

*Whispers
to the
Young*

Advanced Photography Class 2021-22

Instructor: Mr. Rodriguez

Whispers to the Young is centered around telling the stories of the senior citizens in our community. Through the efforts of students from the South and West Washtenaw Consortium, we reached older generations to bring these timeless stories to life. We hope to share these tales of hope and triumph over hardship. This project brings an audience to the seniors often forgotten by our generation. We want to give weight back to their words and make sure their stories are both heard and seen.

Our photographers and writers collaborated to bring these stories to life through multiple visual mediums. Everyone involved agreed to a shooting location, organized an interview and conducted a photoshoot. This process resulted in a series of articles and photos. Individually these articles and photos expose pieces of each story, but together they create a much more complete picture of the seniors in our community. This project allows our student photographers and writers to display their creative talents to an audience much broader than our classroom. This process has helped us to become better prepared for our future careers. Our final product is a book and we hope you enjoy the work we've devoted to this project.

Ana Teofilovic, Madi Beckington, Jack Sink, Sophia Hantula-Miller, Iliana Lichtenstein, Ethan Kunoff, Nina Linde, Anarhea Franklin, Carmen Bagbey

"It made me realize how ill equipped we were to handle an accident."



Jack Ceo: *Shaping The Future of Law Enforcement*

"What do we do?" Jack Ceo questions as he and his partner quietly position themselves on opposite sides of a big, old house. Inside, sits a man with a gun that, moments prior, barricaded himself into his house. Ceo and his partner were stuck outside in the dark, cold rain wondering what crucial action they should take next. Today, the former Deputy Police Chief of the Ann Arbor Police Department shares what it was like as an active police officer in the 1980s. "We weren't equipped to storm the house or anything like that." As Ceo looks back on his service, he finds it difficult to ignore the times when police officers received little to no training for dangerous and critical moments. "A lot of these things are very complex issues and when I first became a police officer, you weren't very well trained up for doing these kinds of things." Unfortunately, this was not the only time something like this happened to the Ann Arbor Police Department, "It took a few of those incidents for some of us to get involved and question the department and say, 'So what are we-, how can we best handle this?' Cause no one wants to get in a shoot-out or anything like that." So what did Jack Ceo do? After experiencing several ill-equipped incidents, he felt inclined to do something about his lack of training. "So I wrote a memo to the Chief saying, that night, I was actually kind of ashamed to be an Ann Arbor Police Officer out there on the street. It was after that, that I guess they came to realize the same thing." Shortly after his memo caught the attention of many of the department's members, officers slowly started to be informed about protocols and critical actions. "We had some training about calling for additional units, surrounding the house, waiting for that person to come out, [trying] to get someone to call the house, talk to the person, [and] get them to come out with their hands up." In addition to his influence in the department, Ceo's experiences have resulted in all cop cars being stocked with cameras and measuring devices.

Photographer: *Iliana Lichtenstein*

Writer: *Stefanie Harris*



Amid controversy and intense focus on police departments from the public, Ceo believes things are getting better and better as officers become a lot more conscious of how they conduct their departments. "I have always heard [that] bad things happen as a lack of training, and I truly believe that." From crawling through windows, doors, and sewers to keeping citizens safe from a hazardous material spill on the highway, Ceo expresses how important it is that officers are equipped with the knowledge of how to deal with any situation that they may come across. After emphasizing how much time and effort it takes to train officers to be on the streets, Deputy Ceo revealed that, "there's a lot more emphasis now on training than there ever was."

Although Officer Ceo went through difficulties during his time with the department, he was never turned away from the thrill chasing of the job. "I liked to work nights cause that's where the action was." But Ceo did not thrill seek alone, as he had lots of help from his partner, Craig Rodrick. "Him and I would try and catch burglaries in the process. We caught, I think, more than the average police officer did." Constantly on the lookout for illuminated lights, open windows, or even slightly cracked doors, Ceo and Rodrick had several strategies to help them protect people's property and well-being. "We caught, I think, about 8 or 9 burglaries in the process, during our time out on the street and it was always exciting to do that."

