



Our Hen House Podcast: Transcript for Episode 700, Interview with Renee & Tommy Sonnen

Mariann Sullivan: Welcome to Our Hen House, Renee and Tommy.

Renee King Sonnen: Thank you. Thank you so much, Mariann.

Mariann: I am thrilled to have you. Your story is well known throughout the movement, and imagine a lot of our listeners know your story, but just in case there are some who don't, can you give us kind of the quick version, set the scene, tell people how you made this enormous shift? And then we'll get into more of the details.

Renee: Well, I made the shift whenever I went vegan on a Texas cattle ranch in Engleton, Texas. That happened over the course of about five years. My husband, Tommy here, sitting here with me, is a multi-generational cattle rancher. And I had married him for the second time, moved to the cattle ranch, and started just waking up. A calf named Rowdy Girl was my vegan advocate, and she was relentless.

And over the course of almost five years, I finally broke. *Mariann laughs* And didn't know I was going vegan, Mariann, honestly. It wasn't a plan to go vegan. It just happened. And man, when it busted through, it was on.

Mariann: Yeah, I'm not sure any of us know we're going vegan when we start down this road. *laughs* It's a big secret.

How about you, Tommy? This, in a lot of ways, was apparently a much bigger shift for you than even for Renee.

Tommy Sonnen: Well, even more than not knowing I was going vegan, there was no way I was gonna be vegan. *Mariann laughs* It was quite a traumatic experience for me for several months before I started realizing that, you know,

there were some good benefits from it, and I slowly eased into it. But, been hardcore vegan for eight years now.

Mariann: Wow. That's great. All right. Just tell us a little bit more about the sanctuary because that's the past. What's the present? How many animals do you currently have?

Renee: We currently have 137. We're getting ready to get another one. A little heifer named Selena. So we've got 137 beautiful rescues, all from slaughter or serious cruelty cases.

The sanctuary is thriving. We have volunteer days. We have volunteers come. We have private tours. We have animal care staff. Our sanctuary has really grown and become so much more than I ever could have imagined it would be when we first started eight years ago.

Tommy: And we have a big veganic garden now.

Mariann: I actually feel like I've just been at your sanctuary because I've just been watching this movie, this amazing movie that has recently been made about you. But I had no idea that even seeing the sanctuary and really realizing how spacious it is, you have a lot of land. I had no idea you had that many animals.

That's really extraordinary. And you're actually...I looked on the map, and you're actually pretty close to Houston, aren't you? So it's not that hard for you to...I mean, considering that you're in Texas...you're pretty close- the Texas version of pretty close, so you must be able to get quite a few visitors.

Renee: We do. We're closer to Austin. We have a lot of folks come from Austin. We're also close to San Antonio, and Houston's a little further out, but we get guests from all over the country and even folks coming from Canada and other parts of the world even.

Mariann: That's really cool. And as I say, I feel like I was just there cuz I just watched this movie.

So tell us, how did the movie come about?

Renee: Well, Jason Goldman is the filmmaker and director, and producer. He reached out to me several years ago, interested in our story. One thing led to the

other. He came out and visited with us on a couple of different occasions. He's also in New York, and he came and visited us and hung out with us.

And you know, we all agreed that we wanted to move forward with him. He told me he would be following us around for a few years to get the whole impact of the story. And he told me that it was gonna all be observational, that there wouldn't be any music. That he just wanted to get the real deep dive into the work we do, and he wanted the audience to be able to see that.

And so that's what he did. That's what he accomplished. And during the process, he got Moby on as executive producer. We just couldn't have been more thrilled with that. And so, yeah, that's what happened. That's how we met Jason, and that's how this all started.

Mariann: I'll tell you, watching the movie, I don't know whether you forgot that the camera was there, cuz that's gotta be pretty hard to do.

But I didn't feel ever that you were being filmed. I just felt like you were going about your day and hanging out and doing your stuff. I guess...did you kind of get used to him being there and kind of forget about it?

Renee: I did. What about you, Tommy?

Tommy: Yes, it was the same for me. You know, the first few times he was filming us, it was kinda awkward situation, but after a while, you just kind of forget about it.

He probably used 1% of what he took. I mean, he was here a lot.

Renee: It was a really great experience. He followed us around, and it was as if he was just part of the culture because he was so non-assuming. He was there to really capture the work we were doing at the time through our eyes and through the eyes of the animals and the volunteers, and visitors. He really did a masterful job.

