ADALIVE!

EPISODE 64: The Movement for Improvement, 4 Wheel City

Event Date: January 2, 2019
Presenters: 4 Wheel City - Ricardo Velasquez & Namel Norris
Host: Barry Whaley – Project Director, Southeast ADA Center

NAMEL NORRIS: Hi, we are 4 Wheel City. This is Namel Norris, AKA Tapwaterz, and you are listening to ADA Live!

Music: Yo. All right, let's roll. Let's go.

BARRY WHALEY: Hey, everybody! On behalf of the Southeast ADA Center, the Burton Blatt Institute at Syracuse University, and the ADA National network, welcome to Episode 64 of ADA Live!

You may have noticed beginning with Episode 63 of ADA Live! we have had some format changes. Our theme music is now provided by the very talented Namel "Tapwaterz" Norris and Ricardo "Rickfire" Velasquez, so together, they are 4 Wheel City, and then in this episode, we thought we’d get to know them a little bit better, hear a little bit of their music, so I want to welcome Rick and Namel to ADA Live!

RICK VELASQUEZ: Hey.

BARRY WHALEY: Hey, how's it going guys?

NAMEL NORRIS: What's up? I'm excited to be here.
BARRY WHALEY: Cool. Before we move on, let me just mention to our audience that if they have questions for you, they can submit them to our website. That is ADAlive.org. So, 4 Wheel City is more than just a hip-hop group. You guys have a goal to demonstrate what's possible for people with disabilities, so maybe the place to start is could you tell us a little bit about your background and your back story?

NAMEL NORRIS: Sure. Me and Rick, we met back in 1999. We, well, before -- before we even knew each other, I got injured when I was 17 years old due to gun violence, because I was playing around with a gun, and it went off, and the bullet struck me and left me paralyzed, and after that, you know, I came home and my mother had seen Rick, who was already in the chair. He could tell you his story, and we got -- that way, and that's how we initially met, and you could go ahead and you could tell them what happened to you, and then I guess you could tell them like how you got introduced to me through my mom and everything.

RICK VELASQUEZ: Me, I was a senior in high school, and I was walking home from school one day, and I got hit by a stray bullet, and I became paralyzed. And at the time, I had a girlfriend who was pregnant. She was four months pregnant, and that alone was my motivation to get better. And then I came home. Prior to that, I was a DJ at family events and stuff like that, so I was always into music. When I came home, I had a lot of time on my hands. My mother bought me a drum machine, so I started doing beats. One day, it was my son's birthday, about six months later, and I went outside, and I ran into a lady, and she asked me -- she asked to speak to me, and I was on my way from Domino's Pizza. I said I'll speak to you when I come back. She said, would you mind being my son's friend? I said, why would he want to be my friend? She told me a little bit about Mel and how he came home from the hospital. He was also in a wheelchair, he didn't know the situation. He just happened to live in the next building. So I didn't know that he was rapping, and he didn't know that I was doing beats. It was more for friendship and a companion, and he wanted to meet somebody like him. So I gave his mother my phone number, and he ended up calling me. The next day, he came to my house. We weren't even talking about music.
BARRY WHALEY: That's pretty cool.

NAMEL NORRIS: That's how we initially met, before we even started 4 Wheel City.

BARRY WHALEY: So how did you guys find that common connection with the music? Because I mean you guys were virtually strangers. You didn't know each other when you first met.

NAMEL NORRIS: Yeah, it was kind of funny, because it was like we didn't even have to find it. It was just like that. That was actually -- the music is what actually like bonded our friendship, because picking up from where Rick left off with the story, when my mother came back and gave me his number, because he was in a chair already, his injury happened two years before mine. So when I called him, we spoke real quick. I don't remember exactly what we said to each other, but he told me it was okay to come to his house. A few days later, I went to his house with a friend of mine that I grew up with, that I used to rap with in a group before my injury, and one of the guys that I used to rap with came with me the first time I went to meet Rick. As soon as we walked in his house, Rick was on his beat machine in his living room in his corner, and right off the bat, the guy who I was with, P, started talking to Rick about the machine, the MCP 2000 that was getting popular, and people was making beats, so the whole conversation when we first started off with about music. So, like, that's how we started getting to know each. It was like through the beat machine and talking about music and we sang a rap, and Rick was into making beats. My friend that was there, they was talking more so because he knew a little bit more about the music with that machine, so that's how we initially started to get to know each other with the music.

