2021 Schwartz Prize Nomination

Nevada Humanities is proud to nominate our program, *Humanities Heart to Heart*, for the 2021 Helen and Martin Schwartz Prize.

*Humanities Heart to Heart* is an ongoing series of written and multimedia essays that highlight diverse, personal perspectives from all corners of Nevada, reflecting on life during the COVID-19 pandemic.

**Program Description**
Nevada Humanities developed and launched *Humanities Heart to Heart*, our first entirely virtual program, in response to the evolving COVID-19 pandemic. Envisioned in April 2020 and launched in July 2020, *Humanities Heart to Heart* is an ongoing program series that features commissioned essays and creative works by a wide spectrum of diverse Nevadans about the day-to-day concerns of what it means to be human in a time of isolation, loneliness, uncertainty, and cycles of rebuilding and retreat. The pandemic has altered the fabric of our lives in dramatic ways that range from economic distress to physical and mental health challenges to major alterations in our patterns of relationships and daily living. As we experience the cycle of times when we have been unable to gather together safely in-person and our complicated efforts to resume our normal lives, this reliable and consistent program has provided an opportunity for Nevadans to learn about and connect with their fellow community members through shared stories and human experiences.

Taking inspiration from the *Double Down Blog*, a weekly online publication by Nevada Humanities of musings, poetry, and essays, *Humanities Heart to Heart* has become a consistent touchstone between our organization and our community members. *Humanities Heart to Heart* posts have fulfilled a need for consistent programming for Nevada Humanities, during a time when we have not been able to host in-person programs. *Humanities Heart to Heart* has also provided a much-needed forum for people to address deeply personal topics and experiences that have statewide, national, and global relevance. This is the only forum like this in our state. We have encouraged our contributors to express themselves through whatever medium they feel most comfortable with; this has lent itself to a diversity of media formats published on our website, including photographic essays, artwork, songs, poetry, time lapse videos, audio documentaries, and more. Contributors are selected by casting a wide net across the...
state, reaching into our deep well of contacts and to program partners, friends of friends, staff and board member relationships, and stepping beyond our normal sphere of humanities friends and family.

First every week, and now twice a month, three to ten essays and/or creative works ranging between 500-2,500 words are published on the Nevada Humanities website, sent electronically to more than 3,600 email inboxes via a dedicated eblast, and shared on our social media platforms (Facebook, Instagram, Twitter). Monthly themes, such as Inside/Outside, Comfort, Contact, Transformation, and Progress, align the stories shared by our contributors. We have also published special-featured groups of essays created by aligned groups of people such as teachers and their students, seniors, and those with specific religious affiliations. In this time of isolation, communities have gathered and found one another in creative ways, and these special-feature Heart to Heart publications illustrate this need and capacity for connection.

Through Humanities Heart to Heart, we have provided a rare forum for first-person stories and experiences that are shared widely around our state, as well as for people to learn about the ways in which the humanities play a role in connection and healing. We have reached record-breaking numbers of new visitors to our website since our program’s inception, and Humanities Heart to Heart shines as our most shared content across our social media platforms. The stories and perspectives shared as part of this new program take into consideration both past and current events to reflect the thoughts of Nevadans and their communities in this moment and beyond. As health concerns temporarily eased in the summer of 2021, and then reignited with the advent of the Delta variant, this forum continues to be an archive of the changing opinions, sentiments, and reflections of our community members. We hope that these stories serve as an archive of sorts, a chronicle and collection of thoughts and memories from a time in our history that will inevitably change us and shape us for generations to come. We are proud to have created a program that has demonstrably connected people around our state during this time through honest and heartfelt reflections on issues that matter.

Program Aims

“I think it’s great that this program is giving a voice to so many different people with different perspectives and views. It opens a dialogue and provides people with views and ideas they may not have otherwise have been exposed. It also allows people to connect with others by reading personal stories and experiences they can relate to.”

-Humanities Heart to Heart survey feedback from Shaughn Richardson, author of Inflection Point

George Floyd vigil near the Believe statue in downtown Reno, June 2020. Photo/Humanities Heart to Heart contributor MJ Ubando.
“I think the program has been effective in highlighting underrepresented voices. The pandemic poses unique challenges at the intersections of gender, race, and class. This program puts the community in contact with these particular experiences, while shedding light on our common desire to reach out and connect... Storytelling creates a ripple effect for both the artist and the viewer. From a writer's perspective, stories compel me to keep making art. From a reader's perspective, I find comfort in recognizing my own hopes and fears in someone else's story.”

