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Hello and welcome to Palsies with Palsys. My name is Bekah Maren-Anderson and I am your palsie.

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And I'm your palsy Justin Hancock. Hello, Bekah.

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Hey Justin, how's it going?

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It is a Monday afternoon. And, things are definitely going, my friend.

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Yeah, now it's very Monday. I feel like everyone that we've talked to.

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Yeah, no, it's very Monday. I feel like everyone that we've talked to has something about it being a Monday we've talked to has something about it being a Monday podcast listeners you can perhaps compare energy levels between our Monday podcast listeners, and our Wednesday afternoon recordings and our Friday afternoon recordings.

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They're all different.

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Yes, depending on what, Phases of the moon, it's the phases of,

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We, we should run a contest where we don't tell people when we recorded an episode and see if they can figure it out.

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Can they hear the difference between a Monday podcast and a Friday podcast?

Oh. But we have another Exciting guest!

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Yes, we do.

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Why don't you go ahead and introduce our guest Justin since you've known her longer.

Yes, our guest Today is a long time friend of mine and member of the Julian Way.

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Hi, Shannon.

Colloquially around these parts as Shay. Hello Shay, how are you doing?

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I'm doing pretty well, yeah. It's kind of a Monday. And I would like to apologize because it is my fault that we are recording on a Monday because I had a really bad fall last week and I was sore on Friday when we were supposed to record. So here we are.

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So it's my fault that we're kind of budding heads and having a Monday altogether. So.

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But I'm back.

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Yeah, so I guess we all understand.

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Hey, never. Never any apologies needed to shape us. I mean this is a disability space so you know we Okay, we take one another as we are and we hope that our listeners do the same.

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Yeah, better a Monday all together than alone and separately I say so you know it's a big bow we'll get in and start rowing.

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We're all having a Monday together.

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Yes, indeed. Well, and shit, we're just. Yes, we are. And she, we're just so happy to have you here.

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Talking to us. You know, I think you and Justin have been kind of floating around some of these conversations for a while, but you know, and Justin have been kind of floating around some of these conversations for a while, but, you know, we, we wanted to bring you on the

podcast because I know you have a lot of thoughts about your experience as a black disabled woman who grew

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up in a rural community. And you know that that's a very particular experience with its own ways that that's affected your life and and you know, we have always thought that your story is really important and one that our podcast listeners would.

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I would really like to to hear about it so I'm just very glad to have you here with us to tell some piece of your story.

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Well, I am so glad to be here because yeah, like you mentioned, Justin, I've, I've been friends for what about?

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What about 5 years now, Justin?

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Yeah. And we talk. What is it like biweekly, just a kind of check? Check in on each other to see how we're doing and We were just talking one day and he brought up the ask me if I wanted to do and I was like, yes, because this Growing up in a role setting as a woman with this as a black woman with a disability versus.

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Being in an urban setting like Dallas. As a, black woman with it or a black person with a disability.

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Or a person with a disability period. Is so vastly different. And I noticed that as a teacher.

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When I was teaching up here in Dallas ASD. The accommodations that were made for students.

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To be inclusive. That. I didn't really get as a student in a role setting. Having a disability.

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Does that make sense?

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Totally. Yeah, I know. And I'd love to start there with, with your, your experience of schooling that, you know, what were some of those things that you know, you, you didn't get in, in your rural setting that, that you then later got to see that students in a in an urban setting with more resources were able to get in terms of accommodations and support.

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Well. Honestly, K through 3 K through 5 was okay because You know, that's just.

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You know, it's. It's elementary and immediate. So. They can make accommodations for that.

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But. And the summer before sixth grade, I had surgery. So that was a whole different experience. So I spent my whole summer.

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In that we're from to my foot. And I'm in the Texas heat and that's the whole Different story for a different day.

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And we're in the country and mosquitoes are biting my toes. Well, I'm in P that I can't reach them and We'll talk about that.

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That was agonizing. So I missed the first week. I missed the first week of middle school.

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Wait, let me backup. So in fifth grade, we take this. Test for band. You know the music.

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Test where they test your. Your ear training to see what instrument you can play. That I wanted

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I took 2 of the free instruments because there were 3 free instruments: a tuba, baritone, and a fridge horn.

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I knew I could but I didn't want to do too well. I didn't really want to do it.

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There's a fair tone, but I had to. I choose 2, so. So I chose, And I did the test and it came out that I was more suited.

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To bear tone then print on. So, but. That was in fifth grade. So I was like, okay, I'm gonna play bear tone.

