order to what the high definition cameras looking at inside of the box to validate that it is the right material.

And that flattening it if it is not.

The great thing about the MEC is that it literally knows the entire journey of the box it. Knows the product and knows the customer, is it knows what the worker is putting in the box.

It literally eliminates the quality control step but even more importantly, it increases accuracy because now have you an automted process.

Without, frankly, the 5G MEC, we couldn't do that on an automated basis.

I've had a 37 year-old relationship with Verizon and it's the first place I went. And then when I heard they were partnering with Microsoft, it sealed the deal for me. Wreev always been a Microsoft customer and it became a natural selection. The next step is the transformational step, learning the full power of the 5G network, to be doing things completely different, using high definition cameras for many different things such as security, social distancing, and contact tracing. Frankly, we're just getting started.

There's a long list of opportunities created by the technology.

>> The NFL is back and you could be watching free live football on your phone with your friends.

Just download the app.

Allow your location and get live local and prime time games to watch together, start a room, pick a game, invite your friends, and catch the action together, because on the yo had a sports app you get free live football with friends.

>> I'm a Verizon engineer and I'm part of the team making Verizon's 5G network.

Today is a really big day for us.

Because today we're turning on 5G across the country and this is the 5G America has been waiting for, with the coverage of 5G nationwide and in more and more cities, the unprecedented performance of ultra wide band, the fastest 5G in the world. It is 25 times faster than today's 4G network.

25 times.

Yeah, it is pretty incredible.

I'm excited about how it will change your phone and how it will change the way businesses do everything.

I'm proud because we didn't build it the easy way.

We built it right.

This is the 5G America has been waiting for.

Only from Verizon.

>> This year, teachers are learning new ways to teach.

Parents are learning to lesson plan, and young minds are learning a new normal.

This year, we are all students.

At Verizon, we're enabling the education that students deserve, with credentialed teacher training, free lesson plans for parents and tech for stunts worldwide.

It is citizen, plan for economic, social advancements.

>> Hi, my name is Damian Ross and I'm one of the founders and presidents of DD sports and our basketball product is called shot tracker.

Shot tracker tracks stat steppings and analytics providing real-time data to coaches, broadcast partners, fans and players, all with sub second latency.

Basketball is constant activity up and down.

Latency is so, so, so, so critical.

One thing that we're doing that is really exciting is demoing shot tracker technology over Verizon 5G and AWS wavelength.

This allows us to see the delta between the traditional process which is 4G and this accelerated amplified process that utilizes both 5G and MEC.

You can distinctly see the difference in the speed of that.  
When I think about what 5G and edge computing can do, I think about coaches.  
I think about them getting access to this video and data anywhere in the facility.  
It may be in the locker room at halftime or sitting on the bench during the game, all delivered in real-time.  
When you think about being able to take this data and incorporate it into the broadcast, latency is even more important.  
We're really excited about what 5G and MEC will provide to the market.  
We've been waiting on this for so long, and the time is now.  
It is finally here.  
And it will revolutionize the fan experience, the viewing experience, and how we consume data and sports for the rest of our lives.

>> I didn't know that I was going to be the opening speaker at the march in Washington, D.C. I don't think anybody knew what we were walking in to, other than the feeling that it was necessary and we had to be there.

>> I see this as a moment of taking feminism back, making feminism a project that all of us can share.

>> When I put the hashtag in front of Black Lives Matter, I was like, we're going to make this thing go viral.

>> I still remember the last moment when we hit the publish button.  
We watched with wonder as the story started to kick off with wildfire.  
Everybody is like oh, good luck, now we have a movement.

And I'm like no, me too is a type mean part of a large movement that's been happening for decades.

>> I got a call saying, a bunch of us are going to gather, do you want to come over and join us?

I said yes because I was mad.

>> This is even before we had the name times up.

Someone slammed their hands on the table and said times up on all of this behavior.  
And then it was like oh, yeah, that's our name.

>> There's a Renaissance that's happening inside of Hollywood.

>> I remember calling my attorney and saying like, if I say this, are we sure that it is true?

>> On behalf of women every where, I am the highest paid show runner in television.

>> The United States Congress certainly was not built for young women but it is really young women of color who have pushed forward for so many changes and that has just turned power dynamics from Capitol Hill on its head.

>> The world in this country is changing, it has been changed, and I think that we have an opportunity this time to do it right.

>> There are some people who think we are post civil rights, we are post feminism, and therefore we're post sectional.

I can't see how we're post anything and I can't see how we can possibly think we're done.