Mariann: Yeah, I completely agree. The whole experience felt very natural. And actually getting into a little bit of the details about the movie, it uncovered a lot of things about your life, and one of them is that you suffered or at least experienced or viewed a lot of violence as a child.

And I was fascinated with that because I feel like that's likely something that can go one way or another in influencing somebody's life. So can you talk a little bit about how that shaped your future?

Renee: Thank you, Mariann. That's a great question, and it is something that I absolutely know for a fact has shaped the way that I view these animals and my work with them at Rowdy Girl and with other people. You know, I was surrounded by violence as a child because my daddy was a raging, violent alcoholic. He was 12 years, or almost 13 years older than my mother when they married, and I was conceived from date rape. And so there was a lot of violence; it was just a natural part of our home life. And because of it, when I finally became like an adolescent, I too went into drugs and alcohol, just trying to escape the reality of my life. And eventually got consumed by it and had to have treatment and get sober, which has been a real process for me. It took years for me to finally surrender and get sober, and really self-assess my life so that I could be used as an instrument for my creator.

I really believe that all the violence, everything that happened to me, happened to me for a reason. I believe that the empathy I have, the depth of understanding I have for violence...I mean, I know how it felt for me to live in that. The way that the animals live in it, what they go through, is way worse than what I experienced.

And it's so crazy to me that we normalize violence to such a degree that we do not care about the suffering of sentient animals. And for me to awaken on a Texas cattle ranch and go vegan, living in Texas late in life...when it happened to me, I was so angry because all that violence was oppressed in me. And then all of a sudden, it was front and center in my view, and I became so protective of all the animals around me.

I wanted to just be with them because there's not a violent bone in their body. They're so, so pure. And so the violence I experienced and the purity of the animals has come together, you know, to really create my mission.

Mariann: That's really beautifully said. My next question was actually going to be about the animals who live at the sanctuary who have obviously also experienced violence in their lives. Tommy, I'd be interested in your perspective how they change, not just when they arrive at the sanctuary, but when they kind of get used to the fact that they're going to be allowed to just be themselves. But how what you see happening in them differs from what you saw in animals who you were not indifferent to by any means, but who you were raising for slaughter.

What's the difference in animals living at a sanctuary?

Tommy: Well, about a third of our animals still kind of keep their distance from us, and about a third of them just enjoy us and come right up to us, and will even climb on you if you're not careful. And then, you know, the other third, they're kind of in between, but a lot of 'em that come here really warm up to us and become like super friendly.

But we have cases where they just want their space, and they wanna stay out in the pasture and be, you know, who they are. We just let 'em be who they are.

Mariann: I really love that answer because it seems so right that they're going to react differently. I was just talking to somebody about feral cats...I know this sounds like a total change of subject...but who said can all be acclimated if you try hard enough.

Now I'm gonna get letters from people because if you mentioned cats, you always get letters from people.

But it just occurred to me, well, I bet some of them do, and some of 'em don't because they're animals, and they all have individual personalities. And they've all been through different things and different experiences, and it's affected them in different ways. So yeah, that makes total sense.

But I love that as many of a third of them forgive humans and actually start to interact with you in a positive way. I think that's beautiful.

Tell us about Rowdy Girl, specifically. This is ridiculous, but somehow, I always thought that the sanctuary was named after you, Renee. You were Rowdy Girl because you seem like you might have been a rowdy girl when you were...well, maybe you still are. But that Rowdy Girl is, of course, this beloved cow that you mentioned, and she seems, at least from the filming and the movie, to definitely have a mind of her own. Can you tell us a little bit about her?

Renee: Yes. She is the most amazing being, and Rowdy Girl came into my life before I was vegan, and she is the reason I went vegan. And her personality is indeed very, very rowdy. When she was a baby, that's how she got her name, is she just would bounce around and run to me and kick her heels, and gave me so much delight.

I started bottle feeding her, and when I bottle fed her, she began to show me the world of all the cows. It was like I was feeding her, and she was feeding me at

the same time. Life-giving sustenance. Her being is what kind of channeled into me and opened my eyes. And I believe that's why people perceive me as Rowdy Girl because I really don't know where Rowdy Girl begins and I end. I am constantly aware of her, and she's aware of me. No matter where we are in the perimeter of each other. If she sees me, she notices me. She lets me know she sees me. She lets me know she's there like right now, even though I'm sitting in an office and she's out in the pasture, I am so deeply in tune with that girl.

