

AT Banter Podcast Episode 332 - Lance Johnson

Sun, Apr 16, 2023 3:53PM

1:14:40

SUMMARY KEYWORDS

people, podcast, rp, disability, lis, ryan, vision, find, topics, talk, oreos, mutation, doritos, gene therapy, listen, thought, instagram, episode, community, ai

SPEAKERS

Rob Mineault, Steve Barclay, Lis Malone, Lance Johnson, Ryan Fleury

R

Rob Mineault 02:20

Hey, and welcome to another episode of AT Banter.

S

Steve Barclay 02:25

Banter, banter.

R

Rob Mineault 02:27

Hey, this is of course the podcast where we talk with advocates and members of the disability community to educate and inspire better conversation about disability. Hey, my name is Rob Mineault and joining me today. Miss Lis Malone. Listen, we gave her a hard time before the show. So I thought that she deserved the top spot today.

R

Ryan Fleury 03:00

Mic 4 moving up.

L

Lis Malone 03:03

I know I listen. I'm not gonna let Mic 2 go to my head. Don't worry.

R

Rob Mineault 03:09

That's right. Hey, look who else is here? It's Mr. Ryan Fleury.

R

Ryan Fleury 03:14

Hello everyone.

R

Rob Mineault 03:16

And of course, saving the best for last Mr. Steve Barclay.

S

Steve Barclay 03:22

Mic 4.

R

Rob Mineault 03:27

Someone has to be Mic 4 occasionally, I don't know why Mic 4 got such a bad rap.

S

Steve Barclay 03:35

I've been with this thing from the beginning. Dammit.

R

Rob Mineault 03:40

This is a nightmare. I don't know what happened. I'm just gonna start introducing everybody at the same time. Yeah, somehow I'll figure that out. Lis changed her name to like one big name. So maybe I'll just combine everybody's name into one big one.

S

Steve Barclay 03:57

Actually, I was thinking you could just split it up different you could be Lisma lone

R

Rob Mineault 04:01

Oh, yeah. Yeah, think about that. Think about that with maybe we can help you with a new logo.

L

Lis Malone 04:08

Maybe it's could be Lism Alone.

R

Ryan Fleury 04:09

 Ryan Fleury 04:08

Listen, I still think you should find a symbol. That's cool.

 Lis Malone 04:15

I have a little symbol. I got a little book symbol,

 Rob Mineault 04:23

well we will workshop that. How's everybody?

 Ryan Fleury 04:27

Fantastic.

 Steve Barclay 04:30

Spiffy.

 Lis Malone 04:32

Look at Mic 4 chiming in there.

 Steve Barclay 04:38

I can use all the encouragement I can get. I just keep sinking.

 Ryan Fleury 04:41

He gave it 100% on that effort. Let's go Sports!

 Rob Mineault 05:02

Yeah, I don't know, what I was gonna say it's great to have everyone back because it's been it's been a while. It's been a few weeks, but I don't know, maybe it's not. Hey, Steve, how's the how's the COVID? Gone? Oh, all done. It was only like a three day event this time and I only felt bad for well, not even bad, but just off for one. So I think I think it's almost like them vaccines work. Yeah, I guess so. Did you just read feel kind of rundown? Yeah, I had one day where I was kind of, you know, the temperature control system wasn't working properly. And I just felt kind of, you know, like, I wanted to lay down but the next day woke up just fine. That's me every day. I feel like I want to lay down right now.

S

Steve Barclay 06:06

Well go for it. Just take the mic with you.

L

Lis Malone 06:12

Not easy being Mic One.

R

Rob Mineault 06:14

No, it's not. There's a lot of pressure on Mic one. I would like to see you try to handle Mic One over there.

R

Ryan Fleury 06:20

She had two podcasts at one time. So you can settle down.

R

Rob Mineault 06:26

Well, that's true, too. That's yeah, my apologies, sir. But look at that. Look at Ryan Are we supposed to be recording a show right now? That's right. The amazing thing about this podcast really is the how how the tide turns really quickly. Ryan is stabbing Liz gleefully in the back one minute and then sticking up for her next.

R

Ryan Fleury 07:19

My multiple personalities.

R

Rob Mineault 07:21

Yeah. A lot of buses going by and a lot of people going under them. Hey, Ryan?

R

Ryan Fleury 07:29

Yeah, Rob?

R

Rob Mineault 07:30

Enough of this nonsense. Hey, what the heck are we doing today?

R

Ryan Fleury 07:34

Today we are speaking with Lance Johnson, who is a fellow podcaster over at the See Through Podcast. Welcome, Lance.

L

Lance Johnson 07:42

Hey, hey, hey, thanks for having me on.

R

Ryan Fleury 07:45

Glad you could join the chaos.

L

Lis Malone 07:48

Thanks for not bailing. Yet.

L

Lance Johnson 07:53

I'm still here. I'm still here. I was cracking up listening to you guys.

R

Rob Mineault 07:59

It's, yeah, well, listen, I think we're all full of energy. I mean, Steve's just coming off a COVID. I'm taking multi-vitamins. I don't know what Lis's deal is. And I don't know what Ryan's deal is actually, Ryan's shot out of a cannon today too.

S

Steve Barclay 08:11

Can we do that?

R

Ryan Fleury 08:16

Shoot Ryan out of a cannon?

S

Steve Barclay 08:17

Yeah.

— — — — —

R Ryan Fleury 08:18

Only if it happens in Vegas.

R Rob Mineault 08:21

What happens in Vegas stays in Vegas. But no, we are thrilled to have you here. I absolutely love what you're doing over there on your podcast. But before we get started and really to sort of dive into talking about the podcast, can you give us a little bit of a background on you and a little bit of background and just how you sort of fell into this whole podcasting gig?