BARRY WHALEY: That's great. And, you know, I'm just going to be upfront. I am a big fan of you guys. I love your music, so let's start out by let's listen to one of your songs, and I think we are going to listen to The Movement right now. Do you want to give me a little back story or set this song up for us?

NAMEL NORRIS: Yeah, well, that song was -- that song came like a little right after we made -- before 4 Wheel City, and we wanted to -- it was one night, you know, when I first
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came home from the hospital and getting adapted to my new way of life being in a wheelchair, you know, I noticed that there weren’t a lot of places that were wheelchair accessible, and that was a big issue for me, and one night Rick had made -- was letting me hear this beat, and I thought it was a cool beat, and I was like, this is an opportunity to speak up on that issue, on a beat that is real hip-hop, and that’s -- I think this song right here is how we presented ourselves as 4 Wheel City and created our sound and gave the movement a voice, and when we made this song, we didn’t even know about the ADA or anything like that. It just was coming from the heart and we just wanted to speak up and do something different and bring awareness to accessibility. And we thought music is a good way to, you know, put the message out.

The Movement - Lyrics

yo, i’m tired man. get this car to start. 4 wheel city, all right, let’s roll. let’s go. drop that. they watching. they don’t want us to be a part of this city, man. the pulling these steps, man. all these curbs we can’t get over good, though. all these inaccessible stores.

4wheel city, they don’t want us here. to survive, what we going to do? we going to make our own place, our own world. first i’d like to say rest in peace to christopher reeves but i got something on my chest that’s been bothering me what’s tha problem be? when i’m out in the streets it’s like i can’t go nowhere. what’s wrong with me? how come when i go to the store, i gotta call first to see if it’s wheelchair accessible? how come they treat me like a vegetable? like i ain’t here and i can say i dont care, but the truth is, i cant walk up the stairs, so i need a ramp, and an elevator too and while you at it bring an accessible bathroom hey wouldn’t you want the same thing if it happened to you!

welcome to 4 wheel city where you from 4 wheel city here we come 4 wheel city it’s the movement for improvement. now here’s a little something that be popping my nerves/ i hate when "day walkers" be blocking the curbs/ with they cars like they stars/ i watch and observe/ like excuse me sir, can i cross the street/ can’t you see im in a chair cause i cant move my feet/ why you blocking the curb? / why i cant get by? / is it cause you standing up and i’m paralyzed/ am i less than you? / are you more than me? / if i didn’t speak up would have noticed me? / and george bush don’t wanna fund stem cell research/ we see what happens when his back and his feet hurt / this is a deep verse / and that discrimination shhh! is played out/ yeah we got limitations but don’t count us out/ and if you feeling what im saying/ let me hear shout/ 4 wheel city is a way out/ lets roll!

welcome to 4 wheel city where you from 4 wheel city here we come 4 wheel city it’s the movement for improvement welcome to 4 wheel city where you from? 4 wheel city where we come 4 wheel city it’s the movement for improvement now all my 4wheelers i know y’all agree/ all we really want is accessibility/ a little respect and be treated equally if you feel like i feel repeat after me/ buildings with no elevators/ that ain’t right/ stores with no ramps in them/ that ain’t right/ building the doors to small/ that ain’t right/ bathrooms no
accessible stalls/ that ain't right/ buses with no lifts in them/ that ain't right/ curbs with no cut outs man/ that ain't right/ health insurance cutbacks/ that ain't right/ stem cell research ban/ that ain't right/ welcome to 4 wheel city

where you from 4 wheel city here we come 4 wheel city it's the movement for improvement everything about to change 4 wheel city where you from 4 wheel city where we come 4 wheel city it's the movement for improvement welcome to 4 wheel city where you from 4 wheel city here we come 4 wheel city this is the movement for improvement yeah, that's right. y'all heard it right. we ain't taking it no more, man. we fleeing the city. we creating our own city, four wheels, fire on the track. that's right.you know how we do. goes out to all of my ts, my cs, my, ls, my completes, my incompletes, my birth defects, my amputees, 4 wheel city, let's roll. y'all better be ready, man. i'm going to blow up on y'all. it's the movement, baby.

BARRY WHALEY: I just love that driving beat. That's just -- now, that's an older song, right? I mean, that's one of your first songs.