The admirable Deputy finds a lot of satisfaction in being the "good guy", which has caused him to stay in law enforcement for over 40 years, after retiring in 2011. When the youth of Ann Arbor asks him "Can you tell me a cool cop story?", the thousands of impactful stories that come to mind, cause Ceo to sit back and chuckle. The Ann Arbor community thanks Deputy Ceo for his service and commitment and we cannot overlook the impact he has had on police departments around the country. Today, the Deputy is continuing to keep his community safe, but as he might say it, "It's all part of the job, catching the bad guys."

Photographer: Sophia Hantula-Miller

Writer: Sophia Hantula-Miller



"Take time to enjoy your life. I've watched a lot of you young people, you're speeding through it. There's a lot that you'll miss out on if you don't take the time to really enjoy the people in your life, the activities in your life."

Bill and Cora Rogers: *Slow down and enjoy life*

Happiness is something that Cora Rogers lives by. She and her husband, Bill Rogers, live in the countryside of Saline and they have been married for 55 years. Cora is 74 years old and Bill is 77, they have 3 children. They live next door to Bill's childhood farm house, which they sold to their son. Bill and Cora both went to Saline High School, which was at Liberty. I asked them what school life was like back when they went. She said that she graduated in 1966 and her husband graduated in 1963. "My class was a whole 123 students. Everybody knew everybody." Cora stated. "We've seen Saline turn from a small rural community into quite a thriving metropolis, you know, with all these new houses and stuff that are going out there"

Cora is unique, she graduated high school but did not get to complete her dream of college at that time. Later in life at age 50, Cora made the brave decision to go to college, where she finally was able to go through with her dream of education. "I went to college after I turned 50, and decided to get my education. My kids decided they'd go back because mom was going."

While Cora's personal life was interesting, she also got to see many world changing events. For example, she talked about how she saw 9/11 on t.v. "When you saw it, it was like an old fashioned 1950s horror show, with people running every which way, not realizing that it was a real catastrophe happening and a real turning point in our history to be attacked on our own ground like that." Bill, Cora's husband, also explained how he witnessed other historical events, he said "I was going to Michigan State, we was waiting to catch a ride home when Kennedy got killed." Then Cora chimed in saying "I was in home-ec class when Kennedy was assassinated."

Another important event I wanted to highlight was the polio epidemic. Cora said "We lived through the polio pandemic, when Bill was five, he got polio. I was fortunate enough not to get it, but I remember the schools lining us up and giving us shot vaccines back then. I mean, they just lined you up in school and everybody got the shots" I found this very interesting considering the current events with covid. There was nobody refusing vaccines, people wanted the polio vaccine.

Lastly, I asked Cora "What's one piece of advice you have for people in my generation?" She replied with "Take time to enjoy your life. I've watched a lot of you young people, you're speeding through it. There's a lot that you'll miss out on if you don't take the time to really enjoy the people in your life, the activities in your life. Don't be in a hurry to get through things. Take the time to actually enjoy them."

Ed Gall: *Shaping The Future*

Growing up on a Dairy farm on Willow Road, Ed Gall is no stranger to Saline. Immigrating from Germany in the 1800s, his great-grandfather began the family's journey in the United States. When Gall was just eighteen years old, his father passed away, leaving him to run the farm, which he'd spend the rest of his life doing. At the young age of five, Gall began getting paid for small tasks around the family farm, thus beginning his understanding of hard work.