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Sixth grade. Like, like my big brother, so that's cool. So. Summer of fifth grade going into sixth grade.

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I have surgery. So I spent my whole summer. In those casts and then First, I missed the first week of school.

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They think I, they think I've moved. Even though the rest of my siblings are still in the same district.

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So go figure all they had to do was ask myself. What's going on, Share? Saying both.

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But anyway. Another story for a different day. So I come back and they see that I've got my leg braces all from my side.

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To my feet. And they figure, you know. With her knee surgery. Can't hold a baritone that's not gonna work for her I don't think it, yeah, well.

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That's obvious. That's not going to work. So. Like, well, what if I do the French horn.

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Oh Okay.

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They're like, well, that's gonna be equally heavy. I didn't think so because the French horn it's a heavy instrument but I'm not sitting, it's not really sitting on my lap like a baritone.

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So they tell. Let's play the trumpet. So they try to make a little accommodation, but Trumpets are not free.

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They told me that I could get A trumpet for \$50. So I said, okay, I might go home and I take it to my grandmother.

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My grandmother says no. Because she was like if you can't she can't get a free instrument like your brother you can't do band so I didn't get to do band.

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But living in a small town. Say. Most of the instruments they couldn't really give away for free.

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So, but up here in Dallas, but. When I got here to Dallas as a teacher.

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When I was teaching, Being a guest teacher in a band, I saw Students, students are special needs.

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And disabilities in band. I saw One blind student whose parents. Well, I shouldn't say blind.

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I should say visually impaired because I don't know that he was totally blind. I know he was originally impaired.

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So.

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His parents came in. And with him and she was like Our son is really, you know, he's really expressed as he really wants to play in bands.

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So the director and assistant director were like they were talking to him and talking to the parents. And they're like, you know, we can.

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You know, you know, asking him what instrument he wants to play. He wanted to play silicon.

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But, you know, he can't actually be the, being the marching part of the band, but he can.

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Play in the orchestra pit with the orchestra part. So He and along with this other little girl had one of those.

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I guess that being a cage walker. You know, the kind that you pull behind you. One of those kinds of walkers.

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He, him and her and the rest of the orchestra. Had to like when the van was on the Philip they had, you know, everybody dressed out, everybody went to after school band practice dressed out in their practice uniform.

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And when Van went on field. They had to go to their spot. An orchestra pit.

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Education.

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And play their instruments. So The band's up here, not only. Made accommodations for students with disabilities.

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But they also made accommodations for students who couldn't afford instruments. But, Dallas is also bigger.

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School district has more money than a small town in the U.S.A. ISD and Henderson that I went to.

Yeah, so it sounds like you found that. You know, both your school was unwilling to make accommodations to find a way for you to be in the band whether or not you could march and they also didn't have the resources and your family didn't have the resources to.

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Play the way they thought you could.

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Well, my, we, I, we had the resources. My grandmother just said no. So she just said no, we had it.

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She said, I honestly think I should have been able to try French. They just flat out and said no.

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Yeah. Yeah, it sounds like they imposed an extra cost on you to be in the marching band as a person with a disability.

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That didn't need to be there and then meant that you couldn't play.

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So I, you know, and I always. Because I, I just. What if I was like Band is always fun stuff.

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You know, I was actually thinking about that because I had an older cousin that was in band. Well, a couple of older cousins that were in band and my older brother was in band and I was like, wow.

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I just liked it when I was younger. Cause they, they used to come to our school and play concerts and stuff and I would see them and raise and all that kind of stuff and Is that?

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For sure, yeah.

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Hmm. So say I'm curious. I, Know that I got , a relatively privileged experience.

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Of Growing up in a largely able body world and Not really having to deal with my This ability self until I was into adulthood and that's from friends and colleagues, multiple,

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Multiple identity markers. I know that that's often hard because One I didn't need a marker kind of rubs up against the other.

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I'm just curious. What was your social understanding of your disability and how did you find yourself growing up socially and I and particularly a rural environment.

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Well.

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I have a cousin.

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If first they had an air carry to bleep it out, cause I don't know if I can.

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I have asked if I can talk about her publicly. Great. I say your name.

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I think we should be able to do that.

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Yeah

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Okay. My cousin Shamika. We, well, I think I met her when I was 5 because we moved.

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From Dallas to Henderson. After my mom passed after my biological mom passed away. We moved to live in my grandmother and she lived.

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We lived in the country and My grandmother's brother, Shameika's grandfather.

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Live down, you know, down the road. Because their parents had land. So, he lived on one part of the land and then she lived.

