

**VERIZON
UP TO SPEED LIVE**

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>> DIANA ALVEAR: Hello, everyone.

Welcome to Up to Speed Live today is Monday I'm Diana Alvear.

And I have some startling news.

This Friday is Black Friday. Please help me.

I have a shopping list that has not yet been touched. Are you in this situation?

All right, the good news is that Verizon is here to help.

We have kicked off the Holiday Your Way quiz that's going to help you nail the perfect present for your loved ones so we've got some categories that will help us out.

Homebody, traveler, athlete, social butterfly and techie and I am about to find out what category I am live with you right now and if you want to take the quiz with me just look at the screen for the link or you can click the link in today's story.

Are you ready.

We've got some shopping to do.

So let's go.

Question No. 1, what is your ideal holiday?

Hmmm, well, if you follow me on Instagram, you know it's got to be a snowy hike and protein pancakes.

Although I do love some party hopping.

Question No. 2, my favorite holiday tradition is.

Hmmm, baking my famous family recipes.

I love this.

My mom has this recipe for painted cookies and every year she sends me a tin but I really want to bake them with her.

Question No. 3, when it comes to holiday shopping, I cannot do the mall, everybody.

I am definitely a point and click kind of woman.

So that takes care of that.

Question No. 4, when it comes to holiday greetings, I am that nerd that sends the real cards.

I love them and I get so excited to receive them.

And Question No. 5, when it comes to gift wrapping, I have a love-hate relationship with wrapping paper but I do love to wrap presents I'm also that annoying person who unwraps presents carefully and slowly because I grew up saving wrapping paper so they are compiling the results.

And I am a -- okay, I am a homebody and this is what happens when you have kids because I totally thought I would be the social butterfly.

That ship has sailed.

My bedtime is 9 p.m. so I'll get used to being a homebody but look at the screen right now because it's giving me all of these gift giving ideas for me and they know me so well because I actually have the Eufy vac and I use it because pets and kids.

What else?

I have the Google Home Hub.

I have that, as well.

Verizon Stream TV.

I totally need that.

And then the corner my friends is the Belkin Soundform Elite HiFi smart speaker they know me so well when I'm charging my devices I definitely want to be listening to my favorite songs because remember I'm a homebody and for all my fellow Latinos during the holidays I blast Mi Burrito de Belen for sure.

So before Black Friday obviously comes Thanksgiving it's 3 days away we're all getting ready to eat a lot and I'm super nervous because I am cooking the turkey for the first time so everybody please pray for me but I have a secret weapon coming on live with me right now my friends and fellow V Teamer Spencer Plaut who will be giving us all some advice so welcome, Spencer thank you for your first time here on Up to Speed tell us a little bit about yourself and your role at Verizon.

>> SPENCER PLAUT: I know I'm excited to be here Diana thanks for having me I'm Spencer I'm a chef I've been with the company for about four years and I got a pretty great job I'm responsible to feed you and our company.

>> DIANA ALVEAR: Awesome well tell us a little bit about how you're doing that including the new foods program.

>> SPENCER PLAUT: Yeah I'm on the Global Real Estate team.

Within Global Real Estate workplace delivery is the department I work for which is led by Joe Rossi and John Vazquez and what's really been interesting and extremely busy the last couple of years is a lot of the folks have been working from home.

So rather than running our cafeterias and making sure that you've got your coffee and you're being hydrated and well fed in some of our hub locations across the globe we've actually slightly switched focus, started connecting with you working from home.

So as an example we're going to talk about turkey in a little bit but we worked on recipes and meal plans and how we can make a better impact at your -- in your life while you're working from home and then eventually transitioning back to the office so that's something we're super excited about.

>> DIANA ALVEAR: I love that and by the way, I don't know if you know this but I follow you on Instagram and you're constantly inspiring me with all of your ideas when it comes to cooking and stuff great follow, by the way, anybody that's watching right now you definitely need to follow Spencer and Spencer, okay, so I have nerves about Thanksgiving I've never been the one in charge I'm not worried about the mashed

potatoes not worried about the pies, very worried about the turkey so I want to talk to you a little bit about Thanksgiving do you have any go-to family recipes or turkey advice, anything that you can share with us today?

>> SPENCER PLAUT: That's a really great question and by the way, thanks for the shoutout on Instagram and all of the pictures are taken from My Verizon phone.

So if it's not taken from my phone, it's not allowed.

But look, I think that turkey needs a lot of love.

And it's extremely easy for it to get dry.

My advice is brine it ahead of time two to three days in the brine there's nothing wrong with that.

It's a necessity.

>> DIANA ALVEAR: Like today.

>> SPENCER PLAUT: Yeah, like today I'm cooking Thanksgiving and I'll be brining my turkey today.