>> You never want to see a charge on your account you didn't make.

My name is Sarian and I work at Verizon.

With double check, we ask you to approve requested changes on your account before they happen, not after.

That way if something happens, if you ship out something to a different address or if you change your user ID or you add someone on the account, we're going to make sure that it is you that is doing it, no one else.

Introducing double check, your extra layer of security so you never have to worry.

>> Hi.

I'm Chris Rock it. Not about me.

I get it.

No, no, no.

Zoom in on it. The new iPhone 12 pro with 5G means Verizon 5G ultra wide band.

Do you want me to turn around?

This is a game changer.

5G just got real man.

Remember it a song the summer took a whole summer to download.

One times I waited 51 minutes for the it to download, that's longer than the whole album.

These don't blink.

The 5G plan around.

Remember when you were trying to watch bigger and black better and by the times it downloaded, I was older and thinner.

Now done.

Remember when you could only watch the NFL on TV, remember you didn't have five different camera angles and replace, football just got 5G real.

Remember the only way multiplayered.

Boom.

Remember when you found he's sports was a real thing and kids half your age were making twice your salary.

Yeah.

Remember when I told you to clean your room?

Nope.

You remember when your allowance is due, you'll never forget that.

Verizon 5G.

5G just got real.

5G ultra wide band, now in more and more cities.

>> If the client doesn't have the means to get the housing that he needs, tell him not to worry about it.

Tell him the welcome fund covers it.

>> They're going to repossess my car and I'm not going to be able to get to school.

I'm going to mess everything all up again.

>> I'm a hard worker. I want to be a good mom.

>> The the globe is most unkind, when we determine someone's life holds more value than another person's, it is the start of unkindness.

>> We need to protect the rights of the smallest minority because in doing that, we're protecting our own rights.

That's what the constitution is reminding us.

Stand up for each other.

>> The hate that exists in this country could be our destruction or it could be our call.

>> What country is she in?

>> She is right now in the --

>> I can things happen to refugees.

>> Most of the people that we are resettling have fled violent outbursts of Civil War or ongoing conflict.

>> Some to --

>> In America, while will people still be sleeping on the street?

>> We really do.

>> The first piece of capitol that we all need as humans is trust.

>> I want to make a change and I want our generation to be an aspect of that change.

>> Put in time and practice and family, love being a good neighbor.

>> Stand if you ever gotten to a study session and you were someone brought food.

Stand if you ever lent or borrowed a textbook.

>> The single most important thing for us all is caring for your fellow man.

If you have that in your arsenal, you can do just about everything.

>> Stand if you helped a fellow student out with encouragement, direction, accountability, or even love.

We all are here today because we all help each other.

>> We need to be kind, respectful, and responsible, within society, to live in a civil democracy.

>> I think it is the glue that holds us together.

It's just really important because without kindness, we'd all be maniacs.

>> Wow.

If your heart is full, if you're super inspired and motivated right now, you're not alone.

Let me tell you, I saw the movie yet, the "The Antidote", and I was weeping from the first moment it started in the best of ways and so inspired.

And that is what we are talking about today.

Welcome to a special edition of Up to Speed live.

I'm Diana Alvear, and today is all about kindness.

And you've been hearing about this for awhile with our company wide campaign A Call for Kindness and today is dedicated to that because we need so much more of it today, especially during the holidays, right, so much stress and turmoil happening right now, we can all be a little bit kindness. So we are so excited about today's show.

Verizon, as you noticed, has partnered Capital 1, the big 66 agent partners and the Amazon Prime documentary, "The Antidote" together in A Call for Kindness.

And by the way, as part of this partnership, all V teamers can watch this for free, whether or not you have access to Amazon Prime.

And today we are so fortunate to have Krista Bourne, the beloved Krista Bourne, along with a coproducer and one of the stars of this film, "The Antidote", here to talk to us about the inspiration for this documentary and you a [ha](#) you this all fits together with the A Call for Kindness.

So we're asking if you have any questions or you're inspired or you just want to let them know something, you can absolutely still send us your questions to the

good@verizon.com mailbox. And now I'm so excited to welcome on to the show Krista Bourne, senior vice president of consumer sales and operations.

Welcome to the show and congratulations on the A Call for Kindness.

It really has been a call for compassion right now, and it is going over so well.

So thank you for being with us today and tell me a little bit about how you're feeling about a A Call for Kindness.

>> Thank you, Diane [nachlt](#) and today is a very special day because we will have this extra conversation.