-Humanities Heart to Heart survey feedback

When we first conceived of this project, we originally envisioned that we would commit to publishing these essays through the pandemic, which we thought would last a year at most. We have come to realize that the pandemic will take much longer to resolve and that we need to be sensitive to the emerging thoughts and concerns of Nevadans as the pandemic progresses, as the stories and ideas shared in this series extend beyond the current health crisis. Our original focus still has relevance, but the project has become much more dynamic over time. How do we still connect with others during this time? As a humanities council, how can we continue to serve our constituents at this moment in time? How do we, as both individuals and members of larger communities, come to terms with the continued presence of COVID-19 in our lives and evaluate acceptable risk as we re-engage our relationships? What kind of programming can we produce during a pandemic that will still demonstrate the relevance and importance of the humanities and contribute to community health and resilience? These were some of the questions we sought — and still seek — to answer. As a story-driven program, Humanities Heart to Heart directly connects the people of Nevada with one another and enables them to learn how others are navigating this crisis in their lives.

Our primary goals with this program have been the following:

- Curate thoughtful and meaningful reflections that speak to the real concerns of the people of Nevada.
- Facilitate community health and resilience, fulfilling this council’s vision of a state where people thrive in just and healthy communities, where connection and participation are part of everyday life, and where diverse perspectives are welcomed and valued.
- Increase diversity and representation of authors from all over the state, giving them a platform with which to share their work and experience.
- Invite public participation and engagement through our website and social media.
- Create a high-quality, high-visibility, sustainable platform where these stories can be found, and an archive preserving these stories for future generations.
Humanities Heart to Heart is designed to be a timely, responsive program that reflects in real time the conditions of Nevadans and the things that we are thinking about and reacting to. At the time of writing, we have had more than 393,000 reported COVID-19 cases and upwards of 6,500 deaths in Nevada. Nevada continues to have the highest unemployment rate in the nation, hovering at 7.7%, in large part because the COVID-19 pandemic has obliterated a tourist industry that the state so heavily relies on for revenue and jobs. Contributors have noted this economic devastation in their pieces, whether it affected their own work or threatened the industries they depended on for employment. In addition to capturing the effects that COVID-19 has had on our everyday lives, such as job loss and economic spirals, and mask mandates and social distancing, Humanities Heart to Heart also captures the public response to current events around our nation. Our contributors note the protests in response to George Floyd’s death, the 2020 election, January 6th insurrection, racial unrest and justice, vaccination efforts, climate change, confusion as we re-engage with our pre-pandemic lives, and more.

Human connection continues to be important as our state navigates its way through the COVID-19 pandemic. The humanities have taken on new immediacy and significance during this time, and the ongoing success of Humanities Heart to Heart is a testament to our ability to continue our mission at Nevada Humanities of sharing and amplifying the stories, ideas, experiences, and traditions of the diverse people of Nevada.

True Heart to Hearts

“There’s been a diverse range of voices and topics that really captures the various emotions and shared experiences — some universal, some uniquely Nevadan. I think, years from now, people will look back on this program as a time capsule. [Writing] was extremely cathartic. With the pandemic, losing work, not being able to see my family, etc., I was struggling to make sense of everything happening around me and within me. It wasn’t until being approached with this opportunity that I attempted to clear my head and put it all on paper. I wrote about something deeply personal — my relationship — which I’d never done before (I’m not very forthcoming with *my feelings*). In doing so, it made my bond with my partner stronger and served as a declaration of our love. I got a lot of "So, when’s the wedding?" texts once it is published. Needless to say, my partner was also very happy to read it.” -Humanities Heart to Heart survey feedback

Just as COVID-19 has universally affected every facet of our lives, we endeavored to make Humanities Heart to Heart all-embracing and all-inclusive of the diverse people of Nevada. It was important to us that we highlight a wide range of voices, giving everyone an equal platform and opportunity with which to share their experience and work. In addition to working with past collaborators and arts and literary leaders across our state, we made a conscientious effort to invite new contributors with whom we had not previously worked, as well as individuals from traditionally underrepresented and underserved communities. Our council places great emphasis on the significance of the humanities to everyday life — for everyone — and Humanities Heart to Heart has enabled us to reach out specifically to people who
may never have had the chance to connect with us. Through this program we have been able to share the experiences and thoughts of nurses and physicians, workers in entertainment and service industries, high school and college students, retirees, new Nevadans, and more.

