

Episode 93

📅 Wed, 10/21 12:53PM ⌚ 39:06

SUMMARY KEYWORDS

jaime, people, gun violence, helpers, day, life, kids, book, fred, country, first responder, daughter, parkland, michael, orange, night, helper, grief, podcast, spoke

SPEAKERS

Fred Guttenburg, JJ Janflone, Fred Guttenberg, Kelly Sampson



JJ Janflone 00:08

Hey everybody, this is the legal disclaimer where I tell you that the views thoughts and opinions shared on this podcast blog solely to our guests and hosts and not necessarily Brady or Brady's affiliates. Please note this podcast contains discussions of violence that some people may find disturbing. It's okay, we find it disturbing too. Hey everybody. Welcome to another minisode of "Red, Blue and Brady." Today, Kelly and I are really just I think overwhelmed and so excited to speak with Fred Guttenberg, who is the author of a brand new book entitled "Find the Helpers: What 9/11 and Parkland taught me about recovery purpose and hope." Now, if you don't know, Fred, you should. After the murder of his 14 year old daughter, Jaime at the Parkland school shooting, Fred has really launched himself into activism, and been so, so proactive and fighting for gun violence prevention. He also runs a great nonprofit entitled, Orange Ribbons for Jaime that's dedicated to Jaime's life. We have so much to talk about with him from, from the book to Jaime to what inspired him to actually to look for the helpers. But even more than that, you know, overcoming grief through this idea of the humanity of others. So without further ado, I really want to want to get to it. And Fred, can Kelly and I have you introduce yourself?



Fred Guttenberg 01:46

You know, listen, I guess people know who I am. My name is Fred Guttenberg. I'm a father of two children. And one of them I get to hang out with every single day. And the other one I visit in a cemetery. Unfortunately, my children were victims of gun violence at

Marjory Stoneman Douglas High School in Parkland in 2018. My daughter was killed there that day, and my son heard the bullets that we're doing it. And so he lives with that as well. And I have spent every day of my life since then, fighting to do something about this, call it a pandemic, I guess, this emergency this issue of gun violence. Four months prior to my daughter's murder, I lost my brother to cancer related to his service in 9/11. So, I now go forward in life with the two toughest people I've ever known in my life standing on my shoulders determined to be part of the solution on reducing gun violence in America.



JJ Janflone 02:48

Well, and I think I want to start there with that, because there are two people then that you mentioned directly there, which are Jaime and Michael, right, who unfortunately are no longer with us. And so I want to start, can you tell us about Jaime?



Fred Guttenberg 03:03

Yeah. Jaime was my amazing, beautiful 14-year-old daughter. People who have heard her story know, she was a competitive dancer, but she was also what I like to call the life of the party because of her energy. You were always laughing because of Jaime or always yelling because of Jaime, because you were always reacting to Jaime. There was no other way around it. Jaime was a kid who you know, as I say, in my book, was born with the tough gene. She knew right from wrong. She always stood on the side of right. She always defended kids who were being bullied, even though she was not a big kid herself. She would literally walk in the middle, if you saw something going on. And she volunteered her time for kids with all sorts of different special needs. Because she just felt like they deserved the same opportunities every single day that she had. And she was just, listen, she was my girl. That was my baby. I miss her every second of every day.



Kelly Sampson 04:12

Thank you so much for sharing that, I can't even imagine what it's like to share those memories with us. And to that end, we're going to ask what happened on February 14 2018.