As him and his siblings grew up, their responsibilities around the farm grew too. Each day, they'd rise early to do work before school, then continue once they got home for the day. With the responsibilities of farm life came the freedom to explore, and as Gall put it, "not be on the clock" all the time. Having this time and space to take a breath from the chaos of everyday life, especially with regards to academics, is one of his biggest pieces of advice to young people. Life is about balance, and having seen a stellar student overwhelm herself with AP classes and her sport during his time as Saline's athletic director, he knows how much of a struggle finding that balance can be for young people. Rather than putting all of one's eggs in one basket, he advises people to expand their horizons and explore life outside of academics. Like many high school students, he participated in many sports, from football to baseball, track and wrestling. Deciding to continue with baseball at the recently started Washtenaw Community College,

his coach certainly was a character. An ex-marine who fought in Korea, the coach was very strict about details. During practices, he would require the team to wear their game-day uniforms, which were made of wool. Eventually, Gall couldn't stand the feeling anymore, so he took matters into his own hands, making a trip to downtown Ann Arbor to purchase an undershirt the exact same color as their uniforms, though this one was made of cotton. Showing up for practice in his new and far more comfortable shirt, his coach spotted the difference immediately, telling him to either change his shirt or go home. Regardless of how uncomfortable the uniform was, Gall still says that his coaches throughout high school and college as well as the other mentors in Saline helped shape him into the person he is now.

Curious about his family's lineage, Gall picked up on work his cousin began of tracing back his family tree, especially on his mother's side. Through his work, he was able to trace the family back to the 1400s, finding many hidden gems along the way. One instance found a man by the name of John Owen, who lived for 107 years, fighting in both the French and Indian War as well as the Revolutionary War. Another interesting find was the pattern he noticed of the amount of generations that only had one son, often who died soon after getting married and having children. Seeing just how close many of these branches were to falling off made him "sit and wonder about how amazing all this is."

Now, Gall lives his life close to most of his children, not all that far from the dairy farm he grew up on. Being a parent, he says, is his proudest moment. Especially as his children took advantage of many opportunities, leading him to be very proud of all that they've accomplished.

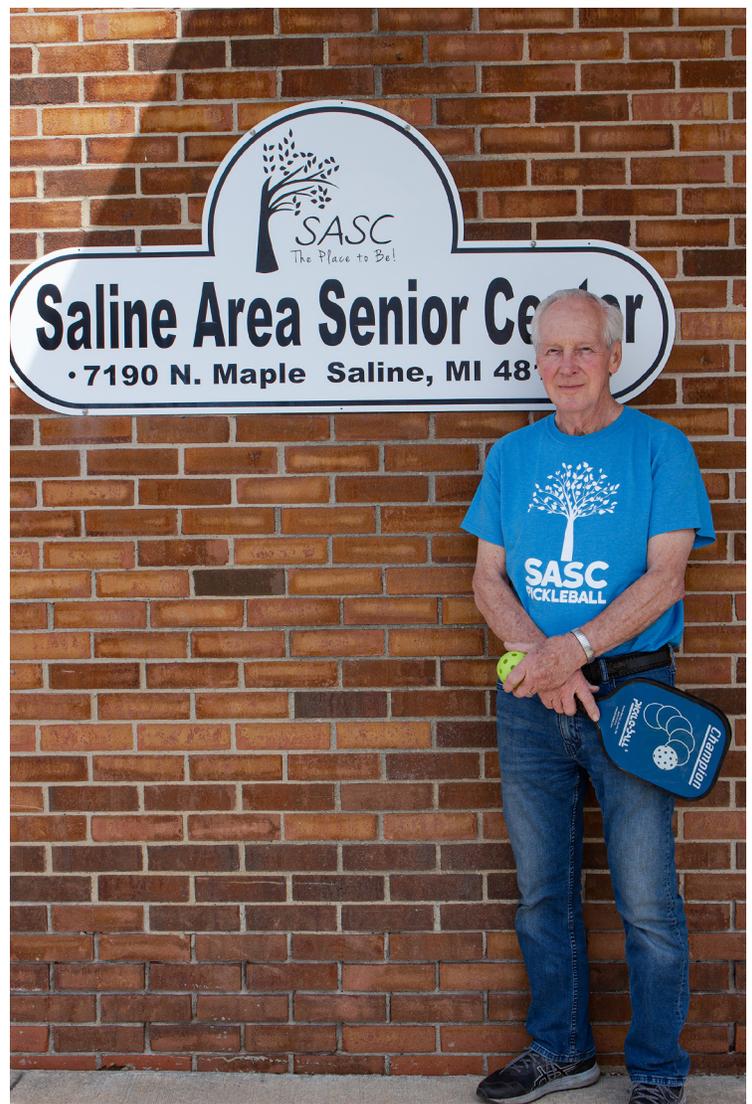


Photographer: Madi Beckington

Writer: Josie Sullivan

"Today we see so many examples of people pushing too hard . . . when they ought to just take a breath and expand their horizons"





