



Art Stills

Tips To Controlling Your Temper

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Hey, welcome back to the optimal performance summit. I'm your host, Dr. Patrick Porter. I have a great guest here he's got a great sense of humor is probably going to show up in his interview here. He spent some time with us here in New Bern, we've done a program together for for sport. And we're going to talk a little bit today about maintaining your your cool I guess your head when people are doing these things with within the their sport, we're talking about something called anger which some people have. I know that he's done a lot of work on that and he's, you know, you wouldn't even know are probably when you were in sports he's in he's played for the Kansas City Chiefs. He played for the Kentucky Wildcats. So he's on the Kentucky Wildcats Hall of Fame so you've been around you've done your you're done your job on the on the field. So now you've started a nonprofit that works with kids. We're going to get to that in a moment. But first let's talk about what tips can you give somebody in how important is it? You are outside linebacker, you know, so you you have to read keys and everything's going out in the field. But what happens if somebody in sport loses their anger or loses their mind? Because they're so angry? What what shows up?

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You know, I was gonna say it's just you know, we've talked about this before and all and a lot of



the game is not, you know, the physical side Yeah, you see the history, you know, contact and people getting hurt and all that kind of stuff. That's part of the game. But the big part of the game is the mental side, you know, how you utilize those mental capabilities that you have? And I can, I can give you an example jack Lemmon went out, playing for the Chiefs at all. He was a ballplayer again This happens all the time. We're playing the Rams in Auburn California Now at first playing the game. I even mentioned the player name, but he came off and it wasn't you know, you blocked him but came off actually just came up with punched right in the middle my chest and you know what happened you start sucking

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air and all

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So the thing is not and I know that's part of the game, you know, people want to do things to get you, you know, get you upset at them so you get to mind off the game. And it was just kind of funny because you know, you got to like do a reversal and what happened was through the game I'm just sucking on that one play and still running.

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And I'm coming back

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and the guy you know, walked into the office attacker walking past me and all too and he came back and apologize. And so what I did was I looked at

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you know, I

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think he gave me as hard as he can give me and I was I allowed hurt good all right took me about I'm still struggling right now, but it's just kind of funny cuz even when he walked past he polished a magnet.

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I said you did what you know pretend like

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he did nothing at all. So you know you it's almost like a reversal so to speak. But Matt is I mean,



the game, guys know that they can get to You all focus on your assignment your task in hand, and then you just focus in on that person he didn't want either he won the game. And that's the way I kind of look at it. I'll leave you I was talking to my wife yesterday and I was telling him I was giving her some of my Chinese secret some of that kung fu wax on

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wax off.

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And I was tossing the thing is when I played ball Wilson, you know, technically I was a defensive end defensive lineman but in my mind, I was offensive player because you know, you want them guys taking what you go and do then you sit back waiting for them.

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And I think and I know we

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discussed to him would probably jump into the Brain Tap. I

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you know, I can't do anything about it. Now. I can go back in

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time. But this has been you know, just I think a little bit over well, it's been

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a year and November I think we first I first got contact you went to the Brain Tap Summit along to and it has been made a world of a difference not only for me, but I got little ones and all too but I mean, this is something that would be and still is part of my arsenal so to speak as far as still issues and problems.

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And you know, as we start aging and then

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you see all the, you know, may I can't use this four letter word, you see all the crap going on in the world nowadays, but if you don't have your mind, right, you can get caught up in the news. Next thing you know, the Russians are calling you up in the Martians. And next thing you know you Your hair's grown, then you're back. We don't



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have that problem.

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You got it.

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So when you when you think about everything you learned in sport, and then you had to make a segway, you went from being in sport to being in your own business. Yeah. What did you take from sport to business and to get to where you are right now what you're doing

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is almost, you know, when you think about it, we've been we came out of that womb, my mother's womb. We were part of a team. We we all do. Math was part of a team, what type of training your parents law gave you. You have brothers and sisters, your environment and all too. So always likely to you people talk about professional team college, high school, we all are a part of a team, human race, you know, our family and all too. So you're just saying it's the same. It's the same community, no matter if you raised your kids, you're part of a family. The same thing when you play sports. And I was talking to a friend of mine, Greg long we play Kentucky today. I mean, you your family. And so with that family comes in you have your head coaches, your system coaches, so they almost take on the role as far as the authority, the parents and all, then you got your brothers, you know, guys you played with law. So and then you make that transition. It's the same deal, business or anything like that, you know, you have the same, the same format, so to speak, same issue You get hurt, you're out of the game, you know how to you come back or you get into playing you make a mistake and all you dwell on that play? Or do you Okay, this pass, let's move on Let's learn from it at all to the same thing, you know, for young ones at all was just the same for I mean, it's the same plan no matter what sports family or business.