Fred Guttenberg 04:27

So on February 14, which for anyone who recognizes that date, that's Valentine's Day, a day of love. And at the time in 2018, Jaime was 14, Jessie was 16. And I actually, with my wife, had a real special night planned. We really wanted to introduce the romance of

Valentine's Day to our kids. And we sent our kids out the door that morning to go to school, to get them out of the house, so I could just finish some of what I wanted to do to get ready for the night. I rushed my kids out the door that day because they were running late, which was not uncommon, by the way, as a parent of two teens. You know, any parent understands kids run late, they get distracted, my wife and I needed to get ready for the day. What I remember about that morning was rushing my children out the door, it wasn't holding them back for that one extra second to say I love you. It was "get out the door, you need to get to school," because school is where we send them to learn, with the expectation that they're going to be safe. And just after two o'clock that day, my son called to tell me that there's a shooter at his school. And I asked him where he was. He told me he was outside he was running, but he couldn't find Jaime. And my son watched his sister like a hawk. He wanted to turn around and look for her. And I had to convince him to keep running, especially when he was telling me he was hearing more bullets. Never in a million years did I imagine my daughter would be one of those kids getting shot and killed that day, but she was. And thank God, my son made it off the campus, I was able to pick him up. And I guess my life has become a pretty public spectacle since then. Because I don't want to be a dad who has to watch other moms and dads go through what I'm going through, so I want to be a dad who's part of solving this.



JJ Janflone 06:33

I want to say one, thank you again, for sharing Fred and continuing to share Jaime's story and what you and your family went through. And reading the book, I think was really special for me, because it gives insight, sort of, into your family. It gives I mean, the little stories about Jaime, but also the stories about the relationship that she had with Jesse. Yeah, I think we're really important because I think, and we'll talk about this a little bit later in the book, obviously, you talk a lot about people who are helpers. And Jesse seems almost like one of the first helpers, you know that he definitely is a person who wants to help.




Fred Guttenberg 07:12

Listen, that's who he is. Jesse idolized his uncle, who was my brother who passed away four months before Jaime was killed. That was his role model in life. You know, my brother has never been anything but a helper to others. He's never really thought so much about himself. You know, my brother always was there to take care of and help others.



JJ Janflone 07:34

And this is Michael. Correct?

 Fred Guttenberg 07:35

Correct. And that's who Jesse's role model was, still is. And so, Jesse's mentality is always to put the well being of others ahead of himself, which worries me because that mentality is not uncommon amongst first responders, which is why they put themselves into danger that I never would even think of. And as a father, I worry about him because of that mentality. But it's also what makes him amazingly special.



JJ Janflone 08:03

Well, and I wonder if you could too, just for people who haven't read the book yet, I mean, obviously, they should immediately go read it.

 Fred Guttenberg 08:09

Thank you



JJ Janflone 08:10

But I'm wondering if you if you could talk about Michael as well, a little bit, because I think and you talked about this in the book, one of the things I think that really activated you was also the loss of Michael with, from illnesses related to him being your first responder on 9/11.

 Fred Guttenberg 08:28

Listen, my brother has been a first responder for as long as I can remember. He started, gosh, when were kids on bicycles, he would be chasing ambulances and police cars just to be around, to see what was going on, and then eventually became an EMT as a teenager, and eventually, you know, after college, went on to medical school, and started working as an emergency room physician. At the time of 9/11 he was the deputy medical director of the New York Fire Department and his office was like two blocks away from the World Trade Center. So I was on a flight that morning, to Key West with one of my employees, and we land. My wife's calling me, the First World Trade Center had already been hit, but the second one had not yet been hit. And we were watching from the airport in Key West. And after the second one got hit, maybe even before that, I started getting on the phone with all my family, because we all know my brother. And we also knew where he would be,

you know, with his office having just been very close to the World Trade Center. And knowing my brother Michael the way I do, I knew while everyone else was running away, he was going to be running in. That's just the way he was wired. And we weren't wrong. That day went by with us hearing nothing from Michael and panicking over the fact that we were hearing nothing from Michael. By the afternoon, we'd lost hope. We started thinking he was going to be gone. Until a lady, who went by where the first responders were and took down names and phone numbers, she's, to me one of the great heroes of my life, although I'll never meet her, called my parents and just said, I've spoken to your loved one, he is alive. And that was the first sign of life we had of my brother who, believe it or not, while in the World Trade Center that day, was in there when it collapsed, hid out in a room, a basement level room, for whatever reasons, the room that he and about 10 other people hid out in did not collapse. Although it was blocked by debris, they had to find an alternative way out no separate from the way they went in. And rather than run and get the heck out of there, they spent the next 16 days at Ground Zero taking care of people. That exposure and time eventually led to him getting cancer related to his service in 9/11, diagnosed in 2013, with pancreatic cancer. Surgery, chemo radiation, and he seemed like he was going to be cancer-free. Like, not only would my brother survive the World Trade Center falling on him, but he was now going to survive a pancreatic cancer diagnosis. Unfortunately, in 2016, the cancer came back this time and his lungs, stomach, and his liver, and it was too much to battle. And in October of 2017, he passed away.