L Lance Johnson 08:46

Yeah, definitely. Yeah. So I'm Lance Johnson. I host the See Through Podcast. And I currently live in New York City, but I am actually I consider myself a North Carolinian. I grew up there and lived there for 27 years, went to film school at UNC Wilmington where I got into filmmaking and, and had a short career in marketing and on set production. And ended up doing basically just video editing now. So the reason why I'm bringing that up is because that's how I got into podcasting. I kind of knew how to do it. And I loved listening to podcasts, and I had the skills already from my job to kind of do it and they kind of perfectly you know, that perfect storm kind of happened with I had a specific skill set to do it. Plus, I wanted to explore my vision loss more. I have Retinitis Pigmentosa as your listeners probably are all familiar with. I know Lis knows one knows when I'm talking about. And I wanted to learn more about my RP. So I figured why why not? I figured what's the best way to do that, and, you know, talk to people who have RP and have vision loss. So, you know, I want to hear from anyone with a disability because I think the way people adapt is all very, very similar, no matter what disability you have. So basically, you know, it was a project for myself that can help other people in the process who are, you know, in that learning phase? You know, I don't think my podcast is for, like, you know, you're not going to learn much about the technical side of disability and how to adapt and specific tools and things like that. My podcast is more of the mental side, how do you wrap your mind around your disability, vision loss and things like that. And I went all over the place there, but I think a lot there to pick from. So, so talk to me a little bit about you. How long have you been diagnosed with with RP? And sort of where are you, in that vision journey? Yeah, so I'm, I was diagnosed at the age of 12. But it wasn't because I was showing symptoms it was, it was because my mom has RP. And they wanted to keep it close check on me. And my siblings, too. I have an older sister and older brother. My older sister also has RP, my older brother does not. But yeah, they wanted to see if they could see signs of it. And they did when I was 12. And I went to like a retinal specialist in North Carolina at UNC Chapel Hill, and they confirmed it there. But I didn't have any symptoms, you know, that early. In fact, I didn't really have like, symptoms that I could really pinpoint, put my finger down on that RP affecting my vision until I was around 22. And then, at 27, is when I quit driving. I'm not legally blind, though, I will that will add that in. But I'm like, last time I had a field vision test, they told me I was in around the, like 40 to 50 degree range. So if you know anything about field of vision, and that hopefully that helps you. But yeah, that's where I currently am with my RP.

R Rob Mineault 12:53

I feel like that's that must be a really sort of unique situation to be in where you're not really sure when things are really going to change for you. Have you had to sort of really process that

sure when things are really going to change for you have, you have to sort of really process that to figure out, you know, how to sort of deal with that on a day to day basis? Or is that an evolving process?

L

Lance Johnson 13:13

I think it's a little bit of both. I mean, I started this podcast basically, out of necessity, because I was in denial of having RP for so long. Like anytime I would think about having you know, vision loss, I would change the you know, channel in my brain to something different. And it caused me a quite a bit of anxiety, anytime a thought would pop into my mind, you know, I would be at my job working, you know, as a video editor, and I was a videographer for a long time too. So I was behind the camera too. So my job was very, like visual heavy. And it still is, you know, I'm a freelance video editor, currently. And I would think to myself, how long can I do this? You know, so you have those mental thoughts. And the main kicker to it all is that it's unpredictable, and you don't know actually when something's going to happen, or even if it's going to happen. So in terms of, you know, planning for the future, you know, it can be kind of hazy, and there's a big mystery to everything. How much vision will I lose? When will I lose it? And then, you know, when I was younger, you got to factor that in, you know, when when dating, you know, how do you tell someone you're dating them? And when to tell someone you know, when do you bring it up? You know, if you're in a dark bar, you know, and it's hard for you to see, do you tell someone or do you just kind of pretend your way through the night? You know, things like that, those are situations that, you know, you, you can't really prepare for. And just kind of happen and you have to learn and adapt as you go. But vision loss still is something I'm learning about, even though I've, you know, I've had 86 episodes of my podcast. I'm still learning every, every week, something new about, you know, about me, and, and just the vision loss community as a whole. You know, it's an ongoing thing, never ending journey, you know, every year, you know, lose a little bit of vision. It's going to change, it's going to change mentality is going to change, my perceptions are going to change literally, and mentally. But, yeah, so I kind of wanted to talk to people and, you know, pick their brains, see what they know what advice they could share, and some maybe expand my own way of thinking of things. Because what my, my old way of thinking was, wasn't very helpful. I'm curious, do you keep up with any of the gene therapy treatment, stuff that's going on for RP right now? Because there's, there's a whole bunch of it going on. But it kind of requires that you find out exactly what gene is causing your vision loss.

o

Yeah, I had a gene therapist, and we did the genetic testing. And they were able to, you know, pinpoint, you know, my version of RP. And in terms of my knowledge of cures, and things that are going on, I know, like, the fundamentals, like, you know, I know that they're doing gene therapy, I know that they're doing stem cell therapy, you know, I know that, you know, there's all these things in the works. And I know, kind of the difference between the two, but I couldn't name like, specific, anything specific to them. So yeah, I'm up to date, but not like, super deep in the weeds on it kinda out of choice. Because I don't want to focus too much on the cure. I would love a cure, but I just feel like, you know, me, me googling it, and me keeping up super up to date with, it's not going to speed up, you know, what the scientists are doing, or the, you know, these researchers are doing. So, you know, if something big actually happens, then I assume that I will hear about it, you know, because it'll be such big news that it will be, you know, everyone will be sharing it and talking about it. So, that's kind of my mentality, I guess.

L

Lis Malone 17:53

Yeah. When it comes to RP, the important thing is to have received your report, which you've already done, and you're sort of in the system. So it's kind of it's kind of interesting, because I actually just had my recent workup. And I asked my doctor about what my results were in terms of where I sat. And because I really, I was kinda like you, I'm like, well, it is what it is, I mean, me knowing like, which kind of gene and this that isn't gonna make any difference. But, you know, I learned that in my case, it is so complicated. Because of the there are hundreds of mutations of it. In my case, I have the recessive gene. And both of my parents, biological parents had different mutations that mutated together to create my third mutation of their two variations. So it's just, it's just such a, like a rigmarole of mutations out there that it's to kind of sit and hope and wait, you're it's just, I don't want to say it's pointless, or it's hopeless. I don't want to sound like that. But all you can really do is be cataloged. And if your number comes up, and they happen to find something for your particular mutation, then yay, but you just have to kind of live your life in the meantime and not you know, hedge your bets on that, unfortunately.

L

Lance Johnson 19:14

Yeah, I agree completely. And actually, I'm a unique there's actually a unique story to how they've they pinpointed what am I. I feel like I'm being ignorant, but what is the name? Like is it the strain of RPE is how you would say it?

L

Lis Malone 19:33

I would say mutation.

R

Rob Mineault 19:34

Yeah, gene therapy is really interesting because it is so specific. You got to be it's got to be targeted towards the exact mutation. But, but it's nice to see, like I read an article back in January that there were there were at least seven different clinical trials that were going on around RP. And one of them had actually been approved for RP 65, which is one of them. Which is, I believe that's the one for Leber's Congenital Amaurosis. But it's also, there's also Retinitis Pigmentosa that gets involved in that one as well. So, but, but yeah, there's so it's interesting to see how much there is going on around it. Because obviously, medical science views it as something that you know, down the road will be will be treatable through gene therapy.