“The program definitely highlighted underrepresented voices, be it underrepresented groups or creatives who in Nevada usually get swept under the rug for “big names.””
-Humanities Heart to Heart survey feedback from Shahab Zargari, author of Saved by the Edit

“There was a tendency during the pandemic to generalize people's experiences. This project, and storytelling in general, helps people see the diversity of people's experiences.”
-Humanities Heart to Heart survey feedback from Amanda Skenandore, author of Answering the Call

We are proud that our efforts to increase the diversity (racial, gender, geographical, professional, generational) of our writers and posts have been noticed and appreciated by our community. We have also tried to keep in mind the perceived Nevada-specific regional split between north (Reno) and south (Las Vegas) and our rural communities. This work is part of a larger organizational effort to seek racial diversity and equity in all arenas of our organization.

- **Humanities Heart to Heart** has a significant representation of program participants from diverse backgrounds: 60% of program participants identify as white, 40% as BIPOC (Black, Indigenous, People of Color).
- **Humanities Heart to Heart** has a significant representation of program participants from rural Nevada: 50% of program participants are from the Las Vegas metro area, 38% from the Reno metro area, 12% from rural communities. This exceeds the state’s population split between urban and rural residents; Nevada's state population is 90.3% urban and 9.7% rural.
- **Humanities Heart to Heart** has brought new voices and program participants to Nevada Humanities, expanding our program reach and participant diversity: 54% of contributors are community members that Nevada Humanities has not worked with in the past.

The stories shared as a part of **Humanities Heart to Heart** encompass perspectives from people of different generational, ethnic, cultural, geographic, and professional backgrounds. In reflecting upon COVID-19, these contributions also highlight a multitude of other issues and concerns important to the people of Nevada. Issues that are mentioned in our program pieces include but are not limited to: homelessness, unemployment, physical and mental health, gender dysphoria, and more. As our contributors come from both academic and non-academic fields, the tone of these pieces also range from scholarly essays with citations (architecture and designing safer living environments, historical comparisons of cholera and COVID, the history of Asian American relations in our country, etc.) to
straightforward snapshots of what it is like to live as an essential worker during this time, or to lose one’s job and livelihood and move back in with family.

Communities have found solace and communion with one another during these isolated times, and we are witnessing this reflected in collective stories featured in special issues of *Humanities Heart to Heart*. Temple Sinai, Reno’s Reform Jewish congregation, submitted a series of interwoven stories and reflections about Jewish life in Nevada and connecting with faith-based traditions despite a most untraditional time. Members of the *Lifescapes* program of the Osher Lifelong Learning Institute at the University of Nevada, Reno, an older writers’ memoir writing group from Sparks, Nevada, submitted a record of their impressions of the pandemic. *Humanities Heart to Heart* has also found its way into high school and college classrooms across our state, where final projects and creative writing assignments inspired in part by our program have been added to our pandemic reflection series. We will continue to implement these special features as these stories further serve to strengthen our humanities community.

**Public Reach**

“I have heard from many friends and friends of friends - I heard from one friend whose sister was during her ER residency in the Bronx, having seen many COVID patients, and broke down and sobbed after reading my piece - so I think it had some cathartic impact for those who read it.”

-Humanities Heart to Heart survey feedback

“Many people reached out to me and commended me for my vulnerability and shared they were experiencing similar situations centering around the topic of healing. Some people used my words to motivate them to look into healthy outlets to contribute to their own healing as well.”

-Humanities Heart to Heart survey feedback

“It was scary because it was available for everyone to read but it was cathartic for sure. I’ve had so many nice conversations with people who felt similarly to what I described in my Heart to Heart. I used to really think I was an island, and throughout the pandemic, I’ve taken the time to listen more and internalize others’ emotions to better understand that I’m not alone. I feel more connected because of this project.”

