

**Daniel Flores** [00:00:00] Okay. Alright, cool. So, today is Tuesday, July 18th. And my name is Daniel Flores. I am interviewing Thao Pham remotely via video conference. So, Thao, it's nice to meet you again. If you could just maybe tell me a bit about yourself and, maybe, what you do professionally, that would be a great way to start our interview today.

**Thao Pham** [00:00:33] So, thank you. Nice to meet you, too. So introduce about myself and what I do professionally. So I am an upcoming medical student at UCI [University of California, Irvine], too. But before, during the pandemic, I was a student, but also working part time as a behavior therapist. And then later I worked part time as a medical assistant. So that's what I do in terms of job during the pandemic.

**Daniel Flores** [00:00:59] Okay. Wow, congratulations. I had no idea you're a med student. But, it's great to have you. We can talk more offline about that. But awesome. So, it sounds like you had a lot of clinical exposure during the pandemic, is that right? Okay, so why don't you maybe detail a little, give us like more of a detailed timeline from like when the pandemic started and like, what position you were in and then maybe if you transitioned into another role, what that was like?

**Thao Pham** [00:01:42] So, during the pandemic. So in March 2020, I didn't have a job, but because, I guess, because of the pandemic. So my [inaudible] went up, and so it's kind of forcing me to find a job even though I was still a student, a third year undergrad at UCI, too. And so it's kind of like pressure my family into financial difficulty. And so that's why I seeking for a job even in the pandemic. But I know that now at least being able to speak English would help me to find a job. And so that's why I applied to be a behavior therapist. And I started working in July 2020. I worked all the way into March 2021 when I found the position as a medical assistant. I guess the only reason that I want to move on to the next position as a medical assistant, because it's also help me with my medical school application. And so that's why I kind of withdraw the position as a behavior therapist and working as a medical assistant instead. But either case, both positions was in person. As a behavior therapist I offering words. So I would go to the client house. And what I do is I teaching social and emotional skills for children on autism spectrum. And as a medical assistant, I work both as the front desk and also the back office. So I kind of doing the take-in, the history, chief complaints for the patients and I also sometimes going with the doctor to just assist them in the exam rooms.

**Daniel Flores** [00:03:27] Got it. Wow. That's awesome. And, you know, I think it's very admirable that you were able to, you know, maintain these positions during a time of so much stress, right? Like, I think, for lots of people in America and across the globe, really, you know, this was one of the most financially stressful times, you know. Can you talk about, maybe, that experience of like having to show up to work? While still having to, like, deal with a lot of those external stressors, you know? What was that like for you? What were the difficulties, especially with the added theme of like the pandemic happening? What were you sort of experiencing during those times?

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**Thao Pham** [00:04:28] So, I think that during pandemic, I guess like the most difficulty is because my mom, she's also have diabetes and hypertension, and so does my dad, too. And so, it's kind of like because we I was like a pre-med student. So I'm still get updates on CDC [Center for Disease Control and Prevention], how people with, you know, diabetes, hypertension and, you know, have the histories of smoking can get like more like severe complications if they get COVID. And so, when going to work, I feel like I have to pay like an extra that cost us not just for myself, but I don't want to bring, you know, COVID to my homes and then, you know, getting my mom being sick and my dad being sick and it's also that my dad is kind of the breadwinner in my family. And so I never want him to get sick because with that then we would lost like the primary income because I kind of mentioned but I like I only do part time because I still a student. And so, every time that I go home, I remember like, especially in 2020 when I go home, I kind of have to isolate myself even though I don't have any symptoms. But it's [inaudible] like causes. So I would just go straight to the restroom, kind of bathroom, taking showers. I just keep my myself clean and I would go straight to my room. And if I ever have any like symptom, like started coughing, then I would tell people that, you know, like, you have to stay away from me and I have to, like, wear a mask, like, at home. And it's not like the most comfortable thing that I want to do, but I feel like I have to do it to protect myself and also my family. So I feel like it's just extra stress besides having to go to work and also working at the same time and being worried that I going to have COVID and I have to, you know, take a day off and, you know, infecting somebody else because of me.

**Daniel Flores** [00:06:34] Definitely. Yeah. Being a student was not fun. Being locked down and having to still go through classes and still having to, like, try hard, you know, especially being pre-med, you know. I had to take the the MCAT [Medical College Admission Test] during the pandemic, and it was, I'm not sure about you, did you have to as well?