RICK VELASQUEZ: It's one of our oldest songs, but it's still one of our newest songs, because like it never gets old.

BARRY WHALEY: Right, the message is clear.

NAMEL NORRIS: Yeah, it's like we still performing everywhere, and we still fighting for the same thing, so -- and we was able to do -- the coolest thing about it is in 2015 or '16, whenever it was the 25th anniversary of the Americans with Disabilities Act, we was able to film a video, and we was able to do it or capture the first disability pride parade here in New York City, in which we had the whole city disability movement and organization and stuff in the video and the mayor and everything, so it was like -- it was like from all of the town to align itself with that was pretty cool, and we was also able to have it featured on Revoke, which is a song on Diddy Combs website and TV station and everything, and they put it on there, and it was a big hip-hop platform. So the fact that we were able to get a video, a song, disability message on the platform for that day, that was like a big moment for us to do that song and not ever know what the ADA was and be able to take it there, take it to that platform like that and have it be recognized.

BARRY WHALEY: Yeah, it was cool. So, Rick and Namel, sometimes rap and hip-hop, some of the images associated with it are not always the most positive, and I'm wondering what you guys are doing to kind of change that image of rap and hip-hop.
RICK VELASQUEZ: Well, we were just doing --

NAMEL NORRIS: We were just thinking about things that we go through every day. That’s the good thing about hip-hop, is that it lets you express yourself, whatever you’re going through with your personal life, just expressing yourself using the platform about disability issues.

BARRY WHALEY: Yeah, so -- and you guys, you’ve performed at a lot of really cool places. I mean, I saw a video the other day that you guys were performing at the United Nations. You want to talk about that and tell us about some of the other places you’ve played?

NAMEL NORRIS: Yeah, that was -- that was a big -- that was another big moment. That was a couple of years ago. We were part of the disability rights convention that was held there. I think it was the 5th annual one, -- I can't remember his name, but the secretary at the time was from Korea, I think, and so they hosted it, and we was able to be featured, but some great artists that came from Korea, but the whole thing was about spreading a message of equality for people with disabilities internationally, and we got to perform in front of people from all over the country, having dinner and everything, and we was like in the United Nations, and coming all the way from the projects and the Bronx where we started this, and we were sitting there, and we performed The Movement, that same song we just finished talking about, and we also performed another song called mainstream, and what mainstream is about is it was a song that actually took us to the White House to speak and perform on Capitol Hill, so those are two other places that we have been because of our music and performed. And that song represents -- it was actually we collaborated with the National Disabilities Institute, with the director, Michael Morris, and I know him. And we did that song to bring awareness to the financial and economic situations for people with disabilities who sometimes get left with a feeling of how far you can grow. It’s like, with your own circumstances, you can’t make a certain amount of money or you lose your benefits or you get discriminated against and you can’t get the job that you want because of your disability, and that’s what the mainstream is about, and we performed those two songs in the United Nations, and so our voice went out to the world
and those messages went out to the world literally, so that's what that meant to me, that we actually -- like, the things that we were speaking about from our heart actually got to go out to the world on the world stage, literally, and that's what I always would take from that.

BARRY WHALEY: And you guys have a new tour coming up, right? “Welcome to Reality,” and I saw that one of the stops on that tour is going to be at South by Southwest, which is pretty cool and takes it to a whole 'nother level. Do you want to talk a little bit more about your new tour?

NAMEL NORRIS: Yeah. We are going to South by Southwest. We'll be there in March. I actually -- one of our sessions is March 11th, in the afternoon around 5:00. The details, we are still putting in those details, so you'll have more information about that. Y'all can check out our website, but, yeah, we are going to be -- one of the things that we are going to be doing is the focus 15 and probably in showcase, and it's crazy, because it's the same thing with that, because we have taken our same message, Welcome to Reality, and like highlighting with antigun violence and stuff like that from all the way back from the Bronx, where hip-hop start and we started our hip-hop and taking our message through hip-hop to South by Southwest, which is a big platform where a lot of music and musicians go, and they do a lot of interactive things, and so for them to allow us to come and bring our message to Austin, Texas, that's big. I don't know what the history is for it, with people with disabilities going to do that, but for us, it's big in life, because that's a dream that I know I always had, because what we have been trying to do is bridge the gap between the disability world and the music and the hip-hop world and combine them, so when we get an opportunity to be on those stages where, you know, where hip-hop and music is really represented, and like in the industry, and we get to come with our message, that's where we -- that's like the dream right there, to be -- bring those two worlds together, and so that goes back a little bit to your question earlier about changing rap. We are not just trying to change it. We are trying to show what it can be. It's not just one thing.
BARRY WHALEY: Yeah, I see that. So, yeah, and as you say, music is kind of the middle ground there. I mean, it's kind of a language that everybody speaks, whether you experience disability in your daily life or not, it's that meeting point, where the intersection, where it comes together.