All I know is people- you're not unique. A lot of people think that. A lot of people think the sanctuary was named after me, and I really do believe that she and I are here for a reason. And it was through her that I saw everything about the animals. It was through her. And she just kept feeding me, kept feeding me, kept feeding me till I jumped through the portal of no return.

And so, that's my sweet Rowdy Girl, and she's not a lovey-dovey type. She does let me stand near her, take a picture. She does let me stroke her just for a minute, but she looks at me and like, "You know, we got other business to do." We are all business. Me and her.

Mariann: I love that. I think a lot of people who deeply care about animals have had an individual relationship with an animal that has helped them make the shift and see things more clearly, but I don't know of anybody else for whom it's a cow.

So that is a huge privilege that that happened to you. That love comes through in the movie. Another thing that comes through in the movie, and an enormously important part, I mean, the movie is about the sanctuary, but it's also about your Ranchers in Transition program, which I really wanna talk about.

Can you just tell us about it, like what it is and who's involved?

Renee: Sure. The Rancher Advocacy Program became a thing in July of 2018. That's when we launched the Rancher Advocacy Program on its own website. However, the Rancher Advocacy Program began very quietly when our story went viral on CBS evening news with Steve Hartman on the road.

Tommy and I were in the laps of people all over the United States and internationally even, and when that happened, cattle ranchers and their families were brought into our story, much like you're talking about being brought into the documentary. And so these cattle ranchers and their families that were

having their own type of emotional conflict around the animals they send to slaughter began to reach out to me.

And so the Rancher Advocacy Program evolved from a real organic outreach of common everyday cattle ranchers, farmers. Just reaching out to say, "I have the same feelings. I'm never able to talk about it. It's taboo." I mean, you wouldn't believe how many times I've heard the word taboo.

Just talking about your feelings for the animals you send to slaughter is a very taboo subject. You don't do that if you're going to make money off of them. You may have feelings for them for a short time, but you've gotta be able to turn it off and do the work you do in order to fulfill your life as a cattle rancher. So the Rancher Advocacy Program initially was created to help farmers and ranchers when they started having their emotional awakenings around the animals they'd send to slaughter.

That was the primary purpose. What I later discovered was, you know, I was gonna have to help figure out a way for them to make a living because there was no way they would transition, even if they did have feelings for the animals if they couldn't make money. So that's how RAP was born.

Mariann: Yeah, it's a very powerful story, and there are a lot of powerful moments in it.

But Tommy, I was wondering, like, do you feel like you're kind of the poster child or the first example of the person who needed this rancher advocacy in order to move on to the next step in your life? And does that give you a special ability to talk to these people?

Tommy: Yeah. When I talk to other ranchers, I let them ask questions because they already know what we do, and they're very curious about it.

And as Renee was saying, no ranchers ever want to talk about the compassion for the animals unless they're young. They'll do anything to take care of their animals and save them, but they're still going to slaughter. But let me tell you, all those ranchers, they don't have to work on the kill floor. We hire ex-convicts and recent immigrants that work on the kill floor.

Because nobody wants to do that part of it, and nobody wants to talk about it. And ranchers love their life typically, but they don't do the actual hard work.

Mariann: I think that's fascinating, and it reminded me of this line from Timothy Pachirat's book *Every 12 Seconds*- you might be familiar with it- about work he did in a slaughter plant, and he wanted to volunteer for every job so that he could write his book more accurately.

The slaughter plant divides it into two people. One of them knocks the cow unconscious- it was for cattle, this slaughterhouse- and the other one slits the throat so that neither has to feel completely responsible. But everybody at the plant said, “Don’t do that. Don't do that. That'll really fuck you up. You don't want that job.”

Those are the people who work in the slaughterhouse. So I hear what you're saying, like even within a slaughterhouse, nobody wants to be the one to do that job because it's brutal and, especially for people who have raised these animals. So yeah, I think what you just said is fascinating.

Renee: Yeah, it's a real dilemma. Now, the powers that be are using artificial intelligence to see if they can figure out a way to slaughter animals without any human contact at all.

Except, You know, on the other side of a computer pushing buttons. How horrible is that gonna be for the psyche? You know?

Mariann: Unbelievable.