Paul Backlas: *The Active Senior*

Moderation. That is the single word that Paul Backlas would tell you to live by. Retiring 18 years ago, he looked for things to do, making sure to stay active in life after work. Backlas, a seventy-nine year old man, or as he would put it, “seventy-nine and nine tenths,” is a pickleball star, golfer, gardener, and family-man. Although many would consider him to be extraordinary, he would say that he is, “...not a typical senior, but not atypical.”

Pickleball was first introduced to Paul Backlas from a woman who came up from Florida. After hearing about the sport, he went to the senior center and they bought the basic rudiments. The senior center in Saline, with Backlas as their pickleball coordinator, offers pickleball every Monday, Wednesday, and Friday. He wants other seniors to stay active as well, noting that it can be hard on your muscles and joints but, “You have to know what you can handle,” Backlas joked around, “I know that I am not going to dive for the ball.” Just recently, the senior center had 46 people join them for pickleball. When asked if it was a growing sport, Backlas responded, “Heck yes!”

Pickleball is not the only thing that Backlas engages in on a weekly basis, on his days off of pickleball, his three friends and him go golfing. On the days that he golfs, typically Tuesdays and Thursdays, he walks over three miles, getting his steps in for the day. He makes sure to note that he is, “the weakest player out of the four.” But, golf is not the reason that he is there, he loves to be social saying he finds, “... there is a theme running through everything that I do, that is people. Any activity I have, I have because of the people involved.”

Photographer: *Nina Linde*

Writer: *Sam Graden*

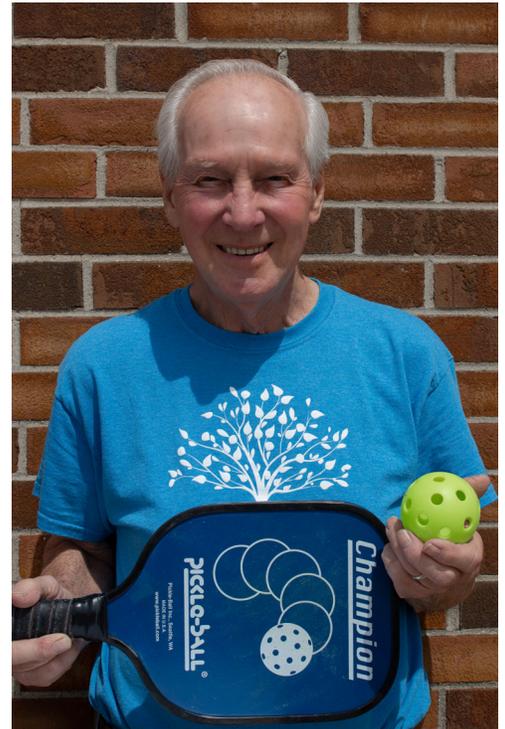


"If there is one word that I live by, it would be moderation."

At home, Backlas loves to take care of his garden and waterfall with his wife. During the pandemic, this was one of the best ways to both stay active, while also staying safe. Keeping up with the waterfall and pond takes up a lot of their time. But, it is the perfect spot to, "have a drink, read a book and just listen to the waterfall."

There is one thing that beats activity for Paul Backlas, that would be his family. Surrounded by women, with a wife, two daughters, and two granddaughters, most of his time is spent with them. His wife and him met when they were 15 and 16 respectively. When asked how long they've been together he stated, "I want to get this right... 57 years." No matter what is going on in their lives Backlas says, "A simple phone call, the family is there."

As much as Paul Backlas would want to be an atypical senior, his activity levels and determination to keep people at the center is something that everyone can strive to be like at any stage in life.