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So when when you were in college, of course, you were a Hall of Famer. So you get you get drafted, you go into the pros. How much different was the speed of the game and what you had to learn in the time commitment from college to Pro.

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Also, it's a big difference. I mean, it's just you know, you take it the same thing if you go from high school, you can be all American High School. And the thing is, and then they got nanny calling five stars, four stars,



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you know, but the thing is this and I'll give you

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a good example, just like in university, Kentucky,

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Josh Allen,

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you know, he's playing for Jacksonville right now. He's a 6 player, he was like a he will go to Montclair State College and all together so so to me you know when you get a ball player like that doesn't necessarily you know you I got a five star doesn't mean he's gonna if it's mine is not right he's not gonna go to that next level so to speak.

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And it's the same thing I look at myself

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I went to high school attending high New Jersey and we had some excellent ballplayers had much more ability than me, per se. As far as athletic ability and all I wouldn't go to intelligent you know, because I'm a brain surgeon. But, uh, but it was just more so that if I had a and I'll give you a good tip, I got a brother a year older than me. He had my son was 10 of us. I got a sister Valerie still she's all American. She's a Hall of Famer and all basketball and all that stuff. But um, my brother was the most athletic and

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fan. But his issue was his attitude.

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What we're talking about right now. You know, some things you got How to work through. But he was a hothead, you hear that too? You know, when you play the game, you can't be a hothead, cuz you ain't gonna play the game. Within the context of the game playing as a team, you can go off into your individual spot or whatever. So, those are the things that distinguish I think, you know, besides you know, you gotta have some athletic ability. But those are the things man having a cool, calm effect about things. makes a world of difference as far as going to the next level, and then even close, and I'm always telling people I was pretty fortunate when I play that Kentucky. We had a lot of great ballplayers. We all came up same time. I think we



had 12/13 ballplayers within the NFL to either you know, drafted or free agent or whatever. So we had some good ballplayers, but that makes a world of difference. You know what you contribute as an individual, to your teammates, and everybody's like mine. You're gonna you're gonna win games and you're gonna have fun at the game. Yeah, they say that,

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in fact, over 5000 years ago, Buddha said, he angers you conquers you. And it could even be yourself, right? I mean, it doesn't have to be another person, you can be doing it to yourself.

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Well, that's, that's what happens. You know, because the thing is, if,

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if you believe in what you're doing, and you make and you you don't have, I don't have all the answers in all, and every day, you know, some learning process all, too. But the bottom line is, if you line up, I guess the same thing to go to make. You become somebody's puppet. You know, they pull your string and you but you got the young person, but he also got to keep in mind, it's not just about you, it's about others not thinking long run. If you look at long term, people notice that and know that you're genuine. You're gonna make mistakes. That's where you got it. If you do make mistakes, that's where you got to acknowledge it and all and try to correct and not do it again and all too but I think it's all It's all in the mind. I mean, this is real simple, not your physical side is how you felt and how

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you look at things.

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What we find with with people who are performing at higher levels, once they reach a certain level, they want to give back and you started giving back with your nonprofit. So tell us a little bit about you know that that mindset of a champion and why would you give back? You know, some people of course, take their winnings go home, you never hear from them again. But you decided to stay in the game and help people tell us a little bit about that.

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You have to take their winnings and go home. I'm like, Can I get some people help me

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find my winnings back there?



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No, but I go back to my, you know, my my head coach that taught me all these things was my mom. And um, you know, she didn't have you know, she had high school education. 10 of us five girls, five boys. She basically raised in the project and off to an etiquette We all have no control over what when we come out of what shade of color or whatever not, but we do have control over the choices we make in life and all too. But she, her whole life was centered around helping others. She didn't make the money on somebody it was just

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and so I seen that

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and then and you probably you can vouch for this too. There's a hormone on when you're doing the right thing, helping others not thinking of yourself. That takes you to another level too. And that's the way I kind of look at it. I read the thing it says when you help others you heal yourself.