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In the house that Her parents left her on the other part of the land. So anyway, Shameka was like one of my best friends all through.

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Cool. So I knew that if nobody liked me. Shimika was going to be my friend.

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And we're still really close. We don't talk as much now. Because she's got husband and 2 babies and a job.

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Where she's teaching. Both high school classes and college classes because She she got her doctorate and was hooded in 2,011 so she's She's got a doctorate in psychology, so she's.

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Really busy, but we text and check in on each other. So it's not that it's not the relationship that we had.

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And forgive me if somebody see they're on a Motorcycle or a moped or something and they just went past my window.

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Hmm. No worries.

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In my classroom. It is usually quiet this time of day. So forgive me for that noise. But.

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But for most, I wasn't. The most popular. But I wasn't so dreadfully unpopular either.

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But I wasn't, I wasn't really invited. Good.

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Nobody who was. I mean. Okay, My super close friend, what really is the popular crowd? We were.

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We were a nice people and nice girls and

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Girls who like books but we weren't hanging out all the time. Party go to party board those types of people so we went to class and studied and read books and did choir and band and practice and So, so I had a social life, but it just wasn't.

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I just wasn't. Part of the popular.

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And that makes any sense.

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Yeah, it sounds like you gotta. You had a thought about what it's worth to use the word that may not really fit a bit of fairly normal.

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Social experience.

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Well, in school. In my home life. Not so much, cause I was. As really isolated.

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Can I be told that? I couldn't do a lot of things because Nobody wanted to be bothered with me, so.

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In my home life. Grew up feeling more like a burden. And that's not a. That's not a good feeling.

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Yeah, it sounds like school was kind of your. Your space where you know you had connection and you know could build and especially with your cousin.

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Awesome.

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Could have, you know, these strong. Connections and friendships, but. Yeah. It was a space where you were.

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Very aware of your disability in a very negative social sense.

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Yeah, I mean, I can't really fault my grandmother because She was, she was doing the best of what she knew, so.

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Yeah.

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Hmm.

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Cause she grew up in an era in a time where those with disabilities were pretty much. In a way so you didn't really see them.

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So. I really can't call her.

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And she didn't know that she could advocate for me to get more stuff. So. Because she grew up, like I said.

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Hmm.

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In a different area. She was born. When there was. Jim Crow and she raised her children during Jim Crow and civil rights, the height of the civil rights era.

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So in that time you don't really. So I guess with that mindset you don't really.

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You don't really want to vote maybe. So.

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Yeah. Yeah, she wouldn't have thought to. Advocate for you because that would have meant getting involved in systems that had always been dangerous for her.

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And it's getting older to realize that. Because when I was younger, I didn't.

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So. When I realize that.

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Sure, yeah, I bet there's. Yeah, I bet very small shade and just knew that she felt isolated and I'm left out then and like a burden, but.

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Now that you're older, you can. Kind of understand them. The feelings behind those things.

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Yeah, I can.

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Hmm.

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Tell me if I'm talking too much.

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No, you're, you're doing great.

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Hmm. Yeah, you're you as a guest. We want to hear your stories, so you're fine.

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Can you tell me a little bit about what that was? Journey towards that realization in life for you as you grew up.

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Was it like to wrap your arms around? Some of those challenges that may have been outside your control.

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I think it just came with maturity. I mean.

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I don't know how else to describe it. It just came with maturity and once, you know, once I learned more about it.

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History in a way that wasn't taught in. Schools I guess. And I learned more about it.

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Jim, you know, the gym, and then I, cause I always thought, you know, I always thought, you know, I always said, you know, my grandmother was born during the depression, but then I.

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Yeah.

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I have to think about how Jim Crow lasted for almost a hundred years almost so she was she was not only foreign during the depression she was born during Jim Crow and she raised all of her children.

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During Jim Crow. So. That, I mean, the freedoms that I have now, I, I learn to advocate for myself.

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When I was 14. I started going, I went on my own. IT meetings. Back then.

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They called them hard meetings. But I went to my own IAP meetings because One. I didn't know I could.

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And what I found out I could, I started. I'm kidding for myself because I knew my grandmother couldn't.

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And by that time she was really sickly anyway. She was. She had congestive heart failure and

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She wasn't doing well, so she didn't need that extra stress. Of going. To schools that.

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So I was like, I felt that I can go for myself. And I can go speak on my own.

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And say why I want to. And take charge of my own. Academics. Future.

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Does that answer your question Justin?

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Yeah, they do and for those Who may be unfamiliar and I appear at our meeting, but when we went to school was, and I don't know.