L

Lance Johnson 19:34

Yeah, I know what my mutation is, but it's kind of unique how they figured that out. Just with my information alone from the bloodwork they couldn't pinpoint which one because it was possible that it was like 10 different ones. But they all they did the same blood work on my sister and mom who have RP and we only had one in common across the board. So that was the only way they could pinpoint mine because I had other data to kind of use and kind of, you know, process of elimination, I guess. Yeah, I always think about that, you know, because RP is

a rare eye disease. And sometimes I'm like, I wonder, you know, how much goes into it? How many other eye diseases are they working on? How many other you know, medical conditions are they working on, it's like, I probably just am naive to all of that. And I'm just hyper focused on RP. But it is interesting, like how huge that world must be in terms of, you know, discovering new things for, you know, something entirely different and kind of having RP is kind of made me aware of that. It's like there's, you know, that, that some really bright minds are doing some really great studies and even for rare diseases, which is, which is awesome.

R

Rob Mineault 22:06

Yeah, I remember there was there was one where they actually came up with a with a cure for specific eye disease. They did their clinical trials, and they actually, they actually restored vision for for a kid in the trial. And they got FDA approval, and they they brought it to market. But the eye condition that was dealing with was so rare, and there was so much R&D that went into developing the treatment, that it was it was a million dollars for for a patient to be treated with it. Which puts it you know, right out of reach for virtually everybody. Yeah, just just just a wee bit.

L

Lis Malone 22:48

Steve's like, I'll take three.

S

Steve Barclay 22:50

Yeah, sure. Right after my lotto win.

L

Lance Johnson 22:54

That's a great point. Because I feel like when people hear about cures and things like that, they're not factoring and that it's most of these cures are going to be really, really expensive. You know, which is unfortunate. I mean, it's kind of like, you know, I've been keeping up with gene therapy, the stem cell therapy. I'm very excited about that, too, because I feel like it's, it's more universal, it's not so specific, you know, to the mutation. You know, it can kind of one size fits all. And then also, I just covered on my podcast, that Neuralink, and how that might be able to help, you know, with people with vision loss. Not sure if you're, you're much you're familiar with that I was pretty new to it. That's why I covered it.

R

Rob Mineault 23:51

I'm not sure that that doesn't ring a bell for me. Does that ring a bell for any you guys?

L

Lance Johnson 23:55

So it's, it's from the it's an Elon Musk company, Neuralink, and it's that basically that microchip

that they're going to put people's brains are there? And, essentially, what their goal is, is to if you were like, you'd have some sort of external camera, and it sends data to the chip and the chip, you know, it's attached, it sends a signal to the brain, which would kind of show you what the cameras see. And based off of the data, in a way, it's like, artificial vision. Right. And that's what they're hoping to do. Will it work? Will it will it actually be like that? Who knows. But I think it's fun to think about.

 Rob Mineault 24:40

Yeah, early, early version of that sort of research. It was it was probably at least a decade ago now. But I remember talking to an American guy who went to I think it was Morocco to to have an implant implanted because no nobody in the States would let it happen. And he, he ended up at the end of it with, I think three or four pixels that he could see through and pick up light and dark. And that was that was that was pretty much it. And the sad part about it was because he had done the initial one, he didn't qualify for anything after that, like he couldn't he couldn't actually advance with the program. He was basically out. That's what you got. And there you go. So I think in his case, it was fairly fairly disappointing. I don't think you want to be on the cutting edge of that one, I don't think.

 Lance Johnson 25:36

Yes. scares me even like, the clinical trials that are going on with these legit companies scare me. Honestly.

 Lis Malone 25:43

I think Elon Musk is gonna lure people into the trial by giving them you get a free verified checkmark on your Twitter account.

 Rob Mineault 25:51

Yeah, well, not only that, then he'll fire all the surgeons, they'll just be like, "I'll just do the surgery myself. Just lie back, sir. Just lie back. I know what I'm doing."

 Steve Barclay 26:01

Or he'll do it on the moon.

 Lance Johnson 26:06

Wild idea that you know putting the microchip in the brain? And I thought about to say, I don't think I would do it if I didn't have RP. But since I have RP, and if it could help me with that, then I would open myself up to having a microchip in my brain. But yeah, it's kind of like a question, you got to ask yourself, you know, like, are you open? What are you open to? Because, you

know, it's going to involve human clinical trials for almost all of these things that we want to happen. But it's going to take, you know, real humans, you know, getting involved, and some people are, you know, more cautious than others. And it's already a rare disease. And it's not like that many people or had done the genetic testing to even figure out their specific mutation. So it's a small pool, you know, to pull from basically, you know, it's so yeah, the more people involved in, you know, the better.

 Rob Mineault 27:12

Yeah, well, you know, it's interesting that you talk about, about learning and the podcast. I mean, we were always saying around here, too, that that's really kind of what what we enjoy the most about doing the podcast as well, because, you know, every week, you you're talking to different people. And we, you know, whether it's somebody in the in the blindness or low vision community, or it's somebody in a different disability community. It's always, always so interesting to hear, you know, their perspective or their story or learning about their particular condition. And, you know, I really just value that on a personal level. Is that kind of how you're finding doing the show as well?

 Lance Johnson 28:00

Oh, yeah, yeah, every story is fun for me, because it's, there's only one story, you know, and I kind of come from a film background in terms of my school and profession. So I kind of think of these podcasts episodes as little documentaries, almost, you know, like, I'm recording an interview for a documentary. And what I like about documentaries is that, you know, it's so specific to that person that can only be that person story. That person's upbringing, that person's state of their disability, you know, that, you know, your blindness is a spectrum and then, you know, so where are they at on that spectrum? When did they get there? What's next step on that spectrum? Some people are later in life, some, some are earlier in life, how did that affect, you know, that stage of their life. The deeper you dive into it, the more unique everything gets, you know, on an individual basis. And that's kind of why I feel like, there's no - I've kind of come to the conclusion that I can't learn everything. And I don't think I ever thought I could. I'm kind of coming to the conclusion that I definitely I definitely will never learn everything because there's no one size fits all advice because not only is each person's disability different, but each person's you know, state of mind and attitude is different. Each person's you know, circumstances are different, you know, geographical location, age, you know, ethnicity, everything. So it just, it's just all I can do is ask questions that I want to know the answers to and basically create this huge, you know, system of data that I can pick and choose from. Well, I like this, I don't like that I like how this person thinks this, but I don't like how that person thought of this. And then it helps me as I, you know, learn from my own personal experiences, and I can bring 100 points of views into, you know, to help me kind of figure out what mine actually is. So that that's kind of how I treat, you know, learning and, you know, taking in what each person says.