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And I always tell people let's use like I'm saying we work with foundations

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normal now you it doesn't matter what shade of color were you from whatever and all but the thing is, I always tell people you know when you help me when I'm when I'm, you know, helping others I'm healing myself I got a lot of healing and do so that's just, it's almost like becomes part of your makeup so to speak. And again, the me is about You know, what, Liz, the same thing. My job every day is to make a new friend, make a couple new friends and all. And part of that process is probably you know, because you know, I'm a brain surgeon so I can read minds. I tell jokes that they can comprehend. But I, you know, I, I, you know, humor, I'm talking about things that

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are positive, you know, especially if you meet

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somebody new or whatever,

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those this. It's not that hard, you know, just a simple smile. Those things make a world of a difference. So what we've been doing, and my wife is part of the two we got a company called the syndicate coffee team.



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And what we

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do is that team concept we use coffee as a platform organic coffee as a platform, work along with foundations that are trying to bring in funds and awareness. You know, some of the NFL alumni we're doing the Ron Terry

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Jim Kelly has 100 hundred

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This, what is it? Super, super bowl of carry, which at Super Bowl time at the harvesters around the country and all they do things and have these things a pack of teen meals and offer kids in school that otherwise wouldn't have stuff on the weekends and off to basically what we do is we set up a script subscription and all a year subscription 100% 100% of the profits go back to the foundation. And that's what is your funny thing about that is we live in a world nowadays.

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You talk to folks about what we do.

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People always trying to figure out a what's the underlying, you know, hundred percent, something's got something funny going on. It's almost like you can't do good things. Because that's what you want to do. It's almost like there's got to be an underlying thing as to what you what you want. What. So those are the things that happens. A lot of times when you talk to folks, they try and figure out what you game. The game is real simple, you help others you hear yourself and I got a lot of healing to do. And I drink a lot of coffee.

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That's good. So what besides doing the coffee when you go out and you work with the kids or whatever, what's your would you say you're doing some mental some mental mentoring or teaching them to set goals like a pro? What is going on?

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Well, that's the whole point. And that's why

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you know, and we don't talk to schools at all, to even with the Brain Tap along to because I use



I got amazing to my grandkids and telling them we didn't have two and a half years. And

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is that has

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you know, especially for the young ones in school and all

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that

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makes a world I even him my kids, they remember my grandkids asked Can you know that I asked me not to. And so, that's just, you know, part of the process is just,

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you know, keeping in mind,

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the times and all what you do And then at the same time doing the right thing

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right so when you when you think about

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what we put together we put together a football program called football's a mind game. When you think about you said it earlier a little bit but when you think about somebody learning especially going from one sport maybe they're going from their freshman year to their sophomore year junior year whatever. In they they're you know, when you're in JV let's say then you get up to varsity, you find out Hey, that's another group in what do you recommend they do and in just I know personally but for the listening audience, what do you think was the main reason we put together footballs a mind game besides helping them heal their brain to from concussions?

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I was thinking you In turn, because not all of us. I know. I'll speak for myself. I was pretty fortunate to make it up to the NFL level not been able to play 12 I played 10 years, two years in Buffalo, not



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playing for some Good teams and all.

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And I was pretty fortunate as percentage wise, most people, you know, young ones and all, no matter what sport there's a small percentage enough to. But the nice thing about we're talking about the mental side, you know how we look and how we focus on things, how we create

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visualization, a game planner and head

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and how we, I use always use the term, keep your head on a swivel. Because when you're playing a game, just like in life,

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something

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if you don't keep your head something and then you got to hit him. So you might be looking this way from how you react and how you respond to them.

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I think that's that

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and sports is nice because that's where you lost when you learn a lot of soft skills. And I think that avenue then we're finding nowadays with parents and all once upon a time especially, you know, parents,

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when I was growing up, parents took the list you usually

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have a mother home, work alone with you know, But Susie, both parents have worked on and might be a single parent or whatever. So they're not learning those soft skills at home. So the next level was coaches. And, and coaching is a very, very critical, especially with kids in high school law. That's a critical time in their life long where they learn skills. And that's why it's



important for a coach, man, don't look at it, man, just, you know, you want to teach him the game you want to win. But you also want to teach them because most of the guys are not maybe not gonna go to college level or maybe not the pro level, but they go on and maybe have families they go live in New York. So what can we teach them?