-Humanities Heart to Heart survey feedback from Jennifer Kleven, author of "Quarantine, Just What I Needed"
The success we have seen with *Humanities Heart to Heart* reaffirms the importance of public humanities programming during this time. Through this story-based program, we have been able to generate awareness of how the humanities are alive in our communities. The pandemic led us to pivot and create a full-time online program with consistent updates and extensive social media promotion; thanks to digital analytics, we can see in real time how people are responding to these stories, that they are finding solace and solidarity alike as they read, and our subscribers tell us that they look forward to receiving their weekly dose of heart-to-hearts in their inboxes and through social media.

![An example of the weekly spikes in web traffic to our website on Mondays when Humanities Heart to Heart pieces are typically published. (January 2021)](image)

This program has been dedicated to finding alternative ways for people to share their stories via diverse mediums and to as wide an audience as possible. Keeping in mind reader fatigue, we wanted to add another way for our followers to engage with our program. In 2020, a live series hosted on Instagram, *Humanities Heart to Heart Live*, supplemented the pieces published on our website. In these short videos, the program’s staff curator, Kathleen Kuo, conversed with a featured *Humanities Heart to Heart* contributor. Viewers commented and asked questions in real time, and the recordings have been archived on Instagram, YouTube, and Vimeo.

![Program Manager Kathleen Kuo in conversation with *Humanities Heart to Heart* contributor Iain Watson. *Humanities Heart to Heart Live* screenshot, July 2020.](image)
The Humanities Heart to Heart landing page is our most popular program page to date. This view count does not include the additional visits to the individual pieces featured on the page.

At the time of writing, we have published 239 Humanities Heart to Heart pieces on our website. Humanities Heart to Heart has been the catalyst for an increase in general visitation to Nevada Humanities online presence and social media communication. Since our program’s inception on July 13, 2020:

- The Humanities Heart to Heart landing page and all published pieces have over 47,000 pageviews to date.
- Web traffic at nevadahumanities.org has gone up almost 140% since the launch of the project 14 months ago, compared to the prior 14 months. (May 2019-June 2020)
- On Facebook, we have reached over 87,000 people from July 2020-September 2021, which is an increase of 54.7% from the year prior.
- On Twitter, we have over 2,000 average total impressions weekly (people who see our posts), with more than 100 active engagements a week. We have made more than 868,000 impressions on Twitter from July 2020-September 2021, which is an increase of 172% since the year prior.
- On Instagram, we receive an average of 40 likes per week. We have reached over 22,000 people on Instagram from July 2020-September 2021, which is an increase of 307% from the year prior.
As individual *Humanities Heart to Heart* contributors share their pieces on their own respective social media pages and with their own networks, we see — and can chart — the exponential engagement in our own channels. Each new share introduces our work to new members of our community, with the possibility of it being shared yet again. Our program has been shared online by news outlets, university student journals, department media accounts, and more. It has been heartening to witness the support and increase in visibility for our program on social media; for example, Nevada Governor Sisolak shared our Tweet of a piece written by Emerson Marcus, state historian for the Nevada National Guard. Our most popular social media post to date was written by Nicole Santero, a graduate student at the University of Nevada, Las Vegas, researching the BTS (a globally popular and best-selling South Korean boy band) fan community. Her Tweet of her *Humanities Heart to Heart* piece gathered over 400 retweets, 1300 likes, and 7400 engagements (total number of times users interacted with a Tweet, including replies, likes, and more). Our stories invite the public to participate, and we are proud to see the positive growing ripple effect that our program is creating throughout our state.
Public Impact

“As mainstream audiences continue to grasp the importance of mental health, programs that bring a positive effect to our communities are vital. Showcasing true humanity through social media is definitely impactful. Social media and the current mindset of American audiences are so divisive, any attempt to bring people together is an amazing goal.”
- Humanities Heart to Heart survey feedback from Christopher LaPorte, author of Laundry Day in a Virtual World

“It allows us to self-process the outside world. The best thing that has happened to me with this pandemic is it has allowed me to look intrinsically. The limitations have allowed, I believe, many to grow within the bounds they are provided, and seek new opportunities. Storytelling is a direct reflection of humanity, and if there was ever a time to share stories, now is it.”
-Humanities Heart to Heart survey feedback from Ross Takahashi, author of Cross Curricular

The relationships formed with contributors to Humanities Heart to Heart are invaluable. More than half of our contributors have never worked with us before, paving the way for us to create new threads of connections across the state. After writing for us, many of our first-time contributors have asked for other ways they can assist with our work at Nevada Humanities. These requests have resulted in increased donations to our organization, word-of-mouth recommendations for others to get in touch with us, and more.