I've got two birds.

I like to buy a smaller turkey because it's a little bit easier to keep it moist.

And right before I actually put it in the oven, I stuff butter underneath the skin.

And you can go on YouTube and you can -- it's a little bit tricky and it might take an hour but it's worth it because as you roast your turkey, the butter will melt underneath the skin, it will keep the breast nice and moist and overall it will keep the turkey -- you'll get more of an even cooking distribution with the butter technique so it's something I recommend you guys to try.

>> DIANA ALVEAR: Wow, what about stuffing?

What are you putting in the bird?

>> SPENCER PLAUT: So in the bird I stuff onions.

I do herbs, I do garlic.

And that's the start of my gravy.

So one technique that I highly recommend is think about your gravy and think about anything you can do to make your next dish or your next recipe a little bit easier.

So instead of cutting onions or carrots or any types of things to stuff your bird, I begin my gravy before I even roast the turkey so once the bird comes out of the onions I'll take the herbs the garlic and carrots out I'll chop, chop, chop, chop it up and put it back in the pan while you can't remember turkey is resting and all of that flavor has already gotten a three-hour enhancement because that's when my gravy begins.

>> DIANA ALVEAR: Oh, my goodness.

Okay.

Do you see all of the good stuff that Spencer is giving us, especially that butter tip.

I love butter.

I'm not going to lie.

And I love the idea of putting that underneath the turkey so thank you so much, Spencer yes you are absolutely a great follow on Instagram I'm so excited to see what you do with the foods program here on out and you're right we're spending more time at home that everybody is doing a little bit more cooking we're so lucky to have you thank you for all of the tips today and Happy Thanksgiving.

>> SPENCER PLAUT: Happy Thanksgiving to everyone, Happy Holidays.

>> DIANA ALVEAR: Thanks, so much.

Okay.

So I'm definitely hungry.

If you're hungry and you would like to see some of Spencer's recipes just click the link in today's story how lucky are we that we have a foods expert as a V Teamer with us?

So we're going to stick with being home for the holidays.

Why not make them that much sweeter with 5G.

And as Andy found out recently, it also makes homes more likely to sell.

He got the inside scoop at the National Association of Realtors conference in San Diego.

Take a look.

>> ANDY CHOI: Are you ever sitting at home and you get the feeling that you're being watched?

[MUSIC].

>> ANDY CHOI: We are just outside our mobile apartment featuring 5G Home I've got my lanyard ready for the 2021 National Association of Realtors convention and expo here in San Diego.

Now, the question is, what is Verizon doing here and what do all of these realtors think about our network.

Let's walk the expo and ask around.

>> 5G has become this huge area that we continue to look at and research to understand what the next big technology may be.

That is going to heavily rely on 5G.

>> That's one of our major -- our major selling points these days.

So definitely, definitely important to have 5G connectivity.

>> You have realtors again from across the country.

They get to see what this looks like in a real home.

They can actually have a demo in a home that they are looking to sell and really show

how this is going to bring value to their customers.

>> ANDY CHOI: Tech appeal is the new curb appeal no matter where we shared the 5G message at the expo whether on stage, on screen, even on a realtor's TikTok.

[MUSIC].

>> ANDY CHOI: It is clear the renewable energy industry is taking notice of 5G Home.

Not just for clients.

But for their businesses, as well.

>> Online you have your MLS where you find the properties online with us we market with videos so you have to have some type of connection that's really good because if you're showcasing a house, you don't want it to start stopping, you spent \$2500 on the video.

>> Almost all of my clients right now -- clients right now are like what are the WiFi service here.

And they go oh . . .

>> ANDY CHOI: And that's where 5G Home is poised to change the Broadband game.

Transforming the experience at home.

And there's no doubt realtors are becoming some of Verizon's most enthusiastic partners.

>> We really could be working for you when you think about it because I think that a lot of -- as a realtor, and people are moving and relocating, they are coming to you as an agent as far as to advise what service is in this area.

>> ANDY CHOI: A pretty good partnership helping to make home sweet home even sweeter, almost as sweet as some of the these dance moves.

>> Oh, yeah.

>> You got this.

>> We got it.

[MUSIC].

>> DIANA ALVEAR: You certainly do, Andy.

So how cool is that?

5G is a realtor's best friend.

Thank you so much Andy forget the Truman Show because clearly people are enjoying watching the Andy show that was a really, really fun segment that will do it for us today. Thank you for spending a little bit of your day with me.

I'm Diana Alvear.

Stay safe, by the way, thank you Christine De'Angelo for getting me a sweater when I drop coffee on my shirt thank you Christine I'm grateful for you I hope you're grateful for so many things in your life.

Happy Thanksgiving.

Until next time, you're Up to Speed.