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We listen, we want to win games,

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but we want to also have something long term, not just use them for what we can for right now. And I think you know, the Brain Tap, you know, all the different programs and I'll tell you one, particular I know when I first started off with pay,

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you know, it's just one of those things. You know,

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the program don't, you know,

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manage pain and those types of things. People don't understand sometimes in pain, you don't get no sleep. You can be irritable, you're gonna, you ain't gonna be empathetic, you're gonna have issues and everything gonna jump during a bit kind of is not because you're paying. But if you can do things for yourself, and you make an informed decision not I know, like when we first met, and all, you gave me all the research and all, you know, do the research, check up the data and make it for yourself. Don't make it because he told me to do that. Because once you do that, then you understand exactly what's going on, you know, now understand when I see the lights, or you say Close your eyes, like I'm looking at the lights, because I'm playing some No, no, but but then you you understand, like we talked about beats,

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the music, you know all those things.

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And that brings me to a thought. Flowers especially if I was playing

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them



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and I had you know the Brain Tap that was fun my my regimen off to be just like I look at it you ever come to mimic kung fu yeah us and he again I guaranteed was the listen only gangsta rap or anything like that your beats and all the calmness and all and you think about that you know your system, your nervous system everything you go into a game and yes you got it you gotta be tense but you can utilize all that energy and all man you could probably do a lot of things, be able to think on your toes and just even injury wise. You think about all those things come into play. And then you know, because I'm always looking guys, everybody saw that heavy muted comp

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before game and I'm thinking

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you know, sometimes,

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you know, it's almost like you know you you're going out to war and hurt somebody,

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but you can look at the game. A little differently. You're going

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out not to war, you're going out to give you guys a hug and put down on the ground and take a paycheck.

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On the ball, you just grabbed like

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that, and give a little hug and tell me, it's gonna be a better day for you next week.

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One of the things that we hear a lot within sport and it's also in business, but something called outcome anxiety. You know, when you're when you're there, how bad D How do people handle that right now, do you think? And how do you think that what we what we put together is going to help with that?



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We'll say that again. You know,

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outcome anxiety, like when somebody they want a certain outcome, and they're so afraid of it, that they don't know how to respond to it. Like they, they get so anxious and like some people say, just play in just play in your own play in your space or whatever. Just play within your own mind. Don't Don't let the game be too big for you, you know, those kind of things that people say. But people do that. In everything they do that, like let's say they get a chance to speak in front of a group, instead of just saying, Hey, I'm gonna be myself and speak they start thinking, Oh no, what if I say this wrong or that wrong?

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Yeah, I just,

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you know, the thing is me is all about

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and we all are you know, you've been speaking on

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us Do you still get the jitters? No, and you can re speak in front of a group of people.

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I've been very fortunate I've never really did that. I just I'm too You gotta have the they call it mind over matter if you don't have a mind it doesn't matter. Right. So

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I must got a mind and to tell you that

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for the wife, I got a fun.

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Yes, I have been getting married before everybody does. Especially and I just actually I don't even know if I shared with you, but I just got a chance to speak in front of 25,000 people in India before this COVID thing happened. And for a little bit, you know, I was thinking that I thought they asked me to speak they must Want me to say what's on my mind? You know,



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you know that the

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you know, but you start overthinking it, you

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know, and I think it's a combination of things. Um, you know, having confidence in yourself. It's not wrong with sometimes, you know, we talked about, you know, not having, you know, self doubt or anything like that.

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But the thing is, preparation, you know,

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again, is probably your situation. It's not something you're not creating, and you believe in something it's not like you like if I'm trying to sell you some Coca Cola or whatever, I'm not crapping on cocoa I don't drink so it's gonna probably come out that way. But if you believe in something, and it's just like anything

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else in sports,

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not saying you over you're getting cocky so sweet, but you got confidence in your game and you go out there play. You recognize what you got to do. You know, this time you know, you playing against you know, There's no such thing as a perfect game. But it's not like I'm on wait for my one play, I mess up.

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Every play, you focus on continuing, and things happen,

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and that's where you got to regroup and all too. And I think,

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you know, with that, you know, just, you know,



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the stuff out and those types of things doesn't come into play at all. And especially if you and the way I look at this like working out, you know, a lot of times when I was when I was playing ball, I didn't work out with a group guys. I used to go over, you know, Arrowhead Stadium. I used to work out by myself. It was a reason why,

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because the same thing I think he's talking about,

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sometimes you start depending on others, especially playing the game.