But before we get there, I do want to tell you that I'm, very pleased with the way the campaign is unfolding.

Where I really feel best in the way our employees are receiving it.

And this was a message for everyone, but it was very special for our front line employees, and not just those that are working in our stores, those that are on our technician side of the house, those that are answering calls.

At the end of the day, it's okay is the time for kindness and it is something we can all give and do, and we just have to be reminded that we're all people, mothers, brothers, cousins, we say this all the time, whether you're behind the mask or over the phone, we are people.

And so our employees are responding really well.

You can find all kinds of stories where our employees are sharing who they are behind the mask or from behind the phone.

>> So I want to ask you a little bit about the inspiration for a A Call for Kindness.

Why did you, as a leader here at Verizon, why did you feel it was so important to make this the centerpiece of a campaign?

>> Well, listen, I have a personal belief that, you know, I love the product that we sell. I think that it is a privilege to be a part of an organization like Verizon where we have such a premium, such a reliable product that people depend on us for.

But I also know that we are always going to only be as good as the people behind the product.

And I think that when you have a platform, you should take the opportunity to make sure you prioritize those same very people that make success possible for you every day.

This is my work family.

And like I care for my own personal family, I want to make sure that I'm always putting my best foot forward on behalf of our workforce, because we couldn't do anything that our brand is known for without the people behind our product.

>> What have you been hearing from our team members about this?

I mean, are they feeling like they're being recognized and they're being heard and valued?

What kind of feedback have you received?

>> You know, you just said it, Diana, they feel heard.

You know, it is uncomfortable when you are in a confrontational situation on the sales floor, you know, emotions are running high, we're in a situation that is new for so many of us, for so many reasons, and you know, there's a lot of uncertainty.

So those emotions, they tend to come into the environment and our employees are needing to deescalate those, our customers are taking a deep breath and maybe

calming down a little bit and people are getting through it. With you but it doesn't make it any easier.

Now, I know we didn't sign you were for easy, so my time and our team, we're all working through it.

But at the same time, people want to feel like they've been heard.

Like they matter.

And I have a firm belief, new know, making sure that people see themselves in the plan and you can't see yourself if you don't think you that have a voice.

And this is something that we do together every day.

So it was important for them to be heard.

>> So if there's one thing about the VPN community that stand out, it is the vibe, like we're always looking at what can we do, what can we add, how can we contribute to all of these great campaigns.

But what can we do when it comes to A Call for Kindness?

>> Three things, three things I'm going to tell you.

One, you can go to [Verizon.com/kindness](https://www.verizon.com/kindness) and there you can learn more about the campaign but you can also grab a little kind card, and you can e-mail that or text it or post it and share it with somebody and tell them something that might make them smile. It's a nice way to share kindness.

You can also, the second thing, you can post your own picture of yourself and describe who you are behind the mask or who you are from over the phone and make sure that you let people know that you're more than just who they might see on the surface.

You're a person, you're smiling behind the mask, you're smiling over the phone, and that that level of connection, I think, is very helpful in today's environment.

And then the third and final thing is we all have to walk the walk and talk the talk.

So you yourself can be kind and make sure that you take time to do that every day and make sure that other people are receiving the benefit of your kindness.

These those are the three things that I think we can all to do to get involved with the campaign.

>> You know, one of the coolest things about this, the A Call for Kindness is that we are not in this by ourselves.

In fact we had great partners.

Can you tell us a little bit about that?

>>. Yes.

So we have had wonderful partner from key buy [yins](#), you mentioned them they beginning, we have Capital One, so that's a wonderful opportunity, it is outside of our industry but still a customer facing opportunity.

And then we have our big 6 partners which are our authorized agents, Cellular Sales of Knoxville, Russell cellular, TCC, GoWireless, and Victra. And those partners help to serve us in more than 5,000 points of distribution, so having them on board is really, really important.

And we're working and talking to other retailers all the time.

We've had great discussions with a lot of individuals who find the campaign to be exactly what we need right now.

So remember, this is not just for the moment.



We will continue this as we go floor because you should always be kind and there's always room in our day for kindness, no matter what time of year it is.

>> Yeah.

And I have to tell you that, you know, I use Instagram and I love seeing my fellow VPer's and show me who they are, whether they are moms and dads, grand mass, kitchen table teachers, you know, [overing](#) everything that they do personally, it really, you begin to know somebody behind the mask, as you're saying. So it is a really great thing to do. And if you're out there right now and you haven't done your kind card [corks](#) it, do it a hashtag, A Call for Kindness, so we can keep track of who you are and get to know you better.