We have generated new initiatives, programs, and other outputs with the contributors we have worked with through Humanities Heart to Heart. Examples of follow-up collaborations with contributors we had not worked with previously:
• *Humanities Heart to Heart* contributors Shahab Zargari and Jess Vanessa helped us to create an animated reading and video of the essay *Cheering in the Library* as a part of the FSHC-sponsored *Why It Matters* initiative.

• Journalist and *Humanities Heart to Heart* contributor Jon Ralston moderated a conversation with journalist and author Masha Gessen as a part of the FSHC-sponsored *Why It Matters* initiative (#WhyCivicsMatter).

• Individuals from the Desert Research Institute have since assisted us (scientific illustration and community outreach) with an upcoming publication and a literary collaboration, *Nevada Reads with DRI Scientists*.

• Contributors created postcards for the *Nevada P.S. I Love You* postcard project.

• Contributors have had additional opportunities to write guest posts on our *Double Down Blog*.

In post-publishing surveys sent to our contributors, we received feedback affirming our program’s effectiveness in connecting people across our state and generating hope, inspiration, and solidarity. Reading comments about the writing and publication process, we are proud to hear that this program has achieved the goals we had set for ourselves, and more. We have received multiple notes from our contributors thanking us for sharing their story and giving them a creative and cathartic outlet with which to process their pandemic experience. Contributors stressed the therapeutic benefits of writing for *Humanities Heart to Heart* and the positive responses they received from friends, family, and acquaintances when sharing their individual pieces. One contributor noted that after her piece was published, hundreds of people contacted her to say that they had read her story and were astounded to see what healthcare workers were actually going through. Others noted that they appreciated the interdisciplinary nature of our program, lauding the benefits of storytelling, educational moments, and shared human experience during a pandemic. Many comments noted that this program offered a human element that was often missing from the data put out by news media or organizations such as the CDC, that this program was “more inclusive and uplifting than the narrow stories filtered through most mediums.”

“Many people reached out to me and commended me for my vulnerability and shared they were experiencing similar situations centering around the topic of healing. Some people used my words to motivate them to look into healthy outlets to contribute to their own healing as well.”

- *Humanities Heart to Heart* survey feedback

“This experience was very cathartic and the first time I’ve published a personal essay that focused on my own processing of current events and even writing about my artistic process. It was very helpful in realizing I had a lot to say about how I was feeling and responding to the world around me that wasn’t in a traditional academic form of writing.”

- *Humanities Heart to Heart* survey feedback from Doris Morgan Rueda, author of *Learning to Embrace the Non-Normal*
Through this program, we have successfully called attention to the relevance and significance of the humanities in our communities during this time. The online nature of *Humanities Heart to Heart* enables us to reach a wider audience not only in Nevada, but also across the country and globe. Outside of the digital world, we were pleasantly surprised to learn that *Humanities Heart to Heart* has been used in a high school creative writing classroom in northern Nevada, a model for a final assignment in a University of Nevada Las Vegas course, as reading material for a northern Nevada book club, and more.

We plan on continuing *Humanities Heart to Heart* through the duration of the pandemic, while it is still relevant to our communities. While we expected that this program would have our contributors reflecting and commenting on the upheaval in their lives and communities caused by the pandemic, we could not have anticipated the full spectrum of views and topics that they have shared to date. Week to week, we are touched by the raw emotions and honesty shared through these reflections (one board member thanked us for “keeping it real” in this critical moment in time). It is even more impressive that so many of our younger contributors have written about some of the most difficult topics: battling cancer during a pandemic, experiencing gender dysphoria, the need to fast-track a life towards adulthood, calling for us to come together as a community to battle racial discrimination and injustices. Even more heartening, we find that as our contributors share their own experiences, they also share messages of hope, togetherness, and encouragement to their fellow Nevadans.