 Rob Mineault 30:37

Yeah, I mean, that's the thing that really struck me about about your podcast was that I got a sense, really early on, in listening to a few that it felt a lot more personal than a lot of other podcasts out there in the sense that you do get that sense that you are talking to the people

that you're talking to, and you're talking about the topics that you've chosen for a very specific reason, because you know, you're sort of on this journey that you're going through, and that you do want to learn and so you're kind of taking the listeners and the viewers, along with you on that journey. And I find that really, really interesting.

L

Lance Johnson 31:17

Well, yeah, I appreciate that. And it kind of makes sense, like, you know, that sounds appealing to me, as like a podcaster, you know, to be able to ask questions that I actually want it to be have answered basically, instead of, what do people want to hear about. And I'll ask that, you know, and then you get, you know, cookie cutter questions, and you get cookie cutter answers. So it's like, you know, some, but sometimes it shoots you in the foot, because sometimes it's, it's feels too specific, too personal. You know, and like, this is a rare eye disease like this, my question about retinitis pigmentosa? You know, is that a question that the masses will be able to even be interested in? And sometimes it's like, a Catch-22. Sometimes it's like, alright, I'm doing my thing, I'm learning, I'm asking what I want to ask, but, you know, what's, is there a mass appeal to this? No. Okay. You know, but you want your podcast to grow, you want it to have an audience. So I try to find a good, you know, in between, and I try to make it my goal is that anyone can listen to my podcasts and be entertained by it. But I do, I'm not, you know, naive to the fact that what I talk about is very specific and niche. So yeah, it can get complex, but at the end of the day, if I am being selfish, and you know, trying to figure out things for myself. That's been working, you know, you know, that's all I guess that's what I want to get out of it. But it can get confusing sometimes.

R

Rob Mineault 33:18

Yeah, well, 100%, I mean, and we run into that all the time here at the show. Sometimes we are really self indulgent with the people or the topics that we, that we talk about, because sometimes literally, it's just like, well, we don't know anything about this, but we're really curious. So let's do a show on it. Let's bring somebody on to talk about it and do some learning. And, you know what, if if there are people in the audience that are interested in that, great. If they aren't, they, you know, they just won't happen to listen to that episode. And that's okay, too. I mean, that's really the power and the flexibility of the of the podcast platform is that you can kind of get away with that. And I think that that's, that's really what we the beauty and sort of the power of podcasting is.

L

Lance Johnson 34:02

Yeah, and I love podcasts for that reason, you know, and I wish I could have, you know, more of an output, you know, but I it's like, I work full time and I do the podcasts on the side, it's just a complete, you know, side project, right. And it's like, I find myself editing on weekends a lot and, you know, cuts into a lot of my free time. And I'm, and I'm doing bi-weekly episodes, so it's like, I wish I could have more of an output so I could, you know, cover more topics and even you know, to your point even get more niche and even more specific because, you know, if this episode is not for you, then you know the one the next one I post will be. But you know, going to a bi weekly set up because I have video episodes that you can watch on YouTube I've added a lot more time to editing. And so now more precious with, you know, what I talk about

and who I talk to, you know, because it's like I had one episode a month is solo, just me covering topics, right? And then one episode is with a guest. So, you know, I'm having that, you know, that's only 12 guests a year now that I'm doing, right? So, and then I want to have variety. So sometimes I'm like, alright, well, if people aren't into this, you know, they gotta wait a whole nother month, it makes it a little more complex. I wish I had more of an output. But you know, until it becomes you know, like something loosens in my schedule with my podcast can make, you know, enough money to replace my job, then I can have more of an output. And but yeah, I wish I could do, you know, twice a week. But, you know, bi weekly is all I can handle right now. And I'm barely doing that.



Lis Malone 36:04

Right? Labor of love my friend.



Lance Johnson 36:07

Yeah, definitely. Definitely.



Lis Malone 36:11

And you're a professional video editor. And even you're saying it's tough. It's, it's tough.



Lance Johnson 36:16

Oh, yeah. Yeah, editing is tedious. Yeah. And it takes a lot of time. And you know, especially with long form content like this, you know, it's just going to take eat up time, even if it's even innovate, you are like, highly skilled and editing is easy to you, it's still you still got to do it, you still gotta go in and listen, and it's an hour long hour and a half, sometimes you got to cut down. And my first 50 episodes of my podcast, were just audio, and I was doing one a week then. And then when I switched to video, I learned very fast, I can't do one a week, then I switch to bi weekly. And, and I you know, I may even have to cut it back down more in the future. But it just depends on how it grows. But I'm kind of, I'm kind of like a crossroads. I feel like I'm hitting the crossroads of, you know, what's next? Or what to do next kind of thing?



Rob Mineault 37:10

Well, I mean, I would also say that, you know, you're, you're a solo podcaster I mean, for us, you know, there's four of us. And, you know, there are times when we kind of we are able to sort of sit back and let somebody else sort of steer the ship for a little bit. So I mean, that must be really incredibly challenging to when you're you know, you're you're a one man show, you're you're doing all the planning, you're doing all the scheduling, you're doing the actual the show, and then the editing and all the posts stuff. I mean, that's that's a lot.



Steve Barclay 37:41



STEVE DAIULIO 37:41

But on the flip side, he's got three less gaff machines involved.



Ryan Fleury 37:46

So editing would be a lot easier.



Lis Malone 37:51

This would be a great podcast if it wasn't for all the mics.



Lance Johnson 38:08

Yeah, the four, four audio tracks would be stressful for me. So that's true. I respect I respect the game.



Ryan Fleury 38:18

It's kind of handy though. Because if he wants to get rid of one of us, he just deletes that track.



Rob Mineault 38:23

That's true.



Lis Malone 38:24

Oh, no, Rob takes the easy route.



Rob Mineault 38:26

That's a nice track you have Lis. It would be a shame if something happened to it.



Ryan Fleury 38:37

Never seen a nicer wav form .. whoops., bye!



Rob Mineault 38:43

No, but talk to me a little bit about the preparation then. Do you do a lot of research when you're when you're looking for guests? Or does that flow pretty naturally?