And I want the way, Krista, we do have one of the partners with us along for the show. Today we are so excited to introduce Kahane Cooperman, one of the stars of the movie, Dale Harges from Biker Boyz & Girls, they were feature in the film. So welcome to you.

And I'm going to have Krista do the honors of chatting with you today, I was blown away, and I thought I would start crying at the movie.

So I'm going to have Krista do the honors.

>> Thank you.

Welcome both, Kahane and DeAmon.

We talked about it, this is a great partnership between of [the](#) two of us.

We were trying to move the campaign forward on behalf of our front line workers and you were trying to shed a light on kindness on a world view.

And I think the two coming together is an amazing opportunity.

So first, why don't we start, Kahane, tell us what inspired the documentary?

Like why does it even exist for us to take advantage of today?

>> First of all, thanks for having myself and for having DeAmon on and we're just very honored to be here speaking to the Verizon community.

So about two and a half years ago, it was 2018, and I met with for coffee, I met for the first time, another filmmaker named John Hoffman had who had [h](#) raised a little bit of money to make a film and he just had one word, kindness.

And again, it was 2018.

And on a personal note, I really felt like everything was crumbling around me in this country and I didn't understand why.

It made me feel uncomfortable.

I didn't recognize it as having, you know, been what I was used to living with.

And I was concerned.

So I thought it might be really interesting to explore what kindness is and what it means.

And not in like a soft way.

I think you have to sort of fight against the idea that kindness is soft.

I really wanted to look at it as a potential tool, as like a [foers](#) weapon for potential change in terms of how we treat each other.

And so I thought this was a really great opportunity to explore it with John and so -- so together we put together a small time and we fought really long and hard.

We read everything we could.

We talked to experts in every field from, you know, neurologists to psychiatrists to academics and, you know, we were learning about empathy and compassion and all of that stuff and evolutionary biologists and we went all over the place with it.

And it was kind of overwhelming to see like, okay, we kind of are getting a sense of what is natural, what is part of being human. So what does it mean in 2018?

So we sort of put all of that stuff aside and decided well, when we make this film, whatever it is going to be, what questions do we want to have addressed in it.

What do we want answered?

And so we came up with these six essential questions that we felt like if our film can touch on these questions, that we might have a shot at addressing this idea on a bigger level and those questions were how do we raise our children, how do we teach our children, how do we live and work together, how do we treat the sick and the dying, how do we welcome the stranger, and how do we lead.

And we feel like if we could find stories that not one for one but that touch on those things, then we're kind of touching on a common experience of that all of us have sort of from birth to death, like we wanted to go through the life cycle and these are many of these things are things that touch everyone's life and we wanted people to see themselves in this film.

So that's hi we started looking for our stories.

And I know I'm going on but what we also realized, especially when Charlottesville happened, that it was a stark reminder that for a lot of Americans unfortunately there are very fundamental unkindness that is they live with every day, and we felt like our stories, it wasn't enough to have stories that answered those questions.

We also wanted to acknowledge and address those fundamental unkindnesses that are often the impetus for people to lift others up and to make that choice, to make a difference in their communities.

So we identified these unkindnesses which fundamentally unkind not to have a safe place to sleep, fundamentally unkind to not earn a living wage, it is fundamentally unkind to not have access to healthcare, the injustices of racism, fundamentally unkind, home to be [arcs](#) fundamentally unkind, sexism, fundamentally unkind. So we took those unkindnesses and we combined them with our potential questions and that became the lens through which we started looking for our stories.

And The Antidote weaved nine stories together and DeAmon is at the heart of one of the stories that we tell.

>> Yes.

Yes.

Kahane, that is amazing framework and thank you for the context, the six questions, the fundamentals of kindness.

And when you speak to those, who could argue with them?

Who could argue with them?

>> So Dale, tell us about your involvement, and how did you get involved in the film?

And first we should say thank you, thank you for the work you're doing in the community, thank you for being part of the story, thank you for having a story to tell.

So tell us a little bit more about it.

How did you get involved?

>> Well, I was running through an airport with Kahane and John and it was just, I feel like the thing that's very is the thing that Connie said is waving the fabric that kind people that you think leverage to kind so I have to say thanks Connie and John for using their power and their gifts to do that, and as you said, Krista, in the platform. So it was kind of like, yeah, want to do a film, that's fine, and they, I finally got on the airplane and was sitting down and they were still on the call and so --

>> Yeah.