JJ Janflone 11:28

It's I think, that's, that's one of the hardest things I think, and I don't know if, I mean, Fred, and Kelly, you, Fred, you as a survivor, yourself, and and Kelly and I, because we're in these spaces alive, right? We hear so many stories of so amazingly good people, like Michael, like Jaime, that are no longer with us, because of violence. And, um, you know, and so there's these like this deeply sad, and to be quite honest, like frustrating, and like infuriating loss, and then there's also, you know, stories throughout of how much good they did during their lives. And like, the good people who are like, I'm just gonna go out and write down names. I'm gonna go pass out water, I'm gonna do something.



Fred Guttenberg 12:14

And we dont ever hear about them, and we don't know about them. I, this lady who did this, who, for all I know, was exposed to all the toxins, and also ended up with 9/11 related illnesses, which is entirely possible. This lady never told my family or other families that she called, who she was. It was in a day, you know, before all the smartphones and everything we have now. So you know, and she, because she called my parents who, on a home phone, and my parents didn't really have caller ID or whatever at the time. We have

that we have no way of back tracing. But this lady did this for many families-- and this lady is a hero. And there are so many heroes and helpers, and amazing people in this country that affect so many families in amazing ways that we don't think about. Some are so private, some people are well known, but they don't tell you, because they just are good people. And I'm going to give you an example. Okay, because people have heard me share my story about Vice President Biden, but he's done this for families across this country, for his entire life, where he reaches out to provide a helping hand, but he doesn't make it public. They, you know, I've learned this only in telling my story, because others have come to me said "he did that for me too." You know, helpers, amazing people, and that's why I'm so thankful when I'm given opportunities, like this podcast, to talk about it. Because I just want people across this country to know that even though sometimes it feels like we're going through the worst of times, there's always amazing people there who will carry you --always.



JJ Janflone 14:08

And Fred, you go into, I think, a lot of really great detail in the book about some helpers. But I'm wondering if you could maybe just tell our listeners about just some of the great people that you talked about?



Fred Guttenberg 14:19

Well, listen, so Vice President Biden is someone who reached out to me 10 days after Jaime was killed or so. And we spent about 40-45 minutes on the phone. He was on a train from Virginia to New York for an event for his son's foundation. And I, it was like talking to your uncle, or a good friend that you hadn't spoken to in a while. He was, he just called, he wanted to know about us, how we were doing, and he wanted to know, lessons that he learned going. He wanted me to know lessons he learned going through grief, and how he got through it out of that phone conversation ended up being another conversation with him, but this time was in person, a few weeks later. And again, 40-45 minutes of just talking to somebody who just cared about what I was going through who wanted to talk to me about getting through grief. He spoke to me a lot about mission and purpose. He talked to me about understanding that everyone goes through grief differently. And nobody else had given me a heads up about that, like, I wasn't prepared for that, until he said it. And for having strategies to make sure that my family and I can go through this differently -- but together. And nobody else gave me that life lesson, and I needed that. You know, but other people who have stepped up, you know, some from the worlds of politics, that just may surprise you, you know, Governor John Kasich of Ohio, who brought me to Ohio because he wanted to do something about gun safety. But I ended up having

