

Interviewer: Jim just to get us started, can you in brief tell a little bit about your story and specifically the relationship between your story and your father.

Jim: Yeah it was a long time ago, different century, different millennium and we discovered heart disease ran in our family. My father had a fatal heart attack at age 39. It was total shock. We didn't understand heart disease. It turned out he had the arteries of an 80-year-old person and we didn't understand genetics at the time. Lo and behold! When I turned 39 everybody was happy I made it past that magic number, but one year later I had a heart attack.

Fortunately, I was working out at the gym. I went into – hypother – not hypothermia, hyperventilation and they thought it was nothing wrong and so I said, “No something is wrong.” I'm thinking of my dad and they called 911 and they were really tight up so they called an ambulance and everybody is messing like, “Nothing's wrong, nothing's wrong.” And they finally got me to the hospital and sure enough they did all the testing and they said – the ER doc was kind of smart. He said, “Jim, you know what? You have no diagnosis for a heart attack, but you've told me your story and I'm not going to take any chances.”

So they put me in the cardiac ward and five hours later I had a heart attack. It did significant damage to my left ventricle and from that day on, I've been into mild heart failure to severe heart failure to almost death.

Interviewer: How old were you when that -?

Jim: I was 40.

Interviewer: You were 40? Okay.

Jim: 40, yeah.

Interviewer: Okay so you're 40. You were in severe cardiac issues, so you're 40. Tell me about that decade of your 40s.

Jim: Of my 40s, I survived a heart attack and then I had an awakening. Now my dad was a heavy smoker and so was I, so hey maybe there was a connection here. I quit smoking, it didn't last too long, but I did quit and I started to exercise. I started to read books on health and I'm trying to think of the one, Pearson and Sally, I forgot their names now, but this is going back like 60 years, not quite 60, 55 years.

Interviewer: Okay.

Jim: And right upon I said, “No, I should maybe be taking some supplements and eating a high fiber diet and then [inaudible 00:02:53] was a big author at that time at eating healthy who turns out to be the brother in law of a good friend of mine by accident and he said, “Well, okay now we’re going to eat margarine and no butter. We can’t eat eggs. We can’t eat beef,” and since that time everything has turned around 180 degree, but I try to eat healthy and get a lot of exercise and I survived. My doctor said I’d never run a marathon or climb Mr. Rainier, so I said, “Really?” so I climbed Mr. Rainier and tried a marathon, couldn’t do it. I need that because of the cardio myopathy. I lose my breath very fast and I need five seconds to regain my breath and then I can go again. So in climbing Mt. Rainier, I just stopped, took a few deep breaths, continued on my journey while in a marathon you can’t stop.

Interviewer: Got you.

Jim: Today I can do almost any kind of exercise as long as I can get that three or four seconds to catch my breath and go back. So 10 years after from 40 to 50, I was pretty good. I was fairly active even though my left ventricle was scarred, 40% of it was scarred. Are you familiar with ejection fraction?

Interviewer: I may or may not be, but the viewers.

Jim: I will explain it. It’s very simple. Here we have atriums up here. There’s the right atrium and the left atrium. We have a right ventricle and a left ventricle. The left ventricle is where I have my issue and the left ventricle when it contracts, it pushes blood into your aorta and then into your arteries. It only ejects, like in you, it will eject only 60 perhaps 65%, some people 70. It will eject 70% of the blood that’s in there and then it’ll mix up again and eject. Every beat it does that. All right so my ejection fraction at that time after 10 years was about 45, so you can see the difference. We’re down. My heart is beating. I don’t have enough energy coming out of my heart to contract and push that blood through my body.

Interviewer: So just, it was at 45 what? What would healthy be?

Jim: Healthy ejection fraction?

Interviewer: Yes.

Jim: 60.

Interviewer: 60?

Jim: Yes, so I’m down 25%, but it goes downhill from there. That’s another story.

Interviewer: But so in your 40s, I mean if we stopped here, it sounds like you were doing okay.

Jim: I was really doing normal things except I could not run a marathon. I could barely make a 10k, but I was always the last one in and I swear I can run a marathon if you give me 60 days to do it. I run a little bit in the morning, a little bit in the afternoon, but in all my activities, I loved hiking. I loved climbing.

Interviewer: So what was the – I mean it sounds like you solved the problem and everything was great. What happened next?