**Thao Pham** [00:06:58] Yes, I did.

**Daniel Flores** [00:06:59] So, did you relocate back home when the pandemic started? Or, were you already living there?

**Thao Pham** [00:07:09] So you're asking me, did I relocate during the pandemic? I am actually very fortunate to well, because I live in Santa Ana now, and so I have been commuting. So that part is not a big changing for me. But I know a lot of my friends, they have to, it's kind of like an uncertainty, Should I stay here because school going to come back soon or should I go back to my hometown and then have to worry about housing again? And so, I know that a lot of my friends, it's very difficult for them. Like some of them decided to coming back home. Some of them decided to stay here, but eventually, right? Everything was locked down. So they had to relocate in like a week on less than like a few days. So I know that it can be stressful for other people.

**Daniel Flores** [00:07:58] Right. And I'm curious, you know, with my own family, you know, like my my dad, he works as a farm laborer. And, you know, he was considered an essential worker, right? You mentioned that your dad was, sort of, the

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breadwinner of your family. You know, I'm not too sure if your mom was employed during this time, but what was the experience of like seeing these things happen in the clinic and then also coming home and having to also maybe provide more guidance to your parents? Like were they careful about it at work or like what were conditions like for them in terms of like the risk of maybe contracting COVID-19?

**Thao Pham** [00:08:59] Okay. So you're asking how was I dealing with working in that clinic or studying and also go home and kind of educating my family members? So my dad is a frontline worker, too. He works as a food to go in the supermarket. And my mom, she was laid off during that time. He, I would say that it's actually it's really difficult and probably like another stress for me that time because in the clinic, I would like hear everything about, you know, how you check like [inaudible]. You know, when it comes to like COVID, wear your mask, right, make sure that your mask covers your nose and not just like your mouth. And then like how you can, like, rest. You know, you can get like, a lot of like, severe complications if you got COVID. But when it come to, like, my house and I doing these thing, my dad was actually down about, you know, what are you doing, like COVID is, well I know that now that he been living COVID already but back then, like when this like started, especially like in March and April, people still don't take that like, not like people, but some people and including my dad, he didn't believe in COVID. He thought like COVID is just like another type of cough and another type of like flu. And so when I started wearing masks and he would like ask me, you know, like, You don't have to wear a mask at home and you can wear a mask like outside, but you don't have to. And I kind of have to explain to him and I was very, I guess, like fortunate that he wasn't like forcing me, mocking me around. But I know that it's just very difficult when you have to take extra consciuos. But then my dad, he wearing a mask, but he didn't cover his nose, so he's just wearing his mouth and it's just foresighted to me when seeing my dad doing so and in the clinic is staff too, not like all of the patient, but some patients are also doing the same thing. And we have like some encounter when we have to ask the patient that you need to wear a mask for the sake of your health. But we give them the mask and they wear it, but they only wear it for like the first, like, 10 minutes. And then, after we kind of walking away, then they will take off their masks. And it's just frustrating sometimes to see like we trying to protect them and just to follow the policy too. But they not very willing to follow through the policy.

**Daniel Flores** [00:11:34] Right? No, I totally get that. And I think that that was sort of the scariest part, right? Like, you know, just the impending thought of like, you know, what if they get the COVID? You know, what if they get infected just like that sort of anxiety of always having at the back of your mind and maybe them not taking it as serious, you know, even though they probably should have been. I'm curious because I'm kind of like, interested in how you're talking to me about, like, sort of the differences between having to be at home and then also being back in the clinic. So I kind of want to separate the two experiences for now. I want to ask about maybe what role that your community or like the neighborhood, like people surrounding you maybe, what role that played in you or your parents or families' perception on COVID-19? By that I mean, like, was there like a lot of hearsay in your family? Like, you mentioned that your dad was like, kind of doubtful about it at first. Where do you think that sort of started? Did people in your community have anything to do with

that, or was that like the news outlets? Yeah. So something along those lines, is that clear?

**Thao Pham** [00:13:25] So let me just kind of repeat that question to see if it's correct. So what you're saying is how the communities or the neighborhood around us are effecting the way that we look at COVID during the pandemic? So, if the community helping us to believe that COVID is real or if the community like discouraging that thought?