some really deep conversations with him about faith that have had a lasting impact on me. or Governor Murphy from New Jersey, who we had a mutual connection in a cousin, who reached out to me shortly after Jaime was killed. And even though I can never vote for him, because I'm not in New Jersey, on a regular basis, he and his wife would both follow up with me, text me, call me, just to know how the family was doing. And he committed to me that in New Jersey, this was going to be a core focus of his, and it has been. There's people in the world of entertainment. You know, one of them wrote the foreword for the book, Bradley Whitford or someone who has become a dear friend of mine, Alyssa Milano, who reached out. And what you realize, is it doesn't matter if you're from entertainment, politics, media, or just next door. We're all human beings with hearts and minds, and families, people we love, people who love us who all have the same concerns. And we're all just people. And, and so I look at my community in Parkland. The people who I know now are not just the people who I knew before February 14. It's all those others who came into my life afterwards, were there for my family, and continue to be. You know, I'm blown away, actually. Because you, you think that people well, we always hear people say, "people are the worst," "media, they're the worst," "politicians, they're the worst." You know, it's always "everybody's the worst," and my experience is actually just the opposite. I'm amazed at how amazing people have been. And if we open up ourselves up to allow people to be amazing, they will show you that they are.



JJ Janflone 17:39

Well and I think that's really what you're doing, at the heart of it, with your book and now with your podcast, as well, right? And so I would love if you could, sort of, tell our listeners a little bit about why you decided to write the book, the process of writing it and why you chose I mean, I think we've really gotten into it here, but I really kind of want to hammer this home for people you know, why the focus on those that are helping? Although you do, sort of, go into a few like legislative and policy things, which we'll talk about later on to the podcast. But you know, so essentially, why, why the book and podcast now?



Fred Guttenburg 18:13

Because I wrote, I decided a couple of months after Jaime was killed that I wanted to write my story. You know, I was finding writing to be very therapeutic. I was spending a lot of time on Twitter, I was journaling. And writing was my way of getting stuff off my chest. And so I decided I needed to tell my story. It did not, initially, it wasn't done with the intention of telling about helpers. That was not the purpose of what I set out to do. After I got done writing my story, what became clear is, my story involves a lot of other people. And that, for my story to be possible, with both what happened to my brother, what happened to my daughter, but even life before that, that nothing happens without others.

And especially since my brother and my daughter, that is painfully clear. And I just decided that really maybe the lesson for me was, how fortunate, in spite of what has happened, that I have been to have had amazing people in my life, who have carried me, who have helped me to get to a place where I can be okay. And so I decided to make that the focus of the book. Because the truth is, I'm not the only person who goes through moments like this. You have lots of people who do. I mean, look at COVID. 200, we've officially passed 200,000 dead, and people were dying alone, and families who are suffering. And so I want my book to be there for everybody who's going through something like this, so that they know, if they really open themselves up to their helpers and, and embrace the idea that that's part of being okay. Getting to this place where, as my Rabbi said, "We don't move on, we move forward." We do that with others. And, and so I want people to know, as long as you stay connected, and you embrace others, they will carry you on the days that you need them to, they will give you space on the days when you need space, but they will always be there for you, to help bring you to that place of being okay. I also want people to know that they have a responsibility that whenever someone needs a helper, if you're in a position to be that helper, that you should do it. That's why I decided to write the book, because I wouldn't be having this conversation with you all today, if not for the amazing helpers in my life,

K

Kelly Sampson 21:03

I think that's a message for the time that we're in, particularly because there can I know at least speaking personally, there's sometimes this feeling of paralysis. Like there's so many needs. There's so many things that are happening, how could I possibly have any sort of influence for the better? And just hearing you talk, it's a reminder that you can start with the people around you, in your circle. You know, when you're strong, you can help them and vice-versa. And going back to something you mentioned earlier about grief and purpose, I was wondering if you could talk a little bit about Orange Ribbons for Jaime.