Photographer: Jack Sink

Writer: Ben Faulkner



Mike and Carmen Parise: *The Active Senior*

Mike and Carmen Parise are two Salinian seniors who have supported each other and their family for their entire lives. Carmen's 93 year old mother, who has severe dementia, lives with them in their house and is cared for by both Mike and Carmen, as well as neighbors, and other caretakers. Carmen is also the guardian for her developmentally disabled sister. Mike's 94 year old father also lives next door, and needs frequent care. Because of the inherent stress and energy it takes to take care of loved ones, Mike and Carmen feel incredibly strongly about the mental outlet that physical exercise can provide. While Carmen enjoys going to the fitness center and taking Zumba and strength classes, Mike prefers to work in the yard, but both look forward to their walks together. Regardless of the type of exercise, Mike and Carmen feel that exercise is one of the most important things to keep constant throughout life, as it is not only physically rewarding, but is important for mental health - "it is a great stress reliever."

Another aspect of life Mike and Carmen feel incredibly passionate about is the importance of education and the importance of being a lifelong learner. Mike, after serving in the Navy for 22 years, received his Ph.D in his 60s from Eastern University. Carmen, starting and stopping to take care of her family and loved ones, received her associate's degree from Washtenaw Community College. Even if she had to take one class at a time, one class a year even, she, like Mike, was determined because "it is never too late to receive a college education, and everybody needs to know that." As both Mike and Carmen demonstrate, it is never too late to intellectually enrich your life.

“Look on the bright side of things, even the little things - the sun is shining, the flowers are blooming, something’s good,”



Life however, can tangle plans in very unexpected ways. In 2017, Mike, a non-drinker and non-smoker, was diagnosed with colon cancer. Mike’s world completely stopped, and consequently, so did Carmen’s. Mike spent years recovering, and in the process, Covid struck, further isolating the pair. However, the attitude that Mike and Carmen had was one of determination and grit; Carmen was by his side, caring for him throughout the whole process. They figured that they would never know what would happen, but they could get through it together. And that is what they did, and are continuing to do today. Sickness, death, depression, and loneliness are all things that strike the elderly the most. It is easy for seniors to isolate themselves, as their friends begin to pass and as they ponder their purpose. Though this inevitable process is daunting, Carmen stated that appreciating the little things, such as the sunrise or blooming flowers, can lead to a much more positive outlook on the entirety of life. Mike and Carmen are a prime example that love is enduring, and one has to be open to change in order to live their life to the fullest.

"If you love what you do, it never feels like a chore, so be true to yourself"

Felix Chow: *A Life Well Lived*

Be true to yourself, that is one piece of advice Felix Chow gives to the younger generations. Taking time in Hong Kong, Rome, Taiwan, and Saline, Michigan, Chow has been able to conceptualize, experience, and live a life full of twists and turns. Working in numerous different industries, in numerous different countries, Chow was able to live his life in a way where he remained true to himself.

Felix Chow was born in China, growing up in Hong Kong. However, he moved to Rome, Italy for American High School. While studying as a high school student in Rome, he was able to meet his future wife, the daughter of a low-level diplomat from the Taiwan government. However, following high school, she went back to Rome, and Chow went to study at a university in Puerto Rico. Just like a true love story, Chow and his soon to be wife communicated solely by letters, as email and texting was not yet possible.

It did not take long for the two to realize they were meant to be. "One summer I took a trip to Tai-

wan. And then we decided to get married on the next trip." Although, it was not as simple as a typical marriage. With conflicts regarding the true government of Taiwan, the window for his wife to apply for citizenship in the US was short. Sure enough, in 1979, the two were married, before President Jimmy Carter recognized China as the legitimate government of the Chinese over Taiwan.