Renee: Unbelievable that you can just kill animals from your computer on a killed floor. Just line 'em up and kill 'em with AI. It just blows my mind that that's coming down.

Mariann: Yeah, I had seen an article about that, and I had forgotten about it, but you're exactly right. And the industry actually knows that people have trouble doing this. I mean, I just thought it was so fascinating that they divided into the knocker and the throat slitter so that nobody feels fully responsible.

They know what this does to people, so they're trying to come up with a way to do it so that people don't even have to be involved. It's a nightmare.

But you know, one of the things that you talk about is that grief is such a central emotion. I mean, in the whole movie, grief has a lot to do (with) what's going on.

And for these ranchers or farmers that you're advocating for, I just wonder- Like one of the things that stands in their way of changing is that they're afraid of the grief. I mean, it certainly happened to me. I don't know whether it happened to you as well. When you realize what's been happening and you really face it, the world just becomes so terrible.

People will do a lot to avoid pain, and feeling grief is so painful. Do you think that's something that's standing in people's way, some of the farmers or ranchers that you've spoken to?

Renee: That's a great question. I don't think it's a conscious decision. I know that when I went vegan for the animals, when I became an ethical vegan, it seemed like it was overnight when it happened. And the grief I felt for all of the animals I had contributed to their deaths was immense. I mean, I could not even live in my home during the day. I would live...I would stay with the cows. I mean, honestly, Mariann, I am not kidding you. When I went vegan, the grief was so bad I couldn't stand to be in my house because of all the deer heads and other animals that were lining our walls.

All the antlers. We had hundreds of antlers, dead heads all over our house. And I went from being like totally mindless about it to absolutely feeling inundated with the suffering of all of those murders. And that's what it felt like to me. It felt like I was just, I had contributed to mass murder, and I started just hanging out with the cows. And every day, I would take my lunch, I would take my guitar, I would take my sleeping bag, and I would just go and hang out with the cows.

When they walked, I walked. When they laid down, I laid down, and I got to know them through their eyes. I've just meditated with them all day, and then I'd go back home, come evening time.

Mariann: That really came through in the movie so clearly, and I think it's unusual actually for it to hit somebody full force like that.

Like, you know, to go from not being aware of it to being aware of it a hundred percent. And it sounds like your experience, Tommy, I think, is more similar to most people's and I think to mine. That you kind of let this in piece by piece. Do you think that's typical and do you think it's typical of, of some of the people you've seen transition?

You know, I think it's one of the reasons people start with health. It's like the health arguments or the environmental arguments, they're not as painful. People

can kinda let the pain in a little bit at a time and change gradually. Was that your experience? That was the impression I had from the movie.

Tommy: Exactly. I started out trying to get a little healthier. You know, Renee was a full-fledged vegan, and I couldn't stand what she was cooking, so I started cooking for myself. I became a vegetarian and got a lot of health benefits out of it. I lost a lot of weight and wasn't even trying, and so yes, I eased into it from a health standpoint.

And then I really got concerned because I've always believed in statistics and scientific approach to stuff. And whenever I started looking at statistics about what we're doing to the earth, I realized that there's more than one reason to stop eating meat. And it wasn't just health; it was environmental.

And, of course, I always loved animals. I just took them to the sale barn. And I don't have to do that anymore. And it's really a great thing because a lot of these animals out here...I say it's a great thing until one of 'em passes. I'm so close to 'em now that it's really tough on me. In the old days, it wasn't tough on me because I compartmentalized it into another area of my brain, I guess, and it's what we have to do to feed America.

And I'm not killing them, I'd just take 'em in the sale barn and drop 'em off. And although when I would drop 'em off, their eyes would get real big, and they're looking at me because they don't know all these other people that are slapping stickers on 'em and stuff. The compassion, yes, was the last thing to come.

Mariann: Yeah. I see that happen so often.

Yeah. And I think it's, you know, people say that animal advocates should just focus on the animals and not so much on the health arguments or the environmental arguments, but I think it's a process, and the fact that we have so many arguments on our side is something we should celebrate.

Renee: Absolutely. For me, I was a practicing yogini for many, many years, so I had already dabbled into the health side of things. I didn't ever do anything on purpose for the environment. I didn't learn about all that till I went vegan, but health-wise, I had practiced vegetarianism. I went totally raw, plant-based one time for my health, but I never did it for an ethical reason.