**Financial Structure**

*Humanities Heart to Heart* is funded by the State of Nevada, the National Endowment for the Humanities, and a number of private donors and foundations. We have found several organizations eager and willing to help sustain the work we have started with *Humanities Heart to Heart*. Renown Health, a not-for-profit health system in northern Nevada, awarded a $2,500 grant to Nevada Humanities to support *Humanities Heart to Heart*. In addition to soliciting writing from people in our humanities world, including scholars and artists, this call has been extended to health professionals, front line workers, and mental health professionals, to learn about the ways COVID-19 has had a lasting effect on our community and how the humanities play a role in connection and healing. We have published pieces around the topics of loneliness, mental health, and teen suicide, in alignment with Renown Health’s current strategic goals. We firmly believe that the humanities are part of what makes a healthy community, and access to these stories and ideas will contribute to the health and well-being of Nevada in the years to come. We have not partnered with Renown Health in a number of years, and this flexible, innovative program has allowed us to rekindle relationships outside of a more typical humanities world. Individual donors have also contributed to this program. We are also currently seeking additional funding.

It is an ethic of Nevada Humanities to reinforce the value of creative and scholarly work by paying contributors to our programs. With this in mind, Nevada Humanities pays a $100 honorarium to each contributing author. Many of our contributors have waived their honorarium, making in-kind donations
to Nevada Humanities in the process, citing that they wanted this money to go to others who needed it more and especially underrepresented members of our community.

This program is curated and run by one program manager, with the support of two contract communications staff, and input and guidance from the whole team at Nevada Humanities.

**The Road Forward**

“Stories connect us. They help us to realize we are not alone and give us courage to move forward.”  
- Humanities Heart to Heart survey feedback

“I think, at its most basic level, it gives folks something to relate to. A lot of people, especially early on, felt isolated and alone. Not everyone can articulate their thoughts and feelings (something I struggle with myself). I think this series let people know that there are others going through the same motions and struggles, too, with an air of hopefulness.”  
- Humanities Heart to Heart survey feedback

“Telling stories takes away the fear (the fear of what might happen). It places emphasis on our experience of what *already has happened* and the potential of that experience to impact our future.”  
- Humanities Heart to Heart survey feedback from Brandy Burgess, author of *Combining Like Terms*

Over the past year, we have gained much valuable knowledge as program producers. We have been able to promote our virtual programming and draw viewers to our website as effectively as our in-person events. Our focus on accessibility has allowed us to create reciprocal relationships with people throughout the state, broadening our connection to them as we learn their story, and their connection to us, as they learn about the role of public humanities and their fellow community members throughout the state.

We firmly believe that the humanities — as the sum of our knowledge, traditions, heritage, and culture — are part of what makes healthy communities, and access to these stories and ideas will contribute to the health and well-being of Nevada in the years to come. In light of this health emergency, we believe that these essays and ideas are more important than ever to articulate and share with a broad audience. The success we have seen with *Humanities Heart to Heart* demonstrates that this format has the flexibility to become a sustained program that explores issues that matter to the people of Nevada, beyond the COVID-19 pandemic.
We will continue to reach out and share the stories of people around our state. In June–July 2022, we plan to create an exhibit and gallery of these heart to hearts in our Las Vegas Program Gallery. Time demonstrates that these stories have lasting, transformative effects upon our contributors and communities. We hope that the success we have seen with sharing these stories, and the deliberate steps we took to ensure that we were hearing from diverse voices across our state, can inspire other humanities councils and organizations when it comes to COVID-19 programming.

**Links and Attachments**

*Humanities Heart to Heart* landing page
https://www.nevadahumanities.org/humanities-heart-to-heart

YouTube page
https://www.youtube.com/channel/UCQtwKhvrWoxZr_yLIOYu06A

Samples of *Humanities Heart to Heart* on social media
https://drive.google.com/drive/folders/1vW-ULmE_T-n30jur-3ULj-2GXcXlQV8?usp=sharing

Example of an essay submission:
https://www.nevadahumanities.org/heart-to-heart/2020/12/15/gratitude-the-antidote-to-survivors-guilt

Example of a submission with original poetry:

Example of a submission with original artwork:
https://www.nevadahumanities.org/heart-to-heart/2020/9/29/todos-estan-locos-menos-yo-everyone-is-crazy-but-me

Example of a submission with an audio documentary:
https://www.nevadahumanities.org/heart-to-heart/2020/9/1/stayhomefornevada-but-what-if-you-dont-have-a-home

Example of a submission with an original song:
https://www.nevadahumanities.org/heart-to-heart/2021/1/19going-online-going-insane