**Daniel Flores** [00:13:48] Exactly. Yeah, that's exactly right.

**Thao Pham** [00:13:51] So for me, because I, you know, working in the clinic and we have like a lot of data and I remember like during the pandemic, the first thing that me and my colleague would do is we would go to the world meters and we would look at like how many cases of COVID. And so for us, we kind of trying to get like the most updated thing, and we definitely, like all of us, believe that COVID is a real thing and it can cost, you know, like people that. But, for my dad, I try to, like, understanding why he's doubt about COVID too. Because when he worked in the supermarket, like his coworkers, none of them wearing masks. At least for the first few months when we have, you know, the emergency, you know, the state emergency. He said that nobody in his workplace, because he work in the kitchen and it's really hot, and I know that it also limits when it comes to masks during that time too. And so I think that he said that every day he would only get like one mask. And in the kitchen where everything is so hot and he started sweating so people they started taking off their masks after like the first 2 hours of working. And so he started, it's kind of like an audience effect. Like when people around you, nobody wear a mask, then you're wondering, Why should I wear mask? And so I guess like for him and also in our community, I live in like Santa Ana now. So I mean it's not like all of Santa Ana, I do not believe, but at least in my neighborhood, I remember, like, during that time people still have party like in March and April at least people still have like, you know, birthday party. They still get a lot of gathering. There's not a lot of people wearing masks. And so it's kind of like matching with the situation when my dad's working in his workplace. And so when he go home and he telling me, you know, like, Look at other people around. Right? They still enjoy and nobody really talk about COVID. And so it just adding to kind of the disbelief in COVID and so it's hard for me to kind of convince him and sometimes, it's just, sometimes, I'm not doubt but I feel like, okay, well everyone doing like that, like should I even wear a mask because I don't want people to look at me like, it's before the pandemic, right? We don't have the cultures of wearing mask. And so if I'm wearing mask and people are looking at me and they say, Are you afraid of COVID or do you actually have, like, you know, a respiratory problem that you don't want to infect other people? And so just very little like things it's already make me feel like, Should I wear a mask like at all? So, I guess like for me, I'm very fortunate to work in like the healthcare workplace. So I believe in that and I've been reinforced to, you know, believe in COVID is a real thing. But for my dad and probably other frontline workers not working in the health care system, it's going to be a different experience. Just adding on to how they like kidn of hesitate to believe that COVID is a real thing until like later when the cases is rising and a lot of people, unfortunately, die because of COVID.

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**Daniel Flores** [00:17:18] Right, no., thank you for that. That was really great and just makes me think about how important it is to educate communities, right? Like, we are obviously so subject to social pressure. And, you know, I think you've touched on that really nicely about like, if my neighbor's not doing it, then why should I? Right? But, you know, it could very easily be the opposite, you know, like we could also kind of see each other observing these social distancing rules and, you know, doing our part. But that was not the case, I think, for the majority of us. And, this will be one of my last questions about sort of like your experience at home. Did you happen to have an encounter of being infected with COVID? And how did you deal with that? In addition, did you experience that with any of your family members during the pandemic?

**Thao Pham** [00:18:28] So my experience is, I think a little bit backward. Because when I started working, everyone in my family would think that I probably would be the first person to have COVID because I, you know, exposing myself and going to school and then doing like work outside going to other people, you know, like the client house and then like the working in the doctor's office when I'm dealing with all the patients with like the symptoms of coughing and sneezing. However, I actually the last person getting COVID, you know, so my dad is the first one to have the COVID and then he not like infecting but then after that it's my mom who stay at home, but then she start having the symptoms of COVID. And then later my sister, my brothers, and I actually the last one to have COVID. So even with that is still a lot of stress because I feel like it's just very hard for well, at least in my case when I saw, like my dad having the symptom of, you know, the coughing, sneezing and fever and shortness of breath. I have a feeling that having COVID but it's very difficult to convince him to test for COVID because we have to do like nasal swab. And it's not like the fun thing to do. And so when I try to do it, I do like one side and I tell him I have to do the other side, we have to do like both. And then he said, no, this is enough, like, I'm not doing that again. And so I was able, But you have to do it because otherwise we wouldn't want to waste that side because we will not have enough. And so I tried to let him do it and and he tests positive for COVID. And so we start have to like isolating him and and my mom starting having the same symptom but because she's already sawing like my dad struggling with the COVID test. And so she was like, Okay, wow, just assume that I have COVID. And I will try to isolate myself, but don't get me that test.