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So my mind is always like this,

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you know, if I'm running them steps, and I used to run the steps in stadium over our head, and I didn't do it. You know, some guys do it earlier. The morning you know, when it's nice and cool, we use the back then we our games use at one o'clock. So my mindset is, well, that's what I need. That's where you can make and get yourself in shape. You don't the coolest part, you know, early in the morning or whatever, when the sun is out, you sweat it off. And then now you're doing it on your own. So you got to push yourself not saying that you're working together, you don't need to, yeah, you need to teammates for me. So almost like you got to do your assignment first in order to help the team. And if you're not doing the assignment, somebody's got to compensate. And that's just the mindset. And then always I'm always thinking, maybe doing something a little different than the guys I played with the guys I played against, even though they might be doing the same thing psychologically.

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I think I got that.

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Right. And how important do you think that is? Even in business I know you're always thinking ahead even in in your your business life when people are using their visualization or supercharging self confidence, however you want to think about that, how important and how much time do you spend on that? Do you think?

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I think, you know, business wise,



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it's just like, you know,

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even when we're doing the coffee business not to, in reference working on family, first you got to know, again, I wouldn't call the opponents from off, but you got to know. You gotta know, first you got to know your business period. You know, if you don't know your business, just doing it because everybody else is doing, it's not gonna work. But the thing is, not only that, but you know, a lot of times you hear people you gotta know your, your competition, but to me, you don't want to be dwelling on that either too much. You might want to know who's out there. But the whole thing is to focus and

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focus on what you're doing.

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Having a game plan and the game plan, like we said, the mental thing comes into play. I mean, that's one important aspect. But then again, you know, you take in consideration, you know, how Important is sleep. How important is what we put in our system? You know how we feed ourselves, how important exercise our mind they are everything and then managing there's a lot of stresses besides business then you got family issues, problems, health issues, you know how you manage things and how you look at things. I think it's all in your perspective how you look at things.

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What advice would you give somebody right now that maybe they they recognize it or their families don't Hey, you got to calm that you got to get calm down. You don't yell at me though. What What advice would you have for them? Well,

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we know too, if you do the research, we all know that long term, you got issues like that You ain't gonna be around too long. You're gonna have all kinds of health issues and all too. I would encourage you know, usually people hyped

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up like that.

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Probably made some maybe some exercise me doing some things. Enjoy life, sometimes. You

can get so involved with work you neglect most important thing your family exercise, your neighbors doing things kind of things.

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And if it's all about not thinking,

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you know what happens in a situation become become self absorbed?

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Where if anything goes wrong, it's almost

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like you get paranoid you know people like me, but it's just a matter of being spend some time you got your wife spend some time away, you gotta you know kids spend some time just do some little things get up in the morning do a little walk.

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You know,

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me I live ran into a golf course With you around here I live and the nice thing man is just, you know, grounding yourself. You know, man just smell you know,

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smelling medicinal stuff you before you go to sleep at night. No.

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I mean, but, but

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it's a mindset and if you can talk about Sitting there reason with the person. But the bottom line is and that's what I'm finding out in life is it's not what we say is what that, you know, we all have one thing we all have is, you know, we all can make a choice to do this or do that. And you know, when you provided information in front or long term, how do affect your health and off to power effects. You think about the digest when you on the edge all the time, you cater your food, you eat good nutrition.



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Next thing you know, you know, you're taking

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the Brian's to the Super Bowl every five seconds. When

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I had my high school coach, I actually quoted him in my first book, he said, talk's cheap actually puts points on the board. And he was talking about, basically to the team because I was a captain and he didn't want me to be just because I was captain. I didn't have to do anything. He said you got to do. Yeah, yeah. When you're when you're a leader. It's not that you get it. But he has to do everything but be an example. And you've been a great example, to your community. So tell me a little bit. I know you've been using Brain Tap. So a little promotion here for Brain Tap, just tell everybody a little bit about how you're using it, what your plan is, you know, we have a, we have a plan in our minds. We're going to activate it through the the, of course, through the football networks you have, but what where do you see this going and the acceptance there. And we also have our photo via modulation, which we're going to have Dr. Sadr I'll talk about in the summit, you know, where we can help people with their traumatic brain injuries. But where do you see this going? We're as a visionary for, you know, helping out in this in this industry to make it better.