I just want to interrupt for one second.

So DeAmon took our call and he was in a pair port and we stayed staid on the phone with him by Facetime the whole way through TSA, like all of the security, on to the plane, that's how we first met.

>> That's called commitment.

Commitment.

>> It was.

That's why I was like, okay, maybe we can talk.

I was a little leery just because my neighbors are people who have the infrastructure, and Kahane was talking about, there are policies that hadn't supported their work and contributions.

And so when we talked about it, I was very clear that, you know, you are a part of this community when you come in and we have, like, principles like Kahane was doing. So that was like, man.

So we really agreed a lot philosophically and I was like, yes, you're welcome.

>> That's excellent.

That's excellent.

DeAmon, tell us really quick, what is the organization, tell us a little bit more about your work.

>> So I run a little ragtag organization called the learning tree. And I say ragtag but it has a lot of power.

It is a group of neighbors that have business partners and social change and we do it by honoring the contribution and gifts of every single person in our community.

So we have a little consulting company, 40% of our income goes philanthropy into our neighborhood so.

>> So it is a full-service opportunity.

You're leveraging the people in the community, you're bringing it back to the community from an economic standpoint, people get better together.

That is a kind way of living.

So let me ask, I'm going to come back and ask both of you this question so you can think about it, Dale, you know, is what is the importance of story telling?

We talk a lot at Verizon, especially these days, around story telling and being able to really articulate, you know, the details and the impactful moments of the story.

So tell us a little bit about what you think is important when it comes to story telling.

>> Well, for me, you know, story telling and nonfiction story telling is what documentary story telling, the stories of real people, like except for like my love for my family, like, nothing else moves me more.

I just think there's nothing more that can get at the truth of the human experience than sharing their stories with you.

That involves a lot of things.

It involves trust that needs to be built over time.

But in the film, you know, DeAmon's, the story DeAmon is a part of [some](#) this incredible neighborhood bike shop where he's brought in the neighborhood kids as business owners of this bicycle repair and sales shop out of a garage in your neighborhood in Indianapolis, DeAmon, and it's really incredible.

And in your story you actually speak directly about the power of story telling. I don't want to take your great light away from the film.

You can share it. But I feel like it is incredibly meaningful and you can say it or I can but.

>> You say it.

>> So what DeAmon says in the film and what I also believe in my heart is that story telling is a philanthropic act.

And DeAmon, you can explain more what you mean by that but I found that incredibly powerful.

>> Yeah.

Very powerful.

Very powerful.

Very powerful.

DeAmon, tell us more.

>> Shapes us all, stories are currency, it is a intangible currency that this is the reason we're all having this conversation, that someone is hearing the story.

So stories are also responsible and have quantitative like consequences behind it.

And I say we hire a storyteller who lives across the street from me and he is probably the most impactful person in Indianapolis in shaping policy around housing.

Because how he tells stories.

So when we talk about our neighborhood, the ZIP code, when you say ZIP code, it is known for one thing, right, being on the nightly news for not really kind things.

But no one addresses the policies around those things that keep people in kind.

So my neighbor, he tells a story about humans and their gifts, juxtaposed along with the policy that is are against the kindness that happens.

And particularly around housing. So this year probably \$25 million got shifted in to places that normally wouldn't get shifted to a policy and now name the residents need to have voice.

Because they have the expertise around housing and the lack thereof.

So the storytelling is powerful.

But if we don't sit in this country policies around how we treat people and utilize stories on a broad sense, right, on nightly news, if we don't invest in to people like John and Kahane in the work they're doing because they have an intent, because you got to go look for those, the other thing is Kahane and John have these principles, the questions that is probably the cornerstone of civic life, right?

And we need to lift up those stories and say these are people who know how to be good neighbors.

>> Yeah. Yeah.

I couldn't agree more.

And so final question, Kahane, when you think of the work you're doing or the film and our conversation, how do you see our campaign complimenting your effort and your desire to have a more kind society and world?

>> First of all, in the end, it comes down to connection and human connection and human connection can be one-on-one but it also can also be organization to organization, so I feel like it's a natural partnership for a huge corporation like Verizon that I really respect that you have made a decision to put a focus on kindness and to acknowledge your, you know, all the people who work for this company as, you know, humans behind the mask or hopefully when the masks are gone without the masks as humans who are multidimensional, and that's how I think all of us need to look at each other.

And so I think our film isn't so different.

And you look at, you know, some of the stories, very specifically focussed on that and how we perceive people.