RICK VELASQUEZ: Exactly.

BARRY WHALEY: So I think it's time to listen to another song, and, you know, we talked a second ago about you guys performing at the United Nations, and the next song I'd like to hear is Leaders of the New World, and I wonder if you could kind of give us an introduction to this song and set it up for us

NAMEL NORRIS: That's Rick right there.

RICK VELASQUEZ: Oh, that particular song. One day, I was in my home, and I was in my creative mode, and I created the beat, and I was doing a highlight about everything that we have done. You mentioned we went to the United Nations, the White House, all of the different places, and the way the world is now, as far as when it comes to the disability movement, we feel like we are leaders of the new world, like -- like I used the concept of leaders of the new world and us getting to meeting a lot of people. This is bigger than me and Namel. Disability is worldwide. That's what I meant by leaders of the new world. Everybody is included. Disabilities aren't all the same, but we live in the same bubble.

**Leaders of the New World – lyrics**

we the leaders of the new world, we the leaders of the new world, oh oh oh oh, la la la la, you need to fight for your brother, you don't kill your brother, you need to fight for your brother takes sides for your brother don't kill your brother, we the leaders of the new world, we the leaders of the new world, oh oh oh oh, la la la la, we the leaders of the new world where you can have 2 crowns and 2 girls 1 mic 1 life one chance to make a difference let's take flight up to the new world 2 fingers for peace no need for police no nobody getting killed in the streets every sickness being healed all the secrets get revealed no chaos corruption no children abductions no selfishness selfies or self destructions i come from nothing the bottom of the bottom his mom died from cancer his favorite cousin shot him but it's ok cause he know god got him, he's a natural born leader and people gon follow him lead by example live by the code leave your legacy
behind and let the story get told we the leaders of the new world, we the leaders of the new world, oh oh oh oh, la la la la,

you need to fight for your brother, you don't kill your brother, you need to fight for your brother takes sides for your brother don't kill your brother, we the leaders of the new world, we the leaders of the new world, oh oh oh oh, la la la la,

the definition of a leader make no excuses and make things happen don't matter if you rapping don't matter if you trapping the goal is never get boxed in or trapped in if life was ship i'm the captain cruise ship space ship championship ship on its way to greatness to make the devil hate this the way that i create this its gotta be fate kid i'm talking manifest destiny, with my hitta to left of me especially when my life and future was in jeopardy the apprentice but i wasn't no celebrity but now anti trump on my anti-guns guns down 4s up is the message to the young who knew what we'd become leaders come here baby girl let me lead ya we the leaders of the new world, we the leaders of the new world, oh oh oh oh, la la la la,

you need to fight for your brother, you don't kill your brother, you need to fight for your brother takes sides for your brother don't kill your brother, we the leaders of the new world, we the leaders of the new world, oh oh oh oh, la la la la,

they tried to take us out but its okay cause we the leaders of the new world leaders of the new world come let me show u the way got my city on my back rick fire on the track and god telling me to pray yeah, i'm a king where's my crown yeah y'all know who i be, y'all know who we be no justice no peace my peoples on my mind y'all could put the burden on me i don't mind if time heals wounds i guess it's our time to recover from being deaf dumb n blind to all brothers it's time to get it right to all my sisters it's time to live your life and emerge from the darkness of night and follow me i'll lead you to the light we the leaders to be a leader, it takes courage, commitment, patience, understanding, and sacrifice. let's roll. of the new world, we the leaders of the new world, oh oh oh oh, la la la la

BARRY WHALEY: ADA Live! listening audience, if you have questions about 4 Wheel City, The Movement for Improvement, or any other ADA topic, you can submit your questions at any time at our website, ADAlive.org. That's ADAlive.org. Let's take a quick break.