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Well, you know, just backtracking on Dr. Kelly was the first person I've talked to he did a presentation to here in town. And I sent him this presentation using the Brain Tap that opportunity, you know, sit down we visit and off to, and I'm always looking at things. That's cool. I always use the term you take to the next level, you know,

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my next level is,

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you know, I'm getting the stage in life and all, you know, where it's not too many more stages or, you know, but but it's just, you know, a stage in life where I use the term, I'm trying to extend my shelf

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life. And I know that the Brain Tap and then you know, you start



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learning because that you hear things about,

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you know, we've talked about the light

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beats and those types of things, you hear things, it's just just verbiage and all,

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but once

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you know, I had the opportunity to come out and visit you know, New Bern and all sit around and talk but to you know, all the folks who staff is always great now, but um, the way I look at it is, especially in schools, and are you talking about we talk about trauma informed care, and that's the first thing I think about, you know, very soon Wait a second in schools issues that they have in school, and it's almost like, I got another business partner. Oh, just I mean, break justice. We did. A couple books mind over head chatter and all that kind of stuff. And what we found out and you probably know, too, that we was talking like the student athletes, but when you start when they get into high school, it's, you almost got you got to start off from scratch, preschool, you know, some programs and all too. And I think, you know, the issues

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and problems that they have in school.

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And and again, you know, there some school districts are using Brain Tap

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that is making a world of difference and all too, and I think, you know, the units, the programs. And the nice thing about is not just you know, sometimes you're getting something that's just kind of generic. When you get into Brain Tap, you can hit any subject, you know, we do things one of the foundations is chapel Haven, so, autism dot community, all you know, got folks that are all on the autism spectrum at all. And so then you hit any subject when you go to brains that happen off to you can hit any subject you know talking about depression and those types of things we do some things with with the veterans and all too so these minutes there's this application is for any aspect of our society no matter how young route to because I know like I said



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even just a few us

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you know we got the light and all has a specific application

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the sound just if you just

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take one aspect of it and I know even if the sound like sleeping at night No. It helps you with your breathing and also I mean it's your whole system working because I catch myself a certain program that I use when I just want to relax it takes two deep breathing and it's almost like the music man just music

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by itself helps you to breathe and you blow out

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and just get your mind at mindset relaxing all too. So is it is unlimited applications with this for you know, for our society. I mean, this should be instead of Wheaties of breakfast champion, this should be at a breakfast champion right here first thing in the morning, get that head right.

33:14

There you go. I'm all in for that. So that's great. So we're here talking to Art Stills he's he's not only a accomplished footballer, which, of course, most kids in America to play football would love to one day be in the NFL, but they know, even in college, I think they say one out of 1000 athletes make it from college to pros. And I think it's only it might even be worse than that like one in 10,000 make it to college. So you've got to put a lot of time, energy and effort into it. I appreciate you sharing it, sharing it today. They're going to we're going to make sure that they know about you and about your nonprofit. They want to take part in in helping fund some of these nonprofits. They can join your coffee program. Oh yeah. In healthy so we'll make sure they have some information about that. What would you like to leave But like your favorite quote, your motivation? What? What would you like to leave our listeners with before we end the call today?

34:06

The rain in Spain falls mainly on the plane.



34:11

I just feel the thing is, and we're talking about, you know, how we look at life long talk my Brain Tap and the psychology of know of life in general law. I was just saying, hey, if you see somebody, you know, say hello, a smile, you know, because then you know, it's this, this this. Everyone we meet is facing issues and all we know know nothing about so be kind. And that's the way I kind of look at life. I just my objective is to put a smile on somebody's face enough to we've got to wrap it up. This

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is great. I think that you share a lot of great information. People can take away from this and know hey, at any age, at any level of your life, you can start To make a difference, you can change. And what you said at the beginning is so, so important when you when you look outside yourself, you start helping other people. neuroscience tells us we're getting this neural hit this dopamine hit in, in, it's good for us, but it's also good for everyone else. And if you're if you're suffering from depression, anxiety, fear, anger, all these negative emotions, get outside yourself started helping somebody and I think what you said is very good about get out there smile, reach out, be part of the solution. We already have enough people adding to the problem. So let's let's be part of the solution. So again, thank you for being on the summit. We appreciate it. We appreciate all that you're doing. And we look forward to following your success. So

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anything I can do you let me know or anybody part of the nation and like I said, is there anything I can do to help out the calls? A minute. Thank you.