Jim: Okay, what happened is I was keeping myself alive and during that time I had bouts with smoking back and forth. Mark Twain says, “It’s easy to quit smoking.” He’s done it a thousand times. I’ve done it at least 25 times and so we went in and this is in 1983 when I had the heart attack. I took early retirement not because I had to, because I wanted to. I had planned this at age 55 that was in 1999. And then everything was great. Oh by the way, you know I have a boat. I bought that boat in 1991 and it’s a Grand Banks. It’s built in Hong Kong, two-inch ply mahogany, pride and joy. It was actually my Prozac because it was only about two miles – it was docked two miles away from work and when things got really hectic at work, I said, “To hell with it.” I went to the boat, worked in the boat or just went out for a little cruise, total relaxation. That’s probably what kept me alive.

So life goes on and I’m really doing great and then it’s either joyish or it’s a catastrophe, it all depends on how we look at it, but we were going to leave the Northwest and go to the East Coast, buy a bigger boat on the East Coast. So everything was getting ready to go on the market and my daughter said she was pregnant, so we decided, “Well, we’ll wait till the baby’s born.” Then it turned out to be well it’s not a baby, it’s two babies. So we just stopped all plans. And then in today’s generation how things go, she had a problem with the father and they never got married and then the father split up and then he took off and he didn’t want to take care of the kids, so what is my daughter going to do with two babies and no support? Well, they moved into our house and they stayed there for the first four years, so pride and joy of my life. These are like my children and I raised them like they’re my children. I raised them better than they were my children.

Interviewer: And how old were you when this was happening?

Jim: It was 2000 – they were born in the year 2000, so I was I was say 43, 57.

Interviewer: 57, okay. What -

Jim: I was very young.

Interviewer: Got you. How old are you now?

Jim: I am 75.

Interviewer: 75. What happened between the years that you were 57 to now being 75, was that a steady upward climb to better or was it a jugged peaks and valleys?

Jim: It was extremely jugged leading to near death.

Interviewer: Okay so let's talk about that.

Jim: Okay so life goes on. In the year 2006 -

Interviewer: How old are you? It's 2006.

Jim: 2006, so that's 57 plus six is 53.

Interviewer: 63.

Jim: 63, okay. I was actually on Microsoft campus and I was doing a demo in Microsoft Campus. I was there for three days, worked with your great chef over there by the way he's the other Bill, Bill Williams. And I left the campus and I'm crossing the I-90 Bridge and I felt really lightheaded and I felt palpitations. I told my cardiologist about these palpitations before. In fact I was in St. Louis a few months before and I'm walking across the airport and I felt these palpitations and I said, "Judy I'm going to pass out," so I just sat down on the floor, got myself back together, went back up and I did think a lot about it, talked to my cardiologist, we planned some tests and so forth, but on the way crossing I-90 Bridge, I felt dizzy.

So I stopped and pulled over and said, "What do I do now?" I drank water. I had a little bit to eat. What any guy would do, I took off. I was feeling great. Going down I-5, the same thing happened all over again. But now on my way to pick up my grandchildren at school they're in I believe first grade at this time, and I stopped on I-5 and I called my cardiologist and I told him what's going on. He says, "I'm really concerned about picking them up because if I have an event and crash the car, that's not going to work." Well I was hoping he'd say, this was unthoughtful of me, I said, "Come on. Give me a prescription at a local drugstore." He said, "Park the car. Call 911." And I can see the hospital, it's in distance, so I said, "I'm driving." I made it to the hospital.

I had another major event right at the front door of the ER, staggered across the lobby, staggered all the same and said, “I’m having a heart attack.” There’s all kinds of heart attack and I can explain, “And my car is in the front door.” “Well sir, you’re going to have to move that car.” I said, “What?” And I just about passed out in the floor and the triage nurse is watching all this. She grabbed my key. She put me in a wheelchair. She pulled me back into the room. What I was having was a severe ventricular tachycardia. My left ventricle was beating upwards to 200 beats per minute and when it goes over that threshold, you move into fibrillation. If you don’t have a defibrillator nearby, you’re dead in seconds. So in all these events, I was into ventricular tachycardia

So in the ER room I mean we had at least 10 people and they’re all over me and wires all over and tubes all. Doc walks into the room, “Jesus Christ, this guy has two different heart rhythms going at the same time.” I said, “Of course, I’m a multitasker, what do you expect?” My grandkids came. They were in the room and the shock story is they brought me up to the cardiac floor and the next day I had angiogram, two of my arteries were 100% occluded and two others had to be replaced. And I said, “Well, how could I? I’m alive with two arteries occluded.” And he says, “Buddy you’ve got the best collateral circulation I’ve ever seen in a man your age, because I do a lot of exercise and that’s what kept me alive. If I didn’t exercise and build up that collateral circulation, I think I would have been dead.