**Thao Pham** [00:20:35] But it's like an anxiety and I get like a desire for myself that I want to test everyone in my family to say like who have caught and who hasn't caught. And so, I feel like it's pretty just, and also when my dad's having COVID, all of the anxiety is like too real because now I know that he was a long term smoker. He's also have hypertension. And, during that time, these are, we lack a work force. And so even when he have COVID, he only have three day of and so even before the vaccine was available, he's only have three days so. Day of and then he have to go back but he definitely have to wear like two layers of mask. But he still have to go to work. And so it's just kind of giving me like an anxiety that what if he got into some kind of complication and nobody there is like knowing about this. And, I have like a negative, right, perspective of the workplace because even still then some of his workers are still telling him that, You have the flu. They guess the symptom is, I guess, like similar and so they do not believe that he have COVID. And so it's just

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very frustrating to tell him that you have to wear a mask in order to protect people. And you definitely don't want to infect all your coworkers. Because if you all get sick then who going to work, right? So it just very all so stressful. And I just worry that he can be hospitalized. And, with that, then, you know, the insurance and what is like in the hospital you got like other problem again. So, that was our experience with having COVID. And I'm the last person in my family have COVID is me. And so when I have COVID, then my dad was like, okay so regardless of how be careful you are and you still get COVID, right? So it's not like because maybe I'm careless so I have COVID, but you also wearing mask and still you still have like COVID. And so, it's just, I guess, like a tough conversation when it's come to that? Because it's making me feel like, oh my God, regardless of how I do, I still have COVID. But yes, so just tough experience. But I have a good relationship with my dad now.

**Daniel Flores** [00:23:09] That's great. No, that's the toughest part. I feel like especially when your dad has those those risk factors, you know, it is just so much more important to protect him, you know? But you're right. It's so frustrating that I feel like a lot of workplaces in the United States didn't take as good measures as they probably should have to protect their workers and to protect the spread of COVID. You know, it's funny, I feel like I hear that a lot where, you know, the person that is probably likely to get infected first ends up being the last one. So I don't know what the science is behind that, but it's probably because we're better protected, I guess. Yeah, so thanks again for answering that. I'm just curious, you know, within the, what was it like three years, from the start of the pandemic to maybe like, I guess, post-pandemic, if you want to call it that? What are some like, what are some events that you remember most? You know, like just things that like when you look back ten years from now and you're like, Oh my God, that actually happened. Like, what are a couple of events? Or just like, you know, things that happened that you'll always sort of remember or might mark this moment for you?

**Thao Pham** [00:24:49] I have a couple of them I want to share, but the first one is probably the final exams of organic chemistry online and I was so scared during the March right? So when the UCI was locked out it's exactly during the final week and I was taking organic chem and biochem and so the final exam was converted into Canvas. And, we didn't know how to do it because for organic chem you would need to label mechanism and for biochem, you also have to draw the structure. And so we didn't know what to expect. And I remember that's two finals is probably the most stressful finals that I have ever have in my life and for sure in medical school be more stressful. But, I think that this is not stressful because the subject, but I was just stressful about how is that going to be? And I know that we're supposed to use like the, I forgot, like the camera thing that to make sure that the student not cheating. And for my house, we didn't really have like a separate room because I share room with my sister. And so, I remember that we were asked that you have to be like in the private room and you know show your room around and I, and that there's no document no text around you. But, if I want to do like that I have to bring like all of the textbook and it's not like just one but like all of the paper and I was have to move my sister's stuff around. And, during that time my sister also have a final too. And so we didn't know, like, it was just really stressful to have like a room to do the final.

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**Thao Pham** [00:26:35] And then another thing that I remember is looting. So it happen after George Floyd dead when it's all of like the riots and violence. And so, at that time, I was working in the clinic, but right next to the clinic, we have the pharmacy, we have some grocery store. And so it is always fear that, you know, what if the cry out and the violence and looting is happening because I saw like on TV and on YouTube and on just news, a lot of looting around. And so, I just feel like afraid, What if they come into the clinic and steal stuff? Or if I go to the grocery store? Because what I do is after work, I would go to a grocery store to like get something and then go home and cook. And so I always feel like being part of my shopping time and then people are just go there what should I react? So I would try to like going to the grocery store grab as quick as I can and go back to my car and, you know, just go back home. So that is another thing that I remember. And then another one that I remember too is probably the first time ever that going to school without going to school. So after we done with the spring 2020, right, then we go into the fall 2020, everything was online including the labs, organic chem and other like biolab. Everything was online and it's worse. I think it's very hard to be self-disciplined when you study but then like your bed is right next to you and you can just like fall asleep whenever you want. So I think it's definitely something that I will still remember probably even for the rest of my life, too.