F

Fred Guttenburg 21:37

Yeah, so when Jaime was killed, orange was Jaime's favorite color. And the night that she was killed, all of her, what I call her "dance sisters," got together at the dance studio and started making orange ribbons. And the next day, came over to our house marched up to Jaime's room wearing orange ribbons, had a very emotional difficult time up in her room that day. And they posted photos of themselves wearing their orange ribbons that, and the photos went viral, through the dance world, through Broadway. And by the time of Jaime's funeral only two days after that, I had already become aware that this orange ribbon was going to mean something. It just, it I, these kids started a movement. And in a matter of 48 hours, it was clear, this orange ribbon was important. What I didn't know at

the time, and I didn't find out until weeks later is that it's also the color of the gun safety movement. And the idea that my daughter's favorite color and the color of the gun safety movement, as she was a victim of gun violence, were the same, was a commonality that I couldn't avoid highlighting. And the day I found that out, I came home, I said to my wife, we need to start a foundation with the name "orange ribbons" in it. And we started Orange Ribbons for Jaime and I set out. My first thought that day was I just want this, this movement has a color. I want the orange ribbon to be the symbol. And we've been pretty effective in that, the orange ribbon. I mean, heck, when the House of Representatives passed HR 8, you saw them all there wearing their orange ribbons. This orange ribbon is becoming, has become the symbol of the gun safety movement.

F

Fred Guttenberg 23:35

But my foundation is really about honoring my daughter, and about honoring the things that mattered to her life, but also educating on why her life was cut short. And things that mattered to Jaime in life, such as anti-bullying programs or programs for kids with special needs, we make donations to. Jaime was dog obsessed so we also have a, you know, a relationship with the Humane Society. But I think the thing I'm most proud of is that while Jaime won't get to go to college, Jaime is sending kids to college, because we started a college scholarship program, for kids of all abilities. And the, it's called "For Kids of All Abilities" because it's got three components. One is, kids who are going to go to school to major in something where you're going to help other people. And the reason why we chose that requirement is that's what Jaime was going to do. Jaime wanted to be a pediatric physical therapist. These kids also need to have one year background in dance. Why? Because Jaime did. And they also need to have a background in community service, because Jaime did. The second bucket of scholarships is for kids who are going to major in dance, but they need to have a background in community service. And the third bucket and this is the why we call it the "for the kids of all abilities" is for kids with special needs. There's not always a scholarship available for those kids. And those kids do also go on, not always to college, but some form of secondary post-high school education. And we want to make sure that we're also ensuring that those kids have the financial resources that they need. So, you know, Jamie won't get to go to school, I won't get to watch her graduate, but she's going to help send other kids to school. And I'm just proud that we can be a part of that.



JJ Janflone 25:26


And as always, I'll be linking, you know, to all that information. So if people are listening to this and really want to find out more about Orange Ribbons for Jaime, they can just click right on the descriptor and find that out. But I also just really recommend, again,


read the book. Because even little things, like the little boy she babysat, you know, the impact of her life, I think, stretches far beyond the really short time that the world had with her. And I think the book really draws attention...

 F Fred Guttenberg 25:57
Thank you

 JJ Janflone 25:58
to that. Well, I mean, thank you for raising a awesome daughter.

 F Fred Guttenberg 26:01
She was amazing.

 JJ Janflone 26:03
And I, you know, not not to quote you, at you. But I end up doing this to all the authors who come on, but at one point in the book, you do mention that, you know, "the idea that I never fought like this, when it was happening to other people's kids is something I will never get over." I wanted to unpack that statement a bit. But I did want to make sure that that while we had you here, is that I wanted to make sure that like you know, you identify yourself as a helper as well, because you are. So I want to make sure that you take that time to self-identify too.

 F Fred Guttenberg 26:35
You know, I, others have called me a helper, and then I appreciate that. And if I can be part of reducing gun violence in this country, which I intend to be, you know, that then that is my role. I really, I can't ever think of myself as just anything but a dad, though, reacting to what happened to his kids. At the end of the day, that's how I see myself. But yes, I will always be there as a helper to others, in small ways, or this fight against gun violence. Because I do know, and I struggle with it every second, that my voice wasn't in this fight before it was my kid. And I don't know, if I would have made a difference if I had my voice in there back then or not. I don't know. But it wasn't, and so I'll never know. And I'll never get over the guilt of that. And so I'm a father of two kids reacting to what happened to his kids and as long as this is the reality of my life, I ain't going anywhere.