Interviewer: Got you.

Jim: So cardiologist comes in the next day and he said, “I really don’t want to bind this. I’m kind of fighting it.” And I fought it for two days and it was probably a good thing because the cardiologist on call or the surgeon that was on call that weekend was not the best. And I was able to get the best in the Northwest the following week and I agreed to get the bypass and I’m claustrophobic and I just could not contemplate being under all these wires and these tubes and the breathing in the trachea and have a surgeon come in and slice off my chest pull it open like you see on TV. It’s just gruesome to me, but I made it through. I was subconscious for 24 hours. I woke up and the same day I started walking again. So as the doc had said, five days go by and he said, “Well, sir we have a program I have to go to.” And he says, “Yeah, everybody on the floor is going to it except you. You don’t need it,” because he saw me walking around already and he knew I was a type A personality maybe a little ADHD. You can probably tell that right now. And so I went out and I started my rehab program. This will take a little while if you want to hear it.

Interviewer: Well, so let’s just – for the sake of time, I know the viewers they want to know about how you – so this happened more than 10 years ago. How did you go from almost dying

and if there were other major health events to being in the robust, vibrant state that you are today.

Jim: A lot of things and you are a part of it also. First thing was I was near death in a death mode from 2006 to 2011. I went to a total of 15 cardiologists and electro-physiologists. My left ventricle kept going into tachycardia. It was chronic and I go to the top docs. I went fellows. I'm at Virginia Mason hospital and I'm on the treadmill and fellow is right there and he says, "There's nothing wrong with your heart." And I said, "Yeah, but I had these episodes and these episodes when you're tachycardia you don't have any energy." And there was many times I'd be sitting down watching TV, I'd go into tachycardia and I have to crawl to go to the bathroom because I had no energy. So now they put on monitors around 24 hours a day. They even in the teams – I mean in 2007, 2008 time, we had cellphones attached to these. They go to a central computer and when the computer recognized an abnormal heartbeat, they would have a phone call to the doctor. Well, my doctor is getting 20 phone calls a day, "Your patient is in tachycardia, what are you going to do about it?"

So he finally told me to take it off. Okay now we know what's wrong, what are we going to do about it? One drug after the next, one drug after the next and the most total drugs in the world and they're not solving the problem and this is going on for years and I don't have any energy. And so -

Interviewer: So you're on many, many drugs, no energy and your late 60s at this point or?

Jim: Mid-sixties.

Interviewer: Mid-sixties, lots of medication, no energy, heart is not working. Was there a breaking point?

Jim: There was.

Interviewer: Okay what was that breaking point?

Jim: Okay, it happened in 2011. So I was 57, 68 years old. I would research. Something has got to be wrong. I'm up till two, three, four in the morning researching on the internet and Google is new at this time and I'm learning how to use Google and I can match and do this and I know everything about drugs. One of the problems is one of the drugs I was taking was causing depression. It was causing forgetfulness. It was causing mental confusion, so my brain was a mess. With all the knowledge that I gained by reading, I couldn't put anything back together.

Then one morning there was magic. I went to yoga and the teacher said, “We’re going to focus on the heart.” And I said, “This is great, exactly what I need.” And then she said, “The heart is working muscle on the body.” I said, “Bingo. I have liver as an organ. Kidneys that’s an organ. My lungs are an organ. The heart’s an organ, but it’s also a muscle and that’s what everyone forgets.” Well, there’s a thing with certain drugs called **rhabdomyolysis** that eats the large, deteriorates the large muscles in the body. I never had that issue, but the heart’s a muscle, why couldn’t my heart be going into **rhabdomyolysis** or something, something’s going on.