While the marriage was done on short notice, it was not as spontaneous as it might have seemed. Making big decisions in a short period of time has been a trend in Chow's life. After the passing of his parents, Chow moved to Rome, where his brother, a business owner, took care of him. With time, moving around became common for Chow. From studying and teaching in Puerto Rico, receiving a masters from Georgetown University, jobs across America, to transitioning from a principal to superintendent of a vocational school, Chow was a jack of all trades. When reminding younger generations to be true to themselves, Chow touched in on working. "If you love education and helping young people, you never consider going to school as a chore, but rather something that you enjoy doing and something that you get reward from."

With increasing expectations of students, pressures of social media, and the never ending influx of media, many young people find themselves consistently stressed trying to find the right path. "Be true to yourself." That is what Felix Chow would like to remind us all to do. Your life is not set on one path. We can change careers, schools, and even move to other countries and still find happiness and success, it just takes time.

Photographer: *Ana Teofilovic*

Writer: *Ben Faulkner*



"It's just so important for us seniors and students."

Photographer: *Carmen Bagbey*

Writer: *Aiden Burke*



Lily Hsu: *Seniors Connecting with Seniors*

Lily Hsu, a member of the Saline Area Senior Center (SASC), was born and raised in Taiwan. After meeting her late husband while she was in school in Taiwan, they made the move to the United States in the 1970's. After living in the United for a couple of years, Lily and her husband had moved to the Saline area, where she worked at the Saline Hospital. Now, Lily Hsu enjoys spending time at the senior center, and she enjoys the people she has met. She enjoys the programs that SASC has to offer, including knitting class, water-color, and exercise. One important thing that the senior center has to offer, that Lily takes part in, is the "friendly phone call partners" with Saline High School students. She says that many seniors aren't able to get out and socialize, so she enjoys being able to talk to Saline students. Lily says that "It's just so important for us seniors and students."

Photographer: Anarhea Franklin

Writer: Alena Miklosovic

Judy Slater: *Building Lasting Relationships*

Sixty years ago, after the conclusion of the Korean war, the U.S. was facing a mental health crisis among its soldiers. Though the war officially ended in 1953, tensions were still extremely high in the 1960s, and U.S. troops were still stationed there. Many of them were extremely traumatized, both from the war and from events in their past. Some of them had left pregnant wives at home, and were grappling with the hard reality that they would not be home for the birth of their child. Some of them were just children themselves, barely out of high school. These factors, among others, were contributing to the skyrocketing suicide rate among soldiers. In an effort to bring it down, the American Red Cross sent hundreds of post-college age women to South Korea to work as "Donut Dollies."

One such woman was Judy Slater. Born in 1939, she was in between college and graduate school when a friend persuaded her to become a Donut Dolly for a few years. Her friend refused to share details about what it was like, wanting Judy to experience it for herself. So, Judy had very little idea of what to expect, but she took a leap of faith and signed up anyways. As a Donut Dolly, Judy's job was essentially to be a friend to the soldiers. She and the other women would travel around South Korea, eating meals with them, visiting them during their training, and playing games with them. The women would even serve donuts made by Korean bakers, hence the name 'Donut Dolly.' Recalling the experience, Judy says "We would have very personal friend chats with them. And they were very willing to talk, they wanted to talk." Through these chats, Judy and the other women were able to form deep emotional connections with some of the soldiers, becoming sister figures in their lives.

But the soldiers weren't the only people that Judy became close with during her years in Korea. She lived with seven other girls, all from different areas of the United States. Bonded by a heightened sense of patriotism and by the extraordinary nature of their work--not to mention their incredibly tight living situation-- they became very close friends. "The intensity of the work that we were doing required that we be really close knit and feel very safe in each other's company," says Judy. The friendships that Judy built in Korea were very important to her, both while she was working as a Donut Dolly and in her life afterwards.

