

VERIZON
UP TO SPEED LIVE
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>> RAQUEL WILSON: Hey V Team welcome to Up to Speed Live. Thank you for tuning in. Now you might be aware of the wildfires burning around the Ruidoso area of New Mexico. And according to local news reports the fires have consumed over 21,000 acres and an estimated 1400 homes or other structures have been destroyed. With a State of Emergency in place, crews are relying on Verizon to provide critical connectivity especially for wildland firefighters who are working to contain these deadly fires. Public safety officials are working with Verizon's frontline Crisis Response Team which deployed temporary cell sites like COLTS, SPOTS and RRCUs to affected areas multiple charging stations have also been deployed to at least four Red Cross shelters in the area. We're thinking of all those affected by the fires and a big thank you as always to your Frontline Team to your commitment to running towards a crisis. All right now remember last Thursday jog your memory a little bit when I mentioned the Copa America tournament. You all had a lot of great responses when I asked for what team you were rooting for. Well the tournament officially kicks off today and if you need another team to cheer on Total By Verizon will be showing up big at the tournament and of course we're always rooting for home team. Total is doing something really cool for fans who may not be able to attend because if you've noticed I have ticket prices have soared lately especially with soccer fever spreading across the world but starting today Total By Verizon is helping fans stay connected to the game no matter if you're inside or outside of the stadium with Text-to-Sign leveraging our most reliable 5G network soccer fans can send a text with a message to 1-855-504-SIGN in support of their favorite teams, players or just the sport itself. And guess what. Your message may be featured on the sign from Total Sign Guy just like the Sign Guy here we've got pictured who will be at five games this summer. Now that is super cool. What would your sign say?

Let us know in the comments below.

All right for more on how Total By Verizon is helping fuel soccer fan love, visit Total By Verizon on Instagram.

Now, last week we shared a heart-warming story about the Arroyo family and today we're back with another touching story.

One of resilience and a journey towards health.

Mark Woosley from the Cybersecurity Team shares more.

Take a look.

>> MARK WOOSLEY: My name is Mark Woosley I live in Castle Rock Colorado I'm currently the director of cybersecurity operations I've got a wife and two lovely daughters.

Late in 2021 I just was feeling a little bit off.

There was definitely something that was not right.

So I went straight to the emergency room.

They rolled me in, did a full MRI scan.

Shortly afterwards I was back in the recovery room and the doctor shared the sad news that they found a tumor that was growing off of my right kidney that had grown to about the size of 12 centimeters and had taken over the adrenal glands and a lot of the lymph nodes in the area and within another day I was out there admitted for surgery.

They removed the tumor.

They removed my right kidney.

They removed one of the my adrenal glands.

I spent a good week in the recovery room.

I was sent home.

And had applied for the medical leave from Verizon.

And it was very accommodating.

Very easy to navigate, especially with all the rest of the stress I had going on.

I was able to get eight weeks of leave to stay home and rest and recover from all of this, which I absolutely needed.

I started doing the chemotherapy.

And my oncologist determined that I was not a candidate for chemotherapy.

My body was rejecting it the chemo was attacking healthy organs instead of the cancer cells and as a result we just needed to stop it so I started to seek other alternative medicines that would be helpful I began seeing an ayurvedic therapist which was herbal medicine from India and joined all of that with yoga and pranayama, breathing exercises.

I went completely plant based and vegan after doing that for a few months the next CT scan and blood work I had my numbers were looking great.

One of the most shocking things was the size of the few tumors that we were still monitoring in my body began to shrink and it wasn't the chemo it was my diet and lifestyle choices.

I was blessed to know we had great insurance at Verizon.

Going into the surgery and everything else the cost was last on my mind I was in a I'll figure it out when I get the bill type of mindset then I started looking at the acupuncture the ayurvedic medicine therapy for grief and everything else it was all covered when I was diagnosed I made a conscious decision I was not going to let this define me or defeat me.

So I spent every day treating every day as a gift and everybody I meet I wanted to make sure I was the easiest part of their day interacting with me.

I wanted to leave them with a positive impression.

I wanted to be kind, helpful, supportive.

And just share in that message of positivity with everyone that crossed my path.

All of the tumors we're watching are continuing to shrink based on my lifestyle choices.

I'm just living my best life.

[MUSIC PLAYS].

[APPLAUSE].

>> RAQUEL WILSON: Mark we are so happy to hear you're living your best life and in the midst of that also helping others do that thank you so much for sharing your story and inspiring the V Team.

All right let's just keep the inspiration going and end on a high note our Verizon India office was recently named No. 3 in the top 5 inspiring workplaces across Asia.

Verizon India was awarded for investing in the V Team, through programs and initiatives for leadership, people development, transparency and well-being.

But that's not all, Verizon India also ranked as the No. 8 best place to work in India by great places to work for 2024.

Now that is a huge jump from being No. 22 last year.

A lot of hard work.

Congratulations, team.

What an honor.

All right, now before I go, we've got our friend George from George Talks Tech

in the audience he has a reminder he has to tell you all he knows the drill he grabbed the mic.

>> The GizmoWatch 3 adventure is available today this is the greatest kids SmartWatch out there perfect if you're doing summer travels the watch I'm going to you know a major theme park on the other side of the country or in Florida I don't want to lose my kid this is what I bring with them if I go to the beach and I don't want to lose my kid this is what I bring with me this is amazing also back to school definitely a way to get in touch with your kids it looks cool and they don't feel weird I will you it available right now in stores and online.

>> RAQUEL WILSON: I love it you won't lose your kid better than the leashes.

>> I've never used the leash not judging anyone who has used leashes.

>> RAQUEL WILSON: Maybe the GizmoWatch would be better.

>> Just a smart leash would be greater.

>> RAQUEL WILSON: This is a smart leash thank you George I'll take your mic.

(APPLAUSE).

>> RAQUEL WILSON: All right.

Folks that is all for today, we will see you next Wednesday, June 26th for some pretty cool news.

You'll want to stay tuned for that.

See you then.

And until next time, you're Up to Speed.

(APPLAUSE).

[MUSIC PLAYS].