L Lance Johnson 38:57

When I first started, I didn't know anything or really anyone. Honestly, like, in North Carolina, where I'm from, you know, the only person I knew with RP was my mom and my sister. And so I didn't know all these staples, you would call them, of people in the blind community. These names that everyone knows and follows. I wasn't even aware of them. You know, so it's like whenever I started, you know, I got on, social media and basically found and followed a bunch of, you know, public figures influencers in the news, you know, the blind community searching under the retinitis pigmentosa hashtag to find people and just following a bunch of people just trying to throw myself into this world that I had avoided for 27 years. And in doing so, some people I would just stumble upon and be like, oh, I really want to talk to him about that. And then I would, I would, I would just DM them on Instagram or email them and, and I was very surprised at how many people would say, hey, yeah, sure I'll talk to you. And, and so it's, it's been kind of learn as I go and finding network as I go, you know, because I was very naive to think that it wasn't a massive community, like in my head before I joined and started this podcast. And I kind of joined, you know, the social media network of the blind, low vision community disability community. I'll be honest, like, even when my podcast started I was like, no one else, I don't think anyone else has a podcast about vision loss. And now it's like, there's so many, and there's a lot of really good ones, you know, like yours. And it when I when I started, I, you know, I was like, I thought the world was a lot smaller. So, to my surprise, it was, it was very large. And it's, it seems to be growing. So it's kind of been fun, because and that's one thing I love about podcasting the most is that, it it stays fresh, because I'm, I'm in control over who I talk to. So if, if I've been following someone on Instagram, from afar, basically being you know, a creeper online, and following people, and become fans of them, you know, oh, now I find myself now I'm all I'm having deep hour long conversations with them and, and getting to know them. So it's like a cool place to be because it's like, I get to meet people learn from people and talk to people who I admire and respect. It's a lot of fun.

R Rob Mineault 42:02

Yeah, for sure. I mean, that's, you know, we've sort of had a, you know, a ringside seat to watching this community really grow over the past, I'd say, like, five or six years, it's, it's really kind of exploded, and, you're absolutely right, there are like a lot of really great podcasts out there. Which I think is really important, because, you know, as we were talking about earlier about the disability community, that one of the sort of the major attributes of that is that it is so wide. There's so many different people with so many different needs, and so many different stories in so many different perspectives, that, really, the more podcasts that are out there, it's more likely that somebody's going to find a podcast that sort of resonates with them and their story that they can listen to, and get a lot of value out out of. And I really do think that more and more people are, are being attracted to the idea of having a podcast because just like you're finding, I think that it can be a really almost therapeutic exercise to, to work on something like that, and to be able to have someplace that that they can express their thoughts or their ideas, or they can use it as a learning platform or, or even just a platform to network with other people in the community. I think it's a really, it's, it's just a really exciting place to be right now.

L Lance Johnson 43:27

Yeah, I agree completely. I find it therapeutic and I love the social aspect of it, because I'm an introvert. And I like to kind of plan my social, you know, interaction. So it's like, oh, I if I have an interview, you know, not only am I having a conversation, but it's not like one with you know, small talk, you know, it's like, oh, I'm talking to you about how was how what was it like growing up with a disability, you know, in in, you know, getting bullied in school or, you know, telling your, your husband or, you know, what's it like being a blind parent you know? I'm talking very serious topics you know, it's not you know, I have a lot of fun and have a lot of light you know, banter and things like that. But the topics I cover sometimes sometimes it gets real deep. It's very stimulating conversations. And I'm getting to meet some very interesting people. And yeah, it's just a lot of fun in the social networking part of it is something I didn't think about when I started it. I was pleasantly surprised you know, to find and even people who, I don't have bring on my podcast but I'm constantly find myself you know, communicating with them via comments of their content, and sharing their content, or people will share my content. It's kinda like, you know, you make some friends, and it's cool to see like, oh, this person supports me, I'm gonna, I'm gonna support them. And I was I, sometimes I get surprised that you know, how supportive people are. And how, you know, because it's a weird thought to think, you know, like, someone's listening to me.

R

Rob Mineault 45:32

That's something that I love about the community as well. Everybody is so amazing. And that's kind of been our mandate lately is just like, you know what, let's every chance we get, let's talk to another podcaster. Because, for one it is, it's great to meet people and to learn their stories, and to be able to try to help spread the word about some of these other podcasts, because it is really hard to find podcasts. One of the downsides of this new flood of podcasts that are that are sort of entering into the field, is that it can be hard to find. So you know, it's, we love doing it, and you know, every single podcaster that we've ever had on the show, you know, it's it's, it's been an absolute delight talking to them. And, and, you know, we always make sure that we do whatever we can to help support them.

L

Lance Johnson 46:29

Yeah, I love this. I love this part, you know, and going, you know, helping each other's podcast grow. So yeah, and I really appreciate you bringing me on. And the thing is, like, the podcasters, that you talk to, it's, it's kind of fun, too, to talk to other podcasters, right, because you know, how it goes, you know, you know, how strange it can be sometimes to talk to a stranger, and ask them really serious questions, and then edit it and put it out.

R

Rob Mineault 47:04

And the other thing that, um, that was really intrigued about about your podcast is that I thought it was interesting, some of the topics that you bring up. Because you talk about things about like ableism, or, you know, dating and disability, stuff like that, that can be a little bit of a hot topic. So I'm just curious, from your perspective, because, again, I'm sure that this is all stuff that that's learning for you, they are legitimate questions, but of all this content that

you're putting out there, have you ever gotten any sort of pushback or people like, you know, not happy with some of the content? What's the general sort of reaction been to some of these topics?

L Lance Johnson 47:47

Oh, yeah, definitely gotten quite a bit of pushback. And, yeah, you're right. These are hot topic questions. And sometimes it's thrilling to kind of cover something and being like, oh, this is gonna piss people off. Or create some sort of conflict in the comments where people are agreeing with me, and then they're disagreeing. And I know for a fact sometimes, and I've kind of come to the conclusion that if you share your opinion, prepare yourself for a storm. A lot of a lot of people play it neutral. And I don't blame them at all. Because it's like, if you're if your goal is to get information out and teach people you can be neutral and and be effective at the same time. But I think, what I like to do is create conversation starters. And, honestly, I like to just rant. So if it's a solo episode, you know, I pick a topic or an article about something, and I'll just kind of cover it and go on a long rant about it. And, you know, it's my personal opinion. So it's not really it's a lot of, I'm saying a lot of subjective things, but there it's my opinion. So, classic, you know, not everyone's gonna agree with you, just by sharing my opinion, even if 75% of people agree with me, there's still that 25% that doesn't, and trust me those 25% are going to comment. So, and yeah, and it's part of me, learning, right, you know, going back to the whole doing this thing for learning is, sometimes I'll put something out, and now and I'll be nervous about it. I'll say, I may get torn apart for that one. Or people may say, I'm speaking out my ass or something for some stuff I say, but I kind of just it out there. It's almost like a test. I'm like, well, if it's wrong, if it's really wrong, what I said, then people will let me know. Because I have a small audience, you know, out there, the numbers fall off, or a lot of people leave the same comment, then alright, I know I had a bad take on that. So it's almost like that it's like I almost like to, you can't really learn completely from the neutral kind of perspective. Sometimes it's like, I have to ask a question or bring up a point to see what people think. Alright, let's talk about this. And I'm going to ask a question that may sound a lot some people may avoid, and I want to hear your answer. I want to hear it. I want to hear every kind of viewpoint, and then pick what I like. So sometimes by doing that, you open yourself up just by even asking the question or, or just, you know, touching on a subject matter, just the fact that you're touching on it is gonna get people riled up. Even if you're doing it from a place of like, I'm going to ask a question. Here's what happened. What do you think? I've learned that by covering something like ableism, since it's one of those 'isms', you know, it gets grouped in, you know, with, like, a far left kind of liberal, like, really progressive. And people will just shut off instantly, you know, just just from that word, right? It's an 'ism'. So then it's like, alright, well, language matters. You can cover the same topic in different ways, and elicit a response. It's how do you want to word things.