VOICE OVER ANNOUNCEMENT: 4 Wheel City is an entertainment organization started by Namel "Tapwaterz" Norris and Ricardo "Rickfire" Velasquez, two talented hip-hop artists and motivational speakers who became wheelchair users following gun violence. Their mission is use hip-hop music and culture to create more opportunities for people with disabilities and inspire people not to give up on life. In addition, 4 Wheel City strives to show the world that people with disabilities have talents and dreams, and we deserve
to be treated as equals. 4 Wheel City performs original music as well as motivational speaking at hospitals, schools, rehabilitation centers, fundraisers, and events all over the world. For more information, visit their website at 4wheelcity.com.

**BARRY WHALEY:** Great, welcome back to the show. We are talking with Namel and Rick. They are 4 Wheel City, a great hip-hop group, and in that commercial, Rick and Namel, we mentioned that you have done some motivational speaking and that you visited Walter Reed Army Hospital. Can you talk about that visit?

**RICK VELASQUEZ:** Yeah, what was that, 2008, right, when we did the first Welcome to Reality Tour?

**NAMEL NORRIS:** Yeah, that was actually the first time we went on the world and did like consecutive shows, for our first tour. It was like a promo tour to Welcome to Reality, and Walter Reed was one of the stops, and it was amazing to go there and just to perform, for one, but to actually, like, to do it in front of the soldiers that had got injured and to actually -- the best part for me was -- performing was cool, but to actually have a conversation with some of the soldiers that we met and hear their stories and stuff like that, and to just know that -- to know that we -- like we had something in common, and also that they appreciated that we were there, and just to feel like -- to feel that patriotism, to like to honor what they were doing, and like I said, just conversations -- that's what I always remember, like having a conversation with one of the guys that got shot in the back of the head, and just -- and just learning the different aspects of how to -- how the stuff runs there, how the families come, you know, and stay with them and just hearing how the military takes on those challenges and how they help them, and it was just an eye-opener for me, and I'll never forget it, and they gave us these little medals of honor that we -- I still have it, but it was like a merit, a badge of honor to do that.

**BARRY WHALEY:** And as I listen to your music, it really has matured over the last few years. You have a new mix tape. It’s called Spiritual, and I was wondering if we could listen to a song from Spiritual. It's called Disabled Lives Matter, and I know that this is a pretty unique recording for you guys, so I'll let you guys talk about it before we play it.
NAMEL NORRIS: Oh, yeah, Disabled Lives Matter. Well, like the mix tape came about -- Rick was doing some beats and choruses that had a lot of spirits and stuff to them, and we wanted to just put those all collectively together, and it came out pretty dope. Disabled Lives Matter had to go on there because we actually was approached to make it by a woman named -- from the Partnership for Inclusive Disaster Strategy. She seen us perform at an awards ceremony here in New York City at the Concepts of Independence. It was happening right around the time the disaster with Puerto Rico happened, and she told us about what happened with the people with disabilities and wanted us to help with some music, and when we looked into it, we was like, yo, man, this is something. This is what 4 Wheel City is about, so Rick and I just wanted to provide the sound of our message, making hip-hop and telling the world, the powers that be to do disaster recovery and bring awareness to people needing -- don't forget about the needs for people with disabilities during those times, like accessible shelters, just a lot of different things that you hear on the song, if you can catch the lyrics, just bringing awareness to that, right, to FEMA and all of those different places. Just don't forget us.

Disabled Lives Matter - Lyrics
From the Bronx to El Barrio Mexico to Cali yo Disabled lives Matter Yo From the Bronx to El Barrio Mexico to Cali yo Disabled lives Matter Yo Shout out to Lin Manuel but my name is Namel and I came here to tell a little story from hell cause that's what feels like when you all by yourself and you ain't got no help feel like you stuck in a cell cause you stuck in a chair, and nobody is there, cause nobody really cares, and all you got is prayer that you hoping God hears, screaming o dios mios cause a hurricane coming and you don't see ya amigos trying to keep it tranquilo but it's hard to keep cool when a hurricane coming and it's coming for you and it's hard to make moves, cause you in a wheelchair and can't get down stairs, and can't evacuate looking face to face with death and fate the levees break ain't no time to debate if you ain't rolling on 4 wheels you cant relate it's nothing worse than the feeling of when you can't escape it's nothing worse than the feeling of when can't escape I'm going to tell