**Thao Pham** [00:28:29] And another thing that related to workplace, is probably how it's kind of like an emotional one, but I remember that when I was a medical assistant, I just met a patient probably like a week, and then following that, I heard that he passed away because of COVID and it's so quick like he's not even being hospitalized. People are just found him, you know, not breathing the next day. And it was really sad. And he's not old at all. He, I remember, he's only like 62. And he was working. And I know that I met him the week before and we were just talking about, you know, like when COVID going to stop and when we can, you know, like stop wearing the mask and I was telling him, you know, don't worry, everything will be fine, you know, just hopefully like a year from now you're going to go to like social event with your family, etc. And so we talk about those things and then the following week, I, you know, I heard that he passed away and it's just really hard to able to deal with those things and thinking about myself and then my parents. So it's something I want to share and probably I will probably remember it for the rest of my life.

**Daniel Flores** [00:29:56] Of course. Thank you for sharing that. And, I'm sorry that you had to go through that. But, you know, I think you bring up a really good point that like this period of time was just marked by so much loss, right? Like, everywhere we looked, I think, was something even more negative than the previous thing that we saw, you know? I really like that you also pointed out the social political aspect of this time, right? Like George Floyd and, you know, the Black Lives Matter movement. Just so much social upheaval that like we were also going through and that like, you know, sometimes we completely forget that like grocery stores were being completely looted, like you mentioned. And, you're right, I think that like just that sense of negativity and just like, I almost felt like kind of lost, you know. Did you ever feel that way? Like, did you ever feel like a sense of not knowing what you were going to do next because everything that you sort of knew was being put into question, right? Like, how did you feel about that?

**Thao Pham** [00:31:21] So talking about lost, I would kind of reframe it into like uncertainty because I feel like before the pandemic, everything is like in person, right? And we like sure, like this going to happen. I was so sure that I'm going to take this biolab in person and I even wear like the dissection kit and like the lab coat. But then now, and I remember that it never be like, Okay, it's going to be, you know, 100% online. Like I remember like at the school saying like, it's going to be like 50%, right? Some will be like hybrid and then we're going to come back school soon. But even after I get away, it's not like completely coming back, right? So it's always feel like there's some uncertainties of something can happen. And, I remember that we also talking about, you know, these, what is the name of the disease, Oh, the monkey pox disease too. So, during that time, it's like okay, we have COVID now we trying to get to this and now we have another one, right? And then there can be like another one. So it's always feel like because now that's COVID happen, right, I have a feeling that everything can happen. So, everything that you are so sure is going to be there, it can be take away for, you know, without any warning.

**Thao Pham** [00:32:48] And so I feel like this feeling is not going to go away anytime soon because I always have like the feeling that something can just happened without us, right? I remember that we are, oh, I have a feeling like, you know, the science and everything was like developed so fast we going to get whatever we want. But then now the COVID hit, I feel like people is just like so vulnerable and my status so vulnerable too. And so it's just the uncertainty and also the loss, too. The loss of social events and the loss of connection that we have. So I guess it's a negative impact. But in the. same thing too, I think it actually have some positive impact on me. Not that I like, you know, we have the pandemic, but now that I know that there's always uncertainty, right? I want to take time to enjoy my time with my family, too. Because I know, like as a pre-med, I like to, well not like to, but I feel like, you know, the imposter syndrome that I have to work, I have to sacrifice my family. I have to sacrifice my relationship with my friends, etc. But then now, because of COVID, I feel like I want to take the time and enjoy. I definitely want to study and do well in school too. But at the same time, I also want to use the time that I have for my family too. Instead of just like reading like an extra paper, right? Or doing like an extra thing. I can just leave it there. Really enjoy my time with my family, but just making sure that I on the right track. So, I guess there's the pros and cons to everything.