And so I just think your campaign, a A Call for Kindness, and our film, the "The Antidote", they share some DNA.

They really do in spirit.

So yeah.

>> There you go.

We're spiritually connected, I do agree.

And this was a wonderful conversation and again, thank you both for being involved, for caring enough to be involved.

Thank you for giving us some time and partnering with us today.

And for, you know, everyone that's watching again, I just want to remind you, [Verizon.com/kindness](https://www.verizon.com/kindness), and you can learn more about the campaign, you can get involved with the kind cards, you can share and post on social channels that you're a part of, who you are as a person behind the mask or over the phone or in your community making a difference.

We can do kind things for everyone because it is the gift that we can give to everyone.

So thank you so much for your time, Diana.

I'll turn it back over to you.

>> Yeah.

I was listening and just inspired all over again, two incredible people that we've been chatting here with us, as well as yourself.

We do have a couple of questions from our viewers.

And let's just keep the answers brief because I think we've gotten so some of this, but I what I really liked about this one is loved the documentary, we live in a moment where society appears to be divided more than ever, and I know that this movie was, this is from 2018, here we are in 2020, and it really does feel like it is more divided now.

So Kahane, briefly, how do we turn ash this around?

That's what one of the viewers wants to know.

>> That is a fantastic question, and I think that it starts -- it starts in your own neighborhood, it starts in your own homes, and I think that's on a every day basis. But I also think to speak to, you know, what DeAmon was talking about finding ways to address like overarching policy and how I think a strong government buy-in to the

way -- the way our government treats people should be a model for I think how we all treat each other.

So I actually think like, you know, in addition to how we all navigate the world every day that look at, you know, how your town is or your city or, you know, wherever you may live, small town or large city, look at the examples in front of you, what you're doing.

And another thing I, this is a little bit of a plug, but on our website which is the [www.theantidotemovie.com](http://www.theantidotemovie.com), there's, in addition to learning about all of the organizations, and additional stories that aren't in the film but are equally powerful, there's a get involved button which connects you to another one of our partners called volunteer match.

And if you go to volunteer match they have a whole, you know, anecdote film sort of portal and all you need to do is put in your ZIP code and they will provide you with organizations wherever you might live so you can give a sense of places you might be able to help for people who are active in your own communities and you can be a part of it.

But I think it all starts with us as individuals, and a little bit of the golden rule, which is something we've talked about in the film too, which is treat people the way you want to be treated.

>> I love that.

>> Pretty simple as a way to start.

Burr yeah, there's micro and macro answers to that question.

>> Awesome.

Thank you so much.

And real quick, I want to get to DeAmon because there was something that struck me in the movie and I really wanted to ask you about it.

And we see it throughout the documentary is the power of lifting.

Is the power of lifting when that student at the college is asking if her car got repossessed and she wasn't going to be able to go to school.

And I noticed, DeAmon, you that really listened to the young girls that were around you when you were walking to the bike shop and you're asking them questions about your life. So, DeAmon, tell me about the power of lift.

>> Well, one, it is just the act of being present, right, and that's a very important act to be attentive.

The other was the important part was the question that we have and the question we always hold is what are the things that your parents notice contribute and how you name those.

And so kindness only becomes true when we name it and that was kind of shaping our questions around that so being present is very important.

>> What an wonderful way to end this.

So DeAmon, Kahane, and, of course, Krista, thank you so much.

All three of you are contributing to the kindness deficit that we have in this country, and I think that the message comes loud and clear that it takes all of us to do our part in making this country a little kinder, especially at the holiday season. So a reminder that you can all watch the "The Antidote" on Amazon Prime or on the VZ web, that's where I watched it.

You can [LCIS](#), of course, as Kahane said, go to [www.theantidotemovie.com](http://www.theantidotemovie.com), and you can learn more about our very own A Call for Kindness, you can join us if you, if you said, this sounds awesome, I want to be a part, yes, we want you to partner with this. All you have to go E do is go to [Verizon.com/kindness](http://Verizon.com/kindness). So my thanks to all three of you, my thanks to everyone watching right now.

I feel like my heart is feeling fuller right now.

You know that feeling you're feeling right now, hold on to it and channel it into action right now do, involved, do call sob you love who you haven't talked to in awhile, check in on people, because the more we do that, the more we're going to create a kinder world, so thanks so much for joining us.

This is Diana Alvear, this has been amazing episode.

Please stay safe and have a happy weekend and until next time on Up to Speed.