R Rob Mineault 51:45

Yeah, yeah, it's an it's an absolute challenge. I mean, and, you know, we, we sort of face the same thing. I mean, sometimes you do feel like you're stepping into a minefield, with certain things. But I think that, you know, it is important to have the conversations, because you're, you're absolutely right, that's where people learn. And, you know, I think that if you're coming at it, from a place of, hey, this is, this is what I think at the moment, change my mind, if this is wrong, then I'm open to learning and, and learning better learning, and learning to do better.

But you know, you have to go through that process, everybody does not just come out with the correct opinion, right out of the womb. Everybody learns, everything's a learning experience. So, you know, again, I think that that's the power of podcasting, that, that we can cover some of these topics, and cover them from a place of, wanting to learn about other perspectives and wanting to hear other perspectives. But it can be a really scary place, because there are the mobs that are out there that are just looking for places to be outraged in. And so I think that that shuts a lot of conversations down, unfortunately.

L

Lance Johnson 53:08

Yeah, and I think that there's a little bit of a echo chamber, you know, that goes on and in the disability community, blindness community. So sometimes I'm like, I intentionally look for things that I haven't heard. And then I try to bring them up and discuss them and post content involving, you know, something that I haven't heard yet, just because I'm like, alright, I love the phrase, blindness is a spectrum, but me saying that, it's not going to change the world. You know, it's like, it's already been said 100 times, so I'm like, kind of like, alright, well, what can we talk about that's going to make people think? What about blindness is a spectrum is something new that involves that phrase, and what that phrase means that's going to make people think. What's going to bridge the gap, because I always think about it, like, you know, if someone's on YouTube, and they're scrolling through YouTube shorts, or Instagram reels or TikTok, and they stumble upon my video, and they don't have a disability, they don't have, you know, eye condition or anything. You know, can I teach them? Because that's, it's in my podcast is almost like a support group for people with disabilities and vision loss. But I only, like, I'll be honest, like, I want that to be 50% and I want the other 50% to be people just learning and opening up their own minds about it. Oh, I never thought about that. I never thought about everyone, you know, basically becomes disabled if they live long enough. And accessibility is for everyone, and RP is, you know, peripheral vision. And that versus you know, Stargardt's is central and like, there's different forms of vision. Like, I like the fact I like thinking of people who don't know anything, just like how I didn't know anything, when I started, could maybe stumble upon something I made, and make them think deeper and broader about, you know, the world we're in.

R

Rob Mineault 55:31

Yeah, absolutely. I mean, and that's, that's really the power to have of the video content side of that. Because you can build up YouTube shorts, or, you know, some Instagram reels or, you know, even you know, there's people that are that are doing great disability content, podcasting, but they're also making like TikTok videos and stuff like that, and that those platforms really can, can make an impact in terms of getting that message out there and getting people sort of tuned in to some of this content that yeah, you're absolutely right, they would really learn a lot from.

L

Lance Johnson 56:08

In the same, you know, kind of vein, it's like sometimes it backfires on you. And that's those are the few you, you attract to, you know, the strangers who don't know much about disability. And then you they show their, you know, the bad side of themselves and leave a negative comment

and then and then you as the creator, you're like, oh, man, does that really help people? Some people think of that and, you're trying to bridge this gap, but then sometimes you but yeah, sometimes I feel like I'm in my making it bigger if I'm covering you know, something that's divisive. So if I'm talking about how, Mr. Beast didn't really cure blindness, you know, of course, I'm gonna get people in the comments being like, bro, you're just, you're just jealous, you know, because they couldn't cure your thing. And it's like, in the video, I said, I appreciate what he did. He just kind of misled people with the title and what he did. So, you know, sometimes it's like, I really get kind of nervous because I'm like, alright, well, I'm talking, I'm trying to teach people but in the process, if it's something that they love and hold dear to themselves, or, if I'm talking about something that, you know, Candace Owens said, or some divisive figure, then I'm gonna get you know, entertained. And that kind of content gets the most eyes on it. And you get people defending, you know, people who they're fans of in the comments. So it's like, sometimes it's like, I feel like it works against me. I'm widening the gap. Yeah. But, you know, maybe it's clicking with somebody, you know, who I don't know, but you got to put it out there the same way those divisive people put their thoughts out there. You gotta put your thoughts out there.

R

Rob Mineault 58:14

Yeah, sometimes you just gotta you gotta take the chance right and pull the trigger and see see what happens. But people like to argue on on the internet, apparently, this is what I hear. But no, listen, for anybody out there that is interested in the podcast, where the heck can they find you?

L

Lance Johnson 58:38

Any platform really, Apple Podcast, Spotify. And if you want to watch you know, the the interviews, you can watch on YouTube. And I'm on social media. My handle is at sea through pod. And that goes across the board for all social platforms. But yeah, anywhere you listen to podcasts and on YouTube, I'd love it if you checked it out, gave an episode a listen. I do one solo episode a month, and one with a guest and I cover a wide variety of topics and disabilities. And I come at it from you know the perspective of someone in the beginning stages of vision loss and you know, kind of learning to accept their vision loss. So that's my perspective as a host. So if you're in a similar position, or you're curious as to what someone in the beginning stages thinks and, and, and wonders about, you know, then my podcast might might be right up your alley.

R

Ryan Fleury 59:39

And you sell merch. Do you ship to Canada?

L

Lance Johnson 59:42

I do ship to Canada. I do, so people can support the show either by purchasing merchandise or subscribing on Patreon.

L

Lis Malone 59:50

Look at that. Another thing Lance and I have in common we both ship to Canada.