This issue right here, this issue right here I feel like I want to tell the whole world about it. This issue right here. I feel like I'm going to tell the world about it From the Bronx to El Barrio Mexico to Cali yo Disabled lives Matter Yo From the Bronx to El Barrio Mexico to Cali yo Disabled lives Matter Yo For every Mark Anthony and J-Lo there's a man in a wheelchair named Pedro who ain't got no pesos who ain't got no say so who house was destroyed by a big tornado for every Maria Maria, there's a Maria Garcia on the east side of Harlem whose disabled & starving can't forget about Carmen who cant fit in the shelter and no one there to help her in a emergency it's a emergency, and it's concerning me, so
I'm addressing it with some urgency while the president be tossing paper towels a fire is burning in San Francisco and my man Francisco is trapped in the house cause he can't walk and he can't see and he can't talk and he can't breathe cause the smoke is thick and he's choking sick somebody help him quick, Where's the government?

I'm going to tell the whole world about it This ish right here This ish right here I'm going to tell the whole world about it This ish right here This ish right here I'm going to tell the whole world about it whole world about it

From the Bronx to El Barrio Mexico to Cali yo Disabled lives Matter Yo From the Bronx to El Barrio Mexico to Cali yo Disabled Lives Matter Yo Dear FEMA, FEMA, FEMA, FEMA when disaster strikes please remember to feed us when you come to rescue please don't leave us Disabled Lives Matter please believe us, please believe us, and help to free us, we just like you so when them floods come we need help too/ and when the funds come we need some too Don't forget about us Yeah, in God we trust but it's hard for us, with the climate change and the terrorists bangs so when you making those plans please remember my name please remember my needs and everything that I need accessibility, accountability, and some humility for my disability I know it sounds crazy but it's my reality I know it sounds Loco but it's my reality And this is my vida, my life, my vida this is my vida, my vida, my vida, my vida, I'm going to tell the whole world about it This ish right here This ish right here I'm going to tell the whole world about it This ish right here This ish right here I'm going to tell the whole world about it whole world about it From the Bronx to El Barrio Mexico to Cali yo Disabled lives Matter Yo From the Bronx to El Barrio Mexico to Cali yo Disabled lives Matter Yo Yeah. Disabled Lives Matter, yo. This one is dedicated to all of my people with disabilities. All around the country, all around the world. Hey, y'all, we with y'all. Can't forget about us. 4 Wheel City. Yeah!

This is a public service announcement from FEMA to the rest of the world. Disabled Lives Matter. Problem solvers, not just solvers. We can't help get it right. But make sure that we are at the planning table the next time disaster strikes.

BARRY WHALEY: So, guys, we are about out of time, and I wonder if there is anything else that you would like to share about 4 Wheel City or your music, just kind of some closing thoughts.

NAMEL NORRIS: Look out for us to like send out videos. Right now we have a GoFundMe going on -- it was a GoFundMe. You can look up 4 Wheel City and enter our name. That's going to help us push through 2019 and 2020 to get a van, a vehicle, so that we can get to a lot of newer places. A lot of places hear our message but can't afford to get us there, so we are trying to find an easier way to get to those places. We are looking for sponsors for that. As far as our music, be on the lookout for more albums and mixes coming and stuff like that. I don't know, Rick, do you have anything --
RICK VELASQUEZ: You pretty much said everything, man. 4 Wheel City, 2019 we coming with more music and more music and more music.

BARRY WHALEY: Cool. I, for one, am going to look forward to it. I think you guys are amazingly talented. Thank you so much, Namel and Rick. Listeners, our guests for this episode of ADA Live! have been Namel "Tapwaterz" Norris and Ricardo "Rickfire" Velasquez. Listeners, as always, we thank you for joining us for this episode of ADA Live! featuring 4 Wheel City. This episode and all previous ADA Live! episodes are available on our website at ADAlive.org, and all episodes are available in a variety of formats, including streamed audio, accessible transcript. You can also download it as a podcast. It's as easy as going to the podcast icon on your mobile device and searching for ADA Live!

Finally, if you have any questions about the Americans with Disabilities Act, you can submit those questions at any time at ADAlive.org, or you can contact your regional ADA Center at 1-800-949-4232, and remember, all calls are free, and they are confidential. ADA Live! is a program of the Southeast ADA Center. Our producer is Celestia Ohrazda, with Beth Harrison, Mary Morder, Emily Rueber, Marsha Schwanke, and Barry Whaley. Our music is from 4 Wheel City, the Movement for Improvement. We'll see you next episode.

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