Kelly Sampson 27:37

I think, you know, at least from my perspective, one of the ways you help, is not just in the work you're doing around on policy in particular, but also just the ways that you model what it means to be vulnerable and tell your story, and also to somehow be able to find hope in the midst of a tragedy. And I think that that is also helpful, just to see that it's possible not to completely fold in on yourself. And I know you talked about that a little bit with how other people helped you see that too.



JJ Janflone 28:07

One of the things I've got to say, Fred, that I love. So I'm a big follower of yours on Twitter, and I often...



Fred Guttenberg 28:14

Sorry for all the bombardment.



JJ Janflone 28:16

No, I mean, I like, I appreciate, sort of, the honesty about your feelings on what can help, what can't help and to not get distracted. I think that that's actually really helpful in these times. Also, it's strange that you're never mean spirited, really, which is very different for the 2020 political sphere, so.



Fred Guttenberg 28:38

I try not to be. Occasionally, but I would say appropriately, I have to let people know in some stronger terms, how they made me feel. But you know, I do. I try every which way to be peaceful and appropriate. But once in a while, you know, people need to be told that, you know, "back off."



JJ Janflone 28:48

well and I just I wonder how many people are going to come to, either this podcast or this book, because they learned of you unfortunately, not because of your activism following Jaime's death right away, but because of your your outburst at the State of the Union. Which I have to say, when I told my husband that I was interviewing you, he was so excited, because of that moment. But I think, again, it comes back to, I think what Kelly

pointed out is -- that was a dad. That was that was a dad pointing out that someone was wrong.

F

Fred Guttenberg 29:31

Listen, there are moments and my emotions certainly got the better of me that night, because the night started with the current occupant talking about you know, "illegals," the damage they do to the country, and all danger and violence being caused by them. And I was getting so frustrated because I just wanted to remind him, in that moment, my daughter was killed by a teenage American male. But I didn't, I held it together. And then he got on his tangent later on in the night about the Second Amendment being under attack, and I was furious. But what pushed me over the edge was watching that Republican side of the room jump to their feet and cheer at this notion that the Second Amendment is under attack, but not at the notion that our kids are. And I lost it, you know. And I screamed out nine words, "what about victims of gun violence, like my daughter?" Which, unfortunately, got me detained, handcuffed, transported, handcuffed to a wall at a detention facility. And the worst part of that night was, I didn't have my phone, it was in Speaker Pelosi's office. So I couldn't even call my wife and my son. And what you need to know is, that is a really triggering thing for my family, because of us trying to reach Jaime that day, and not being able to. And they couldn't reach me, so my emotions caused me to do something that put them back in a place like February 14, not knowing what happened to me, not knowing where I was, not being able to communicate with me. And so I was really upset with myself that night. But as I say, in the book, the next day, this was a country of helpers for me. And it actually started that night with Speaker Pelosi, who I was, I spoke with, and I apologized, because I was really upset thinking I embarrassed her. And she basically said, "What are you talking about? You spoke for America tonight. Don't you ever stop talking for America." She made me feel better. But then the next day, this country was talking about gun safety. They were talking about the reality of gun violence. And they wouldn't have been after that State of the Union, if not for that outburst. And so while I was very upset with myself for letting my emotions get the best of me, this country, the next day, had their hands underneath, me a country of helpers, lifting me and carrying me forward on a day that I needed it and reminding me why this is worth it.

K

Kelly Sampson 32:28

One of the things that you embody, least for me, is the concept of righteous anger. Where there's, I mean, to your point earlier of how using, sometimes needing to tell people in strong terms, I think that you show the concept that this is not okay. And I think sometimes we can get so used to living in a really absurd condition like this. The level of violence that we live with, the level of gun violence that happens in this country, is totally

ridiculous. And it's, it doesn't make sense and it doesn't have to happen. And I think the way you express that emotion is needed, to be able to remind people that hello, this is not okay.