Even though Judy's time in Korea was relatively short, her experiences there would set the foundation for the rest of her life. One of the soldiers she met in her three years there went on to become her husband, and though the marriage eventually ended, she will forever be a mother because of that relationship. Additionally, she was better prepared to raise her children because of her time in Korea. Thinking back, she says "It was impactful to me as a mother to call back on those moments where I could see these young soldiers feeling so detached and so unloved and so remote, and this is something that all of us suffer. We all suffer that moment where we're not sure that we belong, or we're not sure that what we're doing is worthy." The time she spent getting to know those soldiers, learning how to empathize with them and how to care for their young minds, truly prepared her to care for her own children later in life. She also gained a lot of self confidence during this time. Being a Donut Dolly was the hardest thing that she had ever done, and she survived it. She proved to herself that she was capable of working through extremely challenging situations, which was an invaluable lesson to learn as a young woman just getting started with her adult life.

After her time as a Donut Dolly, Judy bore witness to many monumental movements and events. Judy attended the University of California- Berkeley for graduate school, during a time of a lot of change in the United States, and she recalls many protests. Particularly, the students of Berkeley were frustrated with the lack of control that they had over their education. "We students were fed up with being marginalized



"The intensity of the work that we were doing required that we be really close knit and feel very safe in each other's company"



by the administration, our voices were not we felt like what we acknowledged," Judy at the same time as who fought specifically--Savio among on the steps of an administration building, sitting on the ground shutting down the offices. Because she had to college and could trouble, Judy was not this protest, or many she believed whole-speech movement quietly supported her fellow students from her office across the street. Similarly, Judy lived through the hippie movement in the 70s. Though she again was not able to fully participate, she continued to support the general message of peace, kindness, and freedom.

All in all, Judy has lived, and continues to live, a long and wonderful life, shaped in large part by her experiences as a young adult. The impact of being a Donut Dolly far surpassed the time that she was actually stationed in South Korea. Her years there, though they were few, taught her resilience, as well as how to be a better friend, mother, and person. Later, at Berkeley and beyond, she witnessed amazing change take place, and learned how to be supportive to movements she believed in in the ways that she could. Her story is exciting, it is patriotic, and it is an inspiration for generations to come.

where we felt like being heard, where needed was not being recalls. She was there activist Mario Savio, ally for free speech. instance where students-- demonstrated administration building, and refusing to move, offices for multiple days. work her way through not afford to get into able to participate in of the others. But heartedly in the free nonetheless, and

Photographer: *Ethan Kunoff*

Writer: *Ethan Kunoff*



Jerry Powell: *Future Generations*

This is what Jerry had to say to the new generation. When I first heard Jerry Powell's story I was very taken back and inspired. She was a very strong person who has overcome a lot of adversity. I will let her tell you her story from her words.

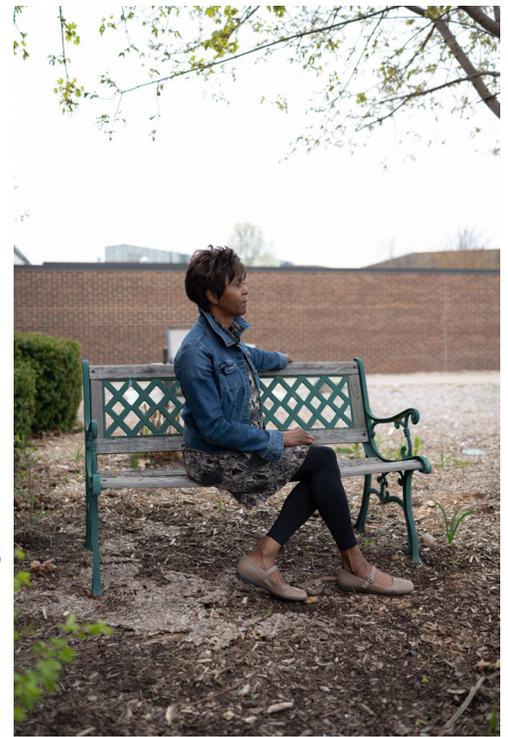
I am a native from Detroit, Michigan. "So I was raised and born in Detroit. I went to various different high schools, elementary schools, middle schools, because my mom moved around a lot. I originally grew up in the Geoffrey projects. So that's mostly where I grew up. And then we moved from different houses here and there. I can't remember the address. But we did a lot of moves about every two years. My mom moved. I did graduate from Osborne high school. So I graduated from ice Osborne high school, because I decided I wanted to go to college, the other high schools, I did not want to go. The reason why I didn't want to go to some of the other high schools