So we were recording, I have an internal defibrillator at number three in short period since 2006 I’m at number three, this is supposed to last 10 years, but like I said I was in tachycardia 10,000 events per day, I wore them out and the batteries were out, then you have to replace it. But I stopped the drug, I was in statin drugs at the maximum dose because my competent cardiologist said, “Your cholesterol’s at 140. Your LDOs are 140, we want them down to 100.” And I said, “For what reason? What’s wrong with 140?” He couldn’t tell me that. I stopped the statin drugs and immediately, within two or three days I started feeling better and better and better. And during this time we had a planned surgery to go into my left ventricle and go in from the arteries up and find out what’s wrong and do some ablation, but that was not the problem. And so I go to the cardiology, my wife comes along. She’s a nurse. She’s taking care of me and I said, “We’re going to cancel that surgery.” And he says, “Jim you’ve got to do it. You’re not going to last. You’re hanging on by a thread right now.” I says, “No I’m not. I’m getting better.” I said, “I am curing myself.” And he says, “What are you doing?” I say, “I stopped taking the statin drugs.” He didn’t believe me at first, but then he called in the tech and she came in and she monitored my defibrillator and said, “Yeah, since you stopped taking statin drugs, we can see it on the [inaudible 00:19:13] ventricular tachycardia is down 50%, so now we have gone from 10,000 a day down to 5,000 a day. The next month it was down to a thousand per day. By the end of the year, it was less than 10 per year.

Interviewer: And so Jim so let’s talk a little bit about my understanding –

Speaker: Just one thing, technically whenever you point to your heart or your chest, there’s a microphone right there, so don’t actually hit your chest.

Jim: Got it.

Interviewer: And then try not to slap your thighs or stamp your feet.

Jim: Was I doing it?

Interviewer: Yeah and you were stamping your feet.

Speaker: I didn't notice that too myself.

Interviewer: Oh yeah I know you did more than just stop taking statins.

Jim: I changed my diet. In fact I tried to move into ketogenic. That really didn't work well for me, but I moved into organic foods. I moved into a lot of seafood and here in the Northwest we have the best seafood in the world and I even go a step further because I'd buy my seafood direct from Alaska, a fisherman comes down, I'd buy it off his boat. I love beef, but I always buy grass-fed from a local farm in Centralia, so the food is good, organic vegetables, lots of big salads, organic eggs, free-range chickens eating bugs and dirt and grass and so forth and that's what I live on. And so I'm eating healthier foods. I'm off the statin drugs. I learned about coenzyme Q10 that led me to Ubiquinol. And what I'm doing now at this point in time it's all about the heart and it's all about the energy for the heart. I figured that I was almost dead, because my heart was not beating.

Now I want to give the heart the best combination of energy food I can possibly come up with and it's all natural, it's organic plus I do take supplements of magnesium. Magnesium is a sparkplug, coenzyme Q10 is a sparkplug to generate all this energy. Vitamin D, in the summertime I get as much sun as I possibly can and then I have a visit with my dermatologist and he says, "Jim, you've got to blah, blah, blah." And he says, "I might have a heart attack or I'm going to get skin cancer," but he's [inaudible 00:21:42] maybe he says, "Okay you're good to go."

And then I also take in the Northwest because our rainy season starts in September and it doesn't end until August. We have a lot of cloudy days so I do take supplements of vitamin D3 about 5,000 a day, only in the winter months. I take a vitamin not too many people know about. It's K2 and K2 is naturally produced in the body if you have gut bacteria and consume a lot of fermented food and eggs and grass-fed butter. Your body will produce K2, but probably not enough, so I do take a supplement of K2, not K1, K1 comes from Spinach and your body can make – from the K1, your body will make the K2 if it has the right gut, but most people don't have the right gut. I do put non-sugar kefir in my smoothie, a little bit of stevia to take the bit out of it because it is fermented, but I also take a supplement of K2 MK7 menaquinone-7 about 150 micrograms a day. And that K2 will direct calcium in your bloodstream, calcium to your bones and your teeth and that's extremely critical for a person my age. I have the strongest bones in the world, I've had a check and it's because the K2 is putting calcium where it really belongs and that and the arteries of the heart, so it pulls it out.

Many, many studies have shown that there's a relationship between the level of K2 and heart disease and cancer.