33:12

It's not, but it's worse than that. Because it's more than not, okay. It's something we can do something about, and we're not. So, so this, listen, we can't end gun violence, right? There's already too many weapons out there. But we can bend the curve. We can start to reduce it. We can start dealing with the reality that there are people out there who want to kill. Evil exists, that there are people out there who may harm themselves. And we can deal with that reality and start doing something. So it's, it's the idea that we're not is insane, because it is predictable and in many cases, it's preventable if we start to do something. And we will. But what I want to let listeners know, is, listen, we all have moments in life, some bigger than others, not always bad, you know, but some bigger than others. Some tragic, some amazing, and that ultimately, what matters more than the moments in your life, is how you react to them and how you respond to them. Because if you look through this country's history, it is in these big moments in life, where our country's heroes and leaders are born. And I've gone across this country, meeting a bunch of them, who do what they do, because of really, sometimes awful, moments. And they step up and they fight back. I also want people to know that nobody, nobody does that without the help of others. And so always, always be open to embracing help from others, the connectedness that we have. have other people. Because people will amaze you with their decency and their civility, and they will help to carry you. But always, always, always be that person for someone else also. Always be there as a helper when you can.



JJ Janflone 35:15

Well, and maybe Fred some advice on how can people who want to be helpers, how can they best do that? How can you be the best helper you absolutely can be? How can they get involved if they want to help around gun violence prevention, or if they just want to be better people out in the world? You know, small questions.



35:33

No, but you know, it's an important question, because because being a helper is not the same for everybody. For some people, it's in a small circle, and it's private, some people are just not public figures. But it starts with just being there, for those who you know, and who are around you. You know, in a time of COVID, we all know a family that's going

through something. Be there for that family. But in a bigger picture, if there's a cause or a concern that you have, it doesn't have to be gun violence, maybe you've been touched by cancer, maybe you've been touched by some other type of thing. Get to know the groups that exist, and volunteer, participate. You know, don't, don't look around, waiting to see what other people are going to do. If it matters to you and it's important to you, you know, get involved. You might actually find that it could be the most meaningful thing you've ever done.



JJ Janflone 36:43

Well, thank you, again, so much, Fred, for coming on. Thank you so much for continuing to share your story, for bringing the story of sort of Jaime and Michael out into the world because I get the impression that neither Jaime or Michael would have shared their story initially.



Fred Guttenberg 37:01

Fair.



JJ Janflone 37:02

Well, no, in terms of, just for in the book, you talk about all these people who came up to you and you found out all of the great things that Jaime did during her life, all the great things Michael did...



Fred Guttenberg 37:13

But she was a private kid.



JJ Janflone 37:14

Yeah, but they were, it seemed like they were quieter.



Fred Guttenberg 37:17

100%.



JJ Janflone 37:19

So it's, it's good that we get to meet them. And maybe that's maybe that's a good note to end on. Just to remember to lift up the good people we know we're out there, and to try and be more like them.



Fred Guttenberg 37:29

Well, I think that is a good note. Thank you.



JJ Janflone 37:37

Interested in sharing with the podcast? Listeners can get in touch with us here at Red, Blue and Brady via phone or text message. Simply call our text at 480-744-3452 with your thoughts, questions, concerns, ideas, whatever! And you know what else you can share? Chocolate. Come join me in eating your 2020 feelings by shopping Hu's Kitchen Chocolate, which is free of dairy, gluten, refined sugar, palm oil and cane sugar. My personal favorite are the dark gems. It's a bag bursting with 70% dark chocolate -- paleo style. Click on the link in the description of our episode to help support the show and to buy you or your loved ones some tasty treats. Thanks for listening. As always, Brady's life saving work and Congress, the courts and communities across the country is made possible thanks to you. For more information on Brady or how to get involved in the fight against gun violence please like and subscribe to the podcast, get in touch with us at Bradyunited.org or on social @Bradybuzz. Be brave and remember -- take action, not sides.