And so when I started waking up, it was gradual. It was definitely gradual. It took me five years to go vegan, but I never, I never once thought, I'm gonna do this for my health. I never once thought, well, I'm gonna go vegan, period.

When you're married to a cattle rancher, You don't plan on going vegan. You don't, in the back of your mind, think, "well, I wonder when I'm gonna go vegan."

If you're very oppressed, those feelings. And so when I finally did go vegan, it was like I was so angry because when I finally slipped through that door, it's like this veil, you know, you go through. And for me, it was like, oh my God, I cannot believe I have been on the other side of all of this suffering for all these years and that it's been normalized by my family, by creatures that I've been pretty much conditioned by society, by schools, everything. Everybody has been conditioning everyone to normalize violence and eat animals to just...like Tommy said, he loved animals when he sent 'em to the sale barn.

That is a normalized concept.

Mariann: Obviously, I feel angry about what's happening, but there's also a personal level to it that I feel personally angry that I was told everything that was a lie. It's infuriating.

There was one story in the movie that I really wanted to talk about, it was so interesting, about you getting a calf from a local rancher, and he loved this one calf so much because he had developed a personal relationship with this particular calf.

And there was a lot of filming of your conversation with him, which was very friendly. There was no hostility, and you would kind of bring up the big picture, and he would turn the conversation back to this one calf, and you would gently bring it up again, and he would turn it away again. Watching that happen repeatedly was just fascinating to me.

So you're a really good communicator. You managed to communicate with people who a lot of people in this movement would not be able to. Do you have a specific strategy? I mean, obviously, he didn't immediately say, "oh yeah, I'm going vegan," and we shouldn't ever expect that, but I can't believe you didn't get to him in some way.

So what are your thoughts about communicating with people and how does it work with the people? I mean, you live in the middle of cattle country. How does it work with people?

Renee: Well, it's a great question, Mariann, and one I'm asked frequently, and that little calf is Buster. And Buster now is a full-grown steer, and he is just as loving as he was as a baby.

Today he's just as loving. He'll, you know, let you rub all over him, and he'll put his head in your lap if you're on the ground with him. So cattle ranchers are some of the most loving people. They are so much the salt of the earth. I say that all the time, and the way I communicate with them is- number one, I know exactly how they think.

I know exactly the depth of their understanding about what they believe in. I understand their loyalty. I understand the tradition, how important it is. I understand how much that they wanna be able to live on the land, to be in a rural setting, and not be in the city. I know how deep that goes. And so when I talk to them, I am not gonna say anything to make them feel like I'm trying to make them go vegan today because that ain't gonna happen.

All it's gonna do is piss 'em off, and they're gonna look at me like I'm some crazy vegan from California or New York because that's what they think. You know, most cattle ranchers say vegans are freaking crazy because they come off as if they do not have any understanding or empathy for their way of life. They come across as if they don't have any clue.

So, because I do have a clue, my way of talking to them is, like, from the back of their eyes. I go right where they are, and I ask 'em questions based on what I know happened to me, based on what I know happened to my husband. You know, I just gently ease myself into conversations. I keep it real. I keep it right on the line.

I skate the edge of pissing them off. I am right on the edge, and I know I am. *Mariann laughs* And I know I am cuz see, I know how far I can and cannot go with each conversation. His partner, for instance, they're both full-blown cattle ranchers, and Sonny has been to our sanctuary on a couple of different occasions to come visit Buster, and every time he comes, I get to talk to him a little more.

So the conversation with a cattle rancher doesn't just start and end with that one conversation. If you're gonna really change a cattle rancher, you gotta develop a relationship with 'em over time and be committed to that relationship regardless of which way it goes. We have relationships like that in flux in many, many regards.

There are several cattle rancher families we're in conversations with that aren't vegan that are on their way or will never go, but who knows? But they ask questions. So it's an interesting dance.

Mariann: The movie captured it perfectly, and you never gave in. You always like repeated your point and what you believe.

But it was such a gentle conversation, even though there was so much disagreement at the bottom of it, and he just seemed like the nicest guy in the world. So it was really a lesson, and I love that you have both said, and I think this is the truest thing. Whenever you're talking to anybody about animals or veganism or anything, ask questions.