Interviewer: So Jim, would you – so let's do a short contrast between give me a picture of yourself when your heart was at the lowest quality, when your heart and life was at lowest quality, any numbers you have? I had these many xyzs per day, I had these many xyzs. I was tired, I was what, in like 30 seconds or less and contrast that with your numbers and your life today. So Jim at his lowest quality, what age were you? Give me some numbers short. Jim at his highest quality which hopefully is today, we'll see and let's do a comparison. Compare and contrast.

Jim: The lowest quality was when I was in the period of ventricular tachycardia. My ejection fraction was only 21, remember yours is probably between 60 and 70, mine's a third of that and I'm expected to live. Well, I wasn't living.

Interviewer: And how old were you? How old were you at this time?

Jim: At that time, it was 2006, so I was 63.

Interviewer: 63, so you were at 21, ideally you're at 60 or 70.

Jim: Right, but I'll never get there because of the scar tissue in that left ventricle. Today my ejection fraction is 35, that's enough to do what I'm doing right now.

Interviewer: And what do you – how are you feeling now at 75?

Jim: I feel better than any time of my life.

Interviewer: Really?

Jim: Yeah, because nutrition has an awful lot to do with it. I focus on feeding my body energy. I do not feed my body food. I should say I do not feed my body calories, I feed my body energy from healthy foods, nutritious foods.

Interviewer: And you're

Speaker: Quickly just I think when he might be looking for a little bit more of a list of when I was blah, blah, blah at my worst it was like this, it was like this, it was like that. Now I'm like this, like that so we can show it on the screen, the word. So just like don't explain more than just telling what your stats were.

Jim: I got it. So at my lowest time, my ejection fraction was at 21. My lifestyle I was like a dish rug, no energy. My business partner said, “Jim I remember you’d come to the office. You were out of breath by the time you got from your car with no steps and your face was all pale and no color whatsoever. I couldn’t run. Episodes of ventricular tachycardia were up to 10,000 per day as recorded on my defibrillator and it’s recorded on a tape some place at a Swedish Hospital. That’s a lot. My heart’s not generating energy at all, so since I discovered it was a statin drug instead of lifestyle and also an exercise program. I love yoga. I love aerobics. I love the social side of going to aerobics class and I love doing weights and I can do even for my age, I can do extreme heavy weights, but my goal is not build muscle, my goal is to maintain muscle, but I love doing it. It gives me a high when I do that.

Interviewer: Just real quick, so you were at 21, you felt like a dish rug, beautiful. You could barely walk from your car to your employment, you were having 10,000 of these episodes per day. What are those things. So it was at 21, what is it today? You felt like a dish rug then, what do you feel like today? It was at 10,000 then, what is it today?

Jim: I feel super today. My ejection fraction is up to 35 and remember now I’m 75 years old and I’ve had a lot of damage to my left ventricles, so I probably will never get it up to 40. It’s been a size 37. My episodes of ventricular tachycardia, usually when you get excited, they will go up. I’m kind of excited right now, because I love what I’m doing here and they’re zero.

Interviewer: Wow!

Jim: They’re zero.

Interviewer: Just so I understand, you went from 10,000 of these events per day to – can you just say I went from 10,000 of these events per day to when I blank to I’m at zero now and I’m these many years old.

Jim: Well, I went from when I was really at my lowest 10,000 events of not every day, but most days 10,000 events of ventricular tachycardia as recorded on my internal defibrillator, today 10 years later, I’m at zero and I do have my defibrillator checked – I don’t usually have it checked every six months, this transmits to a receiver in my house that has a cellphone that goes to a central office that goes to my doctor’s office on a regular basis. So today my events are zero. At the end of the year, we may find 10 events. This is only 10, not 10,000 a day, only 10 that went wrong and usually the technician will say that, “Okay what were you doing on this day?” And I’ll keep track on my calendar. I say, “I was at the gym. I was on the treadmill,” or something like that. “That explains it,” and she says, “Well, keep it up. You’re doing a good job.” I feel healthy today. My ejection fraction’s at 35. I could do anything you can do except run around

the block. And I can run around the block except I have to rest every 60 seconds to get my breath back and because my ejection fraction is so low, it's going to push more blood into my arteries, now I'm refreshed again and I can go out and do some more running.

Interviewer: Perfect. So Jim there's parts of this that I want, because you know in movies we're going to have to be like we've got 15 seconds. Can you say something like the following, when I was 53 years old I had 10,000 whatever it is per day. 10 years later, now at 75, I have 10 per year like so, like a sharp 10 years ago I had 10,000 per day, now 10 years older I have 10 per year of whatever the thing is called.