is because most of the girls were pregnant. The guys were on drugs, so I decided not to go to that high school. And it was Martin Luther King. Now that school is an academy, I'm surprised. But now the school is an academy, but I went to high school in high school. And as one high school was mixed, you know, with the different races. And there was a lot of racism back then. But I've still determined I want to graduate to go to college, when I say racism, that my last name was Johnson, they always set the blacks in the back. I didn't care because I wanted to graduate. And then in the summertime, we had a lot of riots, where they had to get the blacks out of the back door, put us in the buses and put us on the floor to get us out of the neighborhoods so we could have a safe way to get home. So if we'd get home then after that, I went to Eastern and I did graduate from Eastern in accounting and communication. "

One thing she mentioned that really changed her life was her mother. "Well, one of the things that had a big impact on my life is that my mom was a single parent. So she was a single parent, not by choice, my dad walked out on us. I am a twin and walked out on us when we were six years old. So my mom had to raise six children all by herself with no support. And by doing that, it taught me a lot. It taught me the struggles that she went through. It taught me what she had to do just to get by to make sure we have food on the table, clothes on our back and a roof over our head. So she always told us, I want you to go and further your education. The reason why is because she never finished. And she wants to make sure that we finished and had a better upbringing than she did. So we did. Me and my sister went to Eastern and I went to Eastern and I graduated from Eastern. But during that time and Eastern you know, it was a struggle. My mother did not have money to pay for me to go to school, so I had to get a lot of loans. And they did have a scholarship for blg for people that were poor and I grew up poor. So that kind of helped but I still had a

loan to come out. So that's a really mustard story that makes my mom proud that I did finish and then finish to pursue my career."

One thing that is really important to her is fitness "Yes. I'll start off from the beginning. I always was athletic all through elementary school and all through high school. I was always athletic. I was on track. I was a cheerleader. I was a pom pom squat. I was always athletic. So after I finished, I was on the track team at Eastern after I graduated, I was still active. I was still running five miles a day. So when I got married and had children, I still was in fitness. So after I started my business, which was an early childhood business, I did that for 30 years. This was called wisdom. I did it for 30 years. And after graduating, I said that I wanted to do something in the fitness industry. So I first got my CPA certified. Come on. What is that? Certified Personal Trainer. So I got that certification. Then I went on to get Zumba, Zumba Fitness, Zumba goes and we're toning. Then I got cardio drumming. And when I received that certification a lot of people were not doing cardio for me. It is fitness. It's a total body fitness and also what's good for the right and left side of your brain. Also for the right and left side of your brain is a bucket So ball in his drumsticks, and what the drumsticks is more or less we synchronize, I am your mirror and they follow Me.



"Respect yourself, because you got a lot inside of you and if you don't unlock it nobody else will"

And it's just having fun. If I cross, they cross, if I go to the right or to the left, they go to the right. I don't say right and left because when I'm standing in front of me, it's their left. And we did that. And it's just having fun. And the age group that I gear tour is really the 50 and up, but most of the people in my class are 60 and 70 years old. We still do squats. We still go to the right, we still criss cross, we move from the back of the ball to the front of the ball, but we do a full body workout which is really, really great.

Okay. Okay. I will, I will, I will. But yeah, I just have a passion for fitness. And the reason why I have a passion for fitness is because I tell the young people also, early in your life, how well you want to age mentally and physically and socially. You know, so you can eat the junk and treat your body back and then when you get older your body will let you know I'm broke down now I cannot help you I cannot heal then you're on your way to work. You're on your way to sickness for the rest of your life and some people are here for a long time 1015 years they don't know they're here they want a shoebox full of medication. So I do believe in health and wellness. I believe and help the young people say oh I got time you don't have time. Your time is right now". I think we can really be motivated by her story to stay healthy regardless of age and really for my generation see what's she trying to tell us and apply it to our everyday lives.