Like, don't just talk. Even though I understand the urge to, because we know so many things about what's happening and other people don't, and we wanna let them know that. Asking questions, I think, is just the best form of conversation because, you know, we are so right in so many ways that if you ask people enough questions, they'll kind of lead themselves there in a way. As in some ways, he did. You know, he kept having to turn it away from this particular beloved calf so that he wouldn't get to the logical conclusion of how much he loved Buster. It was fascinating and really an advocacy lesson.

Renee: You know, Sonny, that cattle rancher, that surrendered buster, he was quite receptive to our way of life. He was adamant that his way of life was the way it is, and he kept bringing up God and the Bible and whatnot.

And I was born and raised in Christian homes, so I know the Bible. I've always gravitated to studying, whether it be the Bible or the Bhagavad Gita or the Yoga Sutras of Patanjali, or the Tao. I've always been a very spiritually minded person, so I know the Bible, and so I was able to, you know, have that conversation with him.

I think that really helped. And other cattle ranchers that are on the edge, they may not be directly in the RAP program. But we have like conversations with a couple, an older couple. They're 100% a Baptist couple. We've rescued four of their cows, two mamas, and their babies. Little Bit and Savannah, and Grace and Randy are both here because a cattle rancher's wife, right here in Texas, has a big, big heart for these cows, and she cannot stand seeing them go to the sale barn.

But she's like I was, you know, this is what you do. But her husband, to his credit, has let her rescue these two that she really, really got close to. And so

they're here at Rowdy Girl with their babies, and they come regularly to visit the animals. Every time they do, we come into my house, we sit down, and have a cup of coffee.

I offer them vegan pastry or vegan sausage, and we talk about it. You know, and so you just. But you just, we talk about it in a way that's friendly, that's comforting. They don't feel threatened. They leave with questions in their own mind. See, when people's conscience can start bugging them on their own whenever I'm not around, that's when they're gonna go vegan. When I'm not around. I've gotta make sure that whatever conversation I'm having with them is making them think when they leave the sanctuary.

Mariann: Yeah, that is beautifully said. It's so true. Like we can't do vegan advocacy thinking that we just have to talk to this person, and they're gonna say, "Oh yeah, you're right."

That is not going to happen. It's all a matter of planting seeds, and it sounds like you have found some fertile ground in this crazy world we live in. So many people are just trapped by circumstances into what has always been done and don't see a way out. And that is what you were giving them. You were giving them a way out, but it's up to them to choose whether they're going to take it.

How can people see the movie?

Renee: Well, right now, *Rowdy Girl* the documentary, is in the world of being shopped at major film festivals. So the best way to know when you can see the movie, whether it's gonna be live-streamed in your community, in your theater, or at a festival in your area, is to subscribe to our newsletter.

Follow us on all of our channels so that you know when that's gonna happen. Cuz right now, you can't see it unless you know you get a private link from us for a podcast or something like this because our filmmaker is very strategic in getting this film placed in prime real estate, if you will, for film festivals.

So, yeah. And we plan on being on a tour with the film and the book I just finished, in fact. This week it's finally gone to the publisher.

Mariann: Yeah, that was the other thing I wanted to ask you about. So tell me more about the book.

Renee: The book is gonna answer all the questions that the movie may leave you wondering. *laughs*

The book is called *The Secret Diary of a Cattle Rancher's Wife*.

Mariann: Nice.

Renee: And I don't use the word secret lightly. I reveal tons of things. It is about my entire life, from the moment I was conceived to my first experience with animals, to religion, to what happened to us at Rowdy Girl, to the Rancher Advocacy Program.

Even the work I do with the Agriculture Fairness Alliance, this book covers everything. And I bring it always back to the animals. Every experience I had growing up, I can correlate it to the animals, and I masterfully weave that content into chapters.

Mariann: It sounds very powerful. I'm really looking forward to it, and we'll have to talk to you again at some point when the book comes out.

And your social media identities are Rowdy Girl Sanctuary and Rancher Advocacy, two separate sites? That's right?

Renee: Yes. They're two separate. We're on Facebook, Instagram, Twitter. YouTube, and then we also on TikTok have a Rowdy Girl Sanctuary account for people that wanna, you know, follow our cute videos. *laughs*

Mariann: Excellent. I'm sure so many people do want to. This has been great. I've really enjoyed this conversation with both of you. Thank you so much for doing it. Thank you for joining us on Our Hen House today.

Renee: Thank you. We appreciate it so much, Mariann.

Tommy: Thank you.