R

Ryan Fleury 59:56

What do you ship?

L

Lis Malone 59:57

Oreos?

R

Ryan Fleury 59:59

All right. Sorry

R

Rob Mineault 1:00:00

How can you forget that?

R

Ryan Fleury 1:00:03

They have been gone awhile

R

Rob Mineault 1:00:05

Oh really? I'm still working my supply.

L

Lance Johnson 1:00:08

We should have talked about that. I'm curious about the Oreo trade

R

Rob Mineault 1:00:18

We don't have nearly as many great Oreos as you do down there. So Lis had to had to send us a care package to us filled with Oreos, and I'm still eating through mine.

L

Lance Johnson 1:00:33

Double Stuffed or normal?

R

Ryan Fleury 1:00:35

All sorts. Birthday cake. hazlenut, double dark chocolate. There was a variety pack.

R

Rob Mineault 1:00:42

Lemon, the lemon ones were so good.

L

Lance Johnson 1:00:46

My favorite Oreo is is the Halloween ones. They're orange. Nothing changes with the flavor. I just liked the fact that it's orange.

L

Lis Malone 1:00:55

Yeah, what's not to love about that the brand with the orange cream.

L

Lance Johnson 1:00:59

Yeah, I love it, man.

L

Lis Malone 1:01:02

Yeah. Presentation is everything you see.

R

Rob Mineault 1:01:07

Yeah, we're still looking into that. We're looking into this why there's this great Oreo gap between our two nations.

R

Ryan Fleury 1:01:15

And Doritos, they have different Doritos.

R

Rob Mineault 1:01:18

That's actually true, too. So there's something going on.

R Ryan Fleury 1:01:21

Your package needs to be a Doritos shipment.

L Lis Malone 1:01:28

Just saying that there was Doritos in that shipment too.

R Rob Mineault 1:01:31

Yeah, there was.

L Lance Johnson 1:01:33

I love the Spicy Nacho Doritos.

R Rob Mineault 1:01:36

We got those. Yeah, we Lis sent those too.

L Lance Johnson 1:01:40

Classic Cool Ranch is the best one probably.

L Lis Malone 1:01:47

If I told you what I did with what I do with my Cool Ranch Doritos, I think that it would gross everybody out. We would probably lose listeners.

R Ryan Fleury 1:01:54

Oh, you better tell us then.

L Lance Johnson 1:02:02

I definitely want to hear it.

R Rob Mineault 1:02:03

Okay, let's go. Let's do it.

L

Lis Malone 1:02:05

Okay, cool. Ranch Doritos dipped in chocolate syrup.

R

Rob Mineault 1:02:09

What?

R

Ryan Fleury 1:02:12

How did you even come up with trying that?

L

Lis Malone 1:02:16

Oh, I think I was probably drunk.

R

Ryan Fleury 1:02:21

Or something.

L

Lance Johnson 1:02:22

I'm really thinking about that in my head.

L

Lis Malone 1:02:24

I can I just tell you, it's perfect. That sweet, salty. Oh my god. Lance. Thank you. Try it. See at least Lance is open minded. Unlike you guys.

L

Lance Johnson 1:02:38

Like does have to be warm, like chocolate syrup? Or is it just can it all be room temperature?

L

Lis Malone 1:02:44

You can use like, like Hershey's chocolate syrup, which is room temperature.

L

Lance Johnson 1:02:48

I think it would be good honestly.

I think it would be good honesty,

 R Ryan Fleury 1:02:53

You could get the chocolate syrup that hardens so that it hardens around the Dorito

 L Lis Malone 1:02:57

But the Dorito has to be cold, that's what makes it hard in the magic shell.

 R Ryan Fleury 1:03:01

Well you can throw the Doritos in the freezer.

 R Rob Mineault 1:03:03

Ok this is getting weird.

 L Lis Malone 1:03:05

Or you could just or you could heat up real chocolate and then when it dip it in and then let it naturally harden. Yeah, I guess you could do that.

 R Rob Mineault 1:03:16

My arteries are hardening just listening to you.

 L Lis Malone 1:03:20

I think you need to do it on YouTube. I would absolutely watch that episode with bated breath.

 L Lance Johnson 1:03:27

Let's make a series out of it.

 R Rob Mineault 1:03:30

Yeah listen you can have a new like sub series on the YouTube channel and have Lis on. It'd be like Hot Ones, where you just invited podcasters over to try really super weird combinations

L

Lis Malone 1:03:43

What do you do with your Doritos?

S

Steve Barclay 1:03:46

Here, Eat This with Lis Malone.

R

Ryan Fleury 1:03:50

Double stuffed Oreo with ketchup

L

Lis Malone 1:03:57

Well I will try almost almost anything once.

R

Ryan Fleury 1:04:06

Do Siracha Oreos.

L

Lis Malone 1:04:09

Oh, let me say, chocolate with hot red pepper is delicious by the way.

L

Lance Johnson 1:04:17

Yeah, I believe that. I've had dark chocolate with peppers in it.

L

Lis Malone 1:04:21

Yeah, it's good. It's good stuff. Lance, we're going to talk.

R

Rob Mineault 1:04:26

Yes, clearly we're generating new content already.

L

Lance Johnson 1:04:30

I love food, it was my childhood staples. I gotta watch what I eat now, but I think I love I love to think about Doritos.

R Rob Mineault 1:04:45

Ya know, they're they're real kryptonite with me too. But ya know, stay tuned for a dill pickle with maple syrup on it.

L Lance Johnson 1:04:55

Sounds good.

R Ryan Fleury 1:04:56

It's getting close to dinnertime.

R Rob Mineault 1:05:03

So that's another reason why we have to get out of here. All right. Well, listen, Lance, thank you so much for taking the time out of your evening and talking with us. It was an absolute delight. Best of luck with the show. And come back anytime.

L Lance Johnson 1:05:16

Thank you so much for having me. I had fun. You guys asked questions that I enjoyed answering. It's a fun to be on the other side. And now I know I don't have to edit anything. Very, very nice feeling.

R Rob Mineault 1:05:33

That's, right. It's like walking away. It's like that those images of like people walking away from an exploding building. It's great.

L Lance Johnson 1:05:43

Yeah, seriously, I think thanks for inviting me on it. It's the first podcast I've done with four hosts. And it's a lot of fun because it's like, everyone's bouncing off of each other.

R Ryan Fleury 1:05:53

Yeah, it's always interesting when I reach out to a guest and they said you have any questions for us? I'm like, no, there's four of us. So it's a casual conversation and I couldn't tell you what might be asked...