Jim: Yeah, well it's a little complicated.

Interviewer: Don't give any explanation of it, don't give any context, just like that sort of face punch statistic.

Jim: So 10 years ago, I had 10,000 events of ventricular tachycardia per day. Today, I have less than 10 events per year.

Interviewer: Awesome, so now we're going to do rapid fire because I only have 24 minutes left and I have a bunch of more stuff that I want to go over with you. So I'm just going to try, just like what you just did, we're going to do rapid fire if we can.

Jim: Okay.

Interviewer: In a second. Yeah I guess that's cool. So let's do like what we just did. 10 years ago, I felt like a wet dish rug. Today I feel like, one sentence or less.

Jim: 10 years ago when I was at my lowest point, I really felt like a wet dish rug and I had no activity in my life. Today, I have more energy and I do whatever I want to do. I exercise. I go boating. I'm the happiest I've ever been.

Interviewer: Great. Perfect. Awesome. Again keep exactly doing that. What do you like most about the new Jim Solar?

Jim: Wow! What do I like the most? It's more important, what does my wife like most? And my wife likes the fact that I'm not depressed. I'm in a happy state of life. I'm not aggressive anymore. I was aggressive and was likely to divorce when I was in this downstate, but that's all gone. So I'm a happy person, she's a happy person. We go out, we have a good time. We go on cruises, we drink a little bit too much.

Interviewer: So it sounds – would you say that these lifestyle changes now only saved your life, but saved your marriage?

Jim: I would say so. It did. It saved our marriage. If I did not find a solution because it wasn't my doctors. If I did not find that solution, I probably would have been dead, but my wife could not put up with me and she didn't know what was wrong. I didn't know what was wrong, so the fact that we found a solution really it's a new life. It's a new life.

Interviewer: How old are your – how old are your grandchildren right now?

Jim: 18.

Interviewer: 18, so when you were at your lowest, they were still in their most formative years. If you didn't make these and if you weren't the Jim Solar that you are today, what impact do you think that would have had on your grandchildren? Well, let me – I'm sorry I'm going to rephrase the question because this is supposed to be a happy place. I'm going to rephrase it, hold on. Don't answer that question. That's going to be for the other place. The question for today is, how do you feel knowing that your 18-year-old grandchildren now get to experience a Jim that isn't aggressive, a Jim that doesn't feel like a wet dish rug, a Jim that can do anything that I could do? How does that make you feel?

Jim: It makes me feel incredibly good and one of the reasons is that their father took off, so their other grandfather and I are playing the role of their father and if I can't be a happy father and teach them and take them out and prep one for college and prep another one for another type job and sit down and talk with them, I just feel great about it because I can do that and they enjoy being with me. My grandson is a better captain on my boat than I am and he gets accolades all the time. Nobody says, "Grandpa is doing a good thing."

Interviewer: Jim I love this and I want to keep going on this path because you may have had experiences in your own life and I don't want to talk about what other people do wrong or what other people do bad, I want to talk about what you do good, what you do well. Often times people who are at the stage of life that you're in especially men start to say, "I don't care." They stop caring. They actively stop caring about their health. What would you say to those people in terms of the quality of life they can experience, the quality of relationships they can have with their spouse, the quality of relationships they can have with their grandchildren?

Jim: I have talked with some friends that have a terrible lifestyle and they don't want to listen. They enjoy their own lifestyle. One had a massive stroke, never regained consciousness, died

within an hour. Another one had a massive attack, died instantly. It was probably the same thing I had that went into fibrillation. A third one just passed away a month ago, a good friend of mine, a boater. He's at the yacht club and walked up the ram, he had a heart attack and collapsed. They couldn't even revive him. These are people my own age. I'm losing my friends, my peers left and right. I do have another friend that has the same attitude that I have and he's tall and he's thin and he's robust and he's happy. And he eats the right food, both he and his wife, so I think it's a matter of attitude. You're either going to be healthy and robust in your old age or you're going to fall apart, it's your choice. That's all.

Interviewer: Perfect. We're going to do – we're going to keep this rolling so-

Speaker: We are going to cut and then restart again.

Jim: Okay and I may have a drink?

Speaker: Yeah. And cut.