**Daniel Flores** [00:34:34] Of course. No, that's such a good realization to have. So you're saying, if I'm hearing correctly, it's like, you feel like COVID sort of put things into perspective for you in the sense that like you were able to really understand through the trauma of just like having to worry about so much that like you also realized the important things that are around you and that you'd like to maybe prioritize a little better? Gotcha. Yeah, and I think that's such a huge realization to have, especially going into med school, because you'll need that time to just, like, replenish your energy. You know, take those breaks and, like, hop on the phone with your family. Like, those are the times that matter the most. You know, studying is always going to be there. So we're coming to a close. But I do want to ask, you know, now that you are entering your first year of medical school, what sort of lessons are you going to take into your medical training from what you experienced



during COVID, either at home or during your jobs, What sort of things are you going to continue to like practice as part of, like, your philosophy as a future doctor in America?

**Thao Pham** [00:36:11] Oh, that's a very nice question there. I guess like one I kind of shared already that even you know a medical student or later become a doctor can be stressful. But I definitely want to focusing on work-life balance. So, I definitely want to work and stay on track and meet all of the deadlines. But, I definitely want to spend time with my family and friends. Another thing that I hope to bring to and continue doing so is be patient because as I mentioned, but I have a very kind of tough, difficult conversation with my dad and tried to convince him to be cautious, to educate yourself about COVID and other health problem, but it doesn't really work during the first year. But now, he believes in that and he educate himself about like, you know, how problems sometimes we even talk about it. Probably we're not doing that without COVID. And so I hope that, you know, thinking about when I become a doctor, I think that I would definitely encounter some, you know, patients set-minded, that they're not going to change how they think about specific problem. And if they doubt about, you know, like the effectiveness of vaccine or should I take vaccine at all. So I hope that I will still able to keep the patient and hopefully strengthen my patient working with you know, with my patient. I guess that's where the term come from too. But really just talk with the patient, respectfully, respect their, you know, their, I guess like their individuals and their freedom. But at the same time, as a doctor, I have the responsibility to educate them and it's up to them to choose to follow us or not, right? But, we still have the responsibility to share with them those information and educating them, but also let them choose what they want for themselves.

**Daniel Flores** [00:38:07] Awesome. Yeah. Thank you. You will do a great job. I can already tell. But, yeah, you know, I also just want to open up the floor, no question here. But like, if there's anything that you wanted to share, you know, coming into the interview, anything that was on your mind when you first signed up, you are more than welcome to share it now, if there's anything.

**Thao Pham** [00:38:39] There's actually one that I want to share, too, is how even now that after three years of pandemic already and how I know, like some people they say this kind of the post pandemic and, you know, the pandemic end already. But I feel like during the pandemic as a medical assistant in the room, we have a lot of like mental health activity that we do meditation together. We read the book. We have like a group chat where like every week we go into like post, like some funny meme, some like GIF [Graphic Interchange Format]. And so it's just very fun and be trying to connect virtually. Even now, the pandemic is we can say fading away slowly. I think that the mental health and the mental awareness, we should continue doing so because I know that like some workplace, they, it's not like some workplace, but like we stop talking, we focusing less on mental health now because the pandemic is over. But I feel like it's always good to talk about mental health and how to you know, to stay healthy like emotionally still so it's not like because of pandemic that we talk about these thing and now it's like fading away we stop talking about those because even with that, right, I'm pretty sure that healthcare workers, frontline workers, they still have a lot of stress, maybe not the stress about the COVID and getting COVID

right, but can be other stress. And it's always good to talk about mental health and making sure the people are, you know, healthy emotionally, spiritually, too. So I think that we shouldn't just stop talking about those now with these like fading away. If something is good to do, right, we should continue even without COVID.

**Daniel Flores** [00:40:32] Right. No, that's such a good point. Like, I feel like the pandemic maybe uncovered or maybe highlighted just some of those issues that were maybe already there, but like or just worsened by the lack of social connection and the increase in isolation, right? Is that like a lot of us had to sort of admit that, like, we needed this help, you know? So, I think that's such a good point. Like, we shouldn't like, just bypass it because we're able to like, see each other again. You know, like that doesn't necessarily fix anything, right? But yeah, no, I think that that's a great addition to this. Great. Awesome. Let's see. Thank you again, Thao. I really appreciate the conversation and really appreciate you taking the time out of your day to do this. Anything else you'd like to add? Alright, cool. Let me stop recording.