R Rob Mineault 1:06:06

We have no idea where we're gonna go. Didn't expect to end up talking about Doritos. You know what, there was a cinnamon sugar Doritos once that I had that sounded good, but it was terrible.

L Lance Johnson 1:06:21

The idea of that would be like a churro or something.

R Rob Mineault 1:06:27

Yeah, it was basically like a Dorito churro type of thing.

L Lis Malone 1:06:30

Like Stacy's pita chips with this cinnamon and sugar. It was a really good.

R Ryan Fleury 1:06:37

I don't know, we don't get those here.

R Rob Mineault 1:06:39

I think we do. I think I've had them. They're like something you'd find in Whole Foods. That's why you haven't seen them. That would be why. You've never been in Whole Foods.

R Ryan Fleury 1:06:51

My whole foods include like a quarter pounder with bacon.

R Rob Mineault 1:06:55

In the sense that you eat the whole thing. Ravioli, some doughnuts.

R Ryan Fleury 1:07:05

My double stuffed Oreos.

R Rob Mineault 1:07:08

All right, last word. We're gonna get you go so you can make your escape. But thanks again.

R Ryan Fleury 1:07:14

All right, enjoy the rest of the evening.

L Lance Johnson 1:07:16

Have a good one.

L Lis Malone 1:07:21

We have so much fun with fellow podcasters.

R Rob Mineault 1:07:23

Yeah, we do. We do. Actually. I have to say they're my favorite shows these days. I really enjoy it when we have other other OPPs. That's the reference?

R Ryan Fleury 1:07:40

Yeah. John Grims referencing other podcasts. Other People's Podcasts.

R Rob Mineault 1:07:50

But he's, I'm telling you, brave guy talking about some of these, these topics that inflame the inflame the internet mob?

R Ryan Fleury 1:08:01

Well, I think we need that, right? And, you know, there's a lot of topics that people while people in general are afraid to talk about disability.

R Rob Mineault 1:08:17

Well, you know, I think a lot of it has to do with the fact that just people can't, it's hard to have conversations these days because a lot of people out there just want to yell at each other. And in so you know, who wants to get involved in that? So I think that it's more about the the

atmosphere than people don't want to have the conversations. I think people do want to have the conversations. I just think that you know, they just get sick of being yelled at all the time. So who the heck who needs that?

L Lis Malone 1:08:46

I don't know what that's like at all.

R Rob Mineault 1:08:49

Oh, LisMalone.

R Ryan Fleury 1:08:50

You had a song written for you. Relax. It's all good

L Lis Malone 1:08:55

Look at that.

R Rob Mineault 1:08:58

I know. See? I'm telling you, man, he's...

L Lis Malone 1:09:02

He's getting a little hangry. detect the hangry the hangry Ryan

S Steve Barclay 1:09:10

We need to get out of here before he chews off his leg.

L Lis Malone 1:09:13

I don't think we can handle Ryan's rant at this at the end of the show.

R Rob Mineault 1:09:24

you know what, speaking just real quick you guys missed a really good episode last week we talked to Mike Buckley from Be My Eyes. AI is really exciting. I'm so on board with AI now. I was afraid of AI initially but after talking to him There's some really cool stuff coming down the

around AI in India, but after talking to him, there's some really cool stuff coming down the pipe for for AI in terms of assistive technology.

R Ryan Fleury 1:09:47

There is, but isn't it also in the UK now or the European Union is trying to put a halt or a slowdown on all this AI development?

R Rob Mineault 1:09:55

I mean, I think that it doesn't hurt to slow it down. I think we might need to be regulated. But that's just because you know, people are out there just seeing what they can do willy nilly. I think that it's very different, for the work that that's being done in the assistive technology space. I think it's very different. It's been done responsibly for sure. You know, we don't we don't need need AI doing too much thinking for us. Or, you know, just putting crap out there in the wild without really thinking about it.

L Lis Malone 1:10:31

Until my AI gets pissed off at me and says, yes, Lis continue forward.

R Rob Mineault 1:10:40

There's definitely no manhole cover open. Just keep going. Keep walking forward another 30 feet.... Okay, anyways, wrap it up. Yeah, let's wrap this up. Hey, Ryan?

R Ryan Fleury 1:11:07

Yeah, Rob?

R Rob Mineault 1:11:09

How are you?

R Ryan Fleury 1:11:10

I'm fine. Thanks for asking.

R Rob Mineault 1:11:11

So not I'm so not used to everybody being here. But so just don't mind me. I'm just gonna ask Lis a question here. Hold on. Hey, Lis?

L

Lis Malone 1:11:20

Hey, Rob.

R

Rob Mineault 1:11:22

Where can people find us?

L

Lis Malone 1:11:23

I guess they could find us at www.atbanter.com.

R

Rob Mineault 1:11:26

they could also drop us an email if they so desire at cowbell@atbanter.com. What happened to our voices? We became really professional all of a sudden.

R

Ryan Fleury 1:11:36

You did the rest of us are fine.

R

Rob Mineault 1:11:38

No, Lis did it too.

L

Lis Malone 1:11:40

I was mimicking you. It's whatever.

S

Steve Barclay 1:11:44

Well, you know they can also not find us on social media.

R

Rob Mineault 1:11:50

That's right. Especially not on Instagram because we lost the password.

R

Ryan Fleury 1:11:53

Well, yeah, Instagram won't let us reset the password. Well, that's part of the problem to Instagram saying this page doesn't exist.

 Rob Mineault 1:12:10

It just means we have to go out for breakfast so I can take a new picture of Ryan eating pancakes and we can have a triumphant relaunch of our Instagram.

 Steve Barclay 1:12:26

Nothing but pancake pics.

 Lis Malone 1:12:29

I need I need to see these pancake pictures. I don't know what what you speak of.

 Rob Mineault 1:12:36

And not only that with the work that that they're working on with AI, the AI will completely describe the picture for you. Cheek stuffed. Syrup down chin.

 Lis Malone 1:12:57

It would describe you Rob ... is sitting next to a middle aged man.

 Ryan Fleury 1:13:06

A rotund man...

 Rob Mineault 1:13:06

Maybe... Whoa. Now things are just getting mean. You see, I'm telling you Ryan will turn on anybody.

 Ryan Fleury 1:13:32

Well, that's gonna do it for us this week. We appreciate everybody showing up.

 Lis Malone 1:13:38

Big thanks for Lance for joining us

Big thanks to Lance for joining us.

S

Steve Barclay 1:13:44

We'll see you all next week.

R

Ryan Fleury 1:13:47

Bye.

R

Rob Mineault 1:13:50

What is this, a coup?