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Oh yeah.

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If they are similar. Bye, I, I simply have similar things in good, but. That was basically the one, the meaning each year where you, Wait out your educational plan for the year and

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Yeah.

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And especially what accommodations would be in place. And how to meet your needs as a student with a disability.

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Yeah.

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Like what when I wanted to get out of adaptive PE like I loved PE in middle school.

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But my school adapted PE was just not my jam. I just didn't like it.

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Hmm.

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Because they, and the teacher, she was like, She was a really nice person. But she did a lot of blanket accommodations.

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And not individualized. Things. And things that she would do was like

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Hmm.

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They, I mean, I had more mobility than what she was allowing me to do. So. Yeah, it was boring.

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Yeah.

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So I was like, I got half a credit. I did one semester of Jim and I was like, yeah, I gotta go.

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Okay.

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So I had to. I was like, yeah, I'm out. Y'all can have this.

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Ninth grade by freshman year. I did. An IP meeting at the.

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To get out of the gym because, and she was there, she was like, yeah. Sharing is uncomfortable.

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She doesn't like it. It doesn't. I mean, she has more mobility than what Most of the other students have and she realizes she couldn't.

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Accommodate what I can do. So yeah, I had to get an IP meeting, but I only had to take one semester, Jim. Yeah, me.

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Everybody else had to take another year and a half. You know every other student. I mean every other high school student that wasn't in band or chair leading or or a jewel team.

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Take a year and a half. Jim. If you were in some kind of athletic thing where you were.

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Moving. Sharon got out of it. I hold it. Only I do have credit.

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So I got take quiet for my freshman year to senior year in place of

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In place of Jim. Incredible.

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Thank you. I like it. And that was my first time going to IT. I was like, yeah, I don't.

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Yeah, it was not my jam. I had to go. I was like, no. I love y'all.

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I love, I love the teachers. I love, I love the kids. I just don't like.

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This is not me, It I didn't feel like I was above it. It was just. It wasn't.

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It wasn't. So fulfilling my needs physically.

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Yeah, yeah, well, wasn't it wasn't challenging you were giving you anything interesting to do.

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Yeah. Yeah, I mean 6, 7, 8, grade, yeah, that was challenging.

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And, I mean, I got plenty of exercise walking from one class to the next because I rarely use my wheelchair.

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Unless I was, well I started using it, enquired. If we have a trip.

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When I'm with regional, to region then I had to use it because Qu like, yeah, you're not gonna walk all day.

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Hmm.

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That's too much. You have to get your wheelchair, you have to use it. I was like.

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Okay, we didn't want to but I was like okay So, so, I, you know, alright, I used my wheelchair to.

00:31:03.000 --> 00:31:13.000

To go and come home. So I would like park it in content mastery. In the morning and then walk all day and then come back and get it to go home.

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And ride the bus home in it and that was it. So.

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So it sounds like you're kind of kind of what I'm hearing. In some of these stories your sharing share, you know.

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Because of, you know, the the intersections of being in a rural location and your grandmother being of the generation that she was and growing up under Jim Crow it meant that you know you didn't have not only as many resources offered to you, but you kind of had to fast track your own.

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Journey to self-advocacy in a way that you know maybe some kids yeah maybe some kids in a more privileged place.

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Yeah, I did. Yeah.

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This is wouldn't have had to and you know on the one hand that sounds like you know. You became an amazing advocate for yourself and that's awesome but you know it sounds really hard that you kind of had to.

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Do that for yourself at such a young age.

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Yeah, I figured out when I was, yeah, 14-15, like if I were, if I were navigating for myself, nobody will, cause.

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I mean. Yeah, cause My sisters have their own lives. My brothers. My brother was, at times, like a junior in high school.

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So. What was he gonna do for me? He had a football band and girlfriend and everything else so He is not really working as long as nobody is bothering his little sister.

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You know, he's like, he's not gonna go to bat for me with stuff I need.

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But when it came to stuff I needed, if I didn't do it for myself. Yeah, I figured that out then.

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What's moving the clock forward a little bit from Good from like elementary and high school to to college if we If we might, so by I knew you, I met you and you were in graduate school at SMU, isn't it?

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Is that great?

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Yes, I was in grad school.

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So did you take it? Where did you go? What was your college experience?

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Where did you go to college?

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Hey. Oh my goodness, college and grad school. For the times of my life. I went to community college at first to get my chord.

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And then I did.

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I went to UNT. And I took a break in 2008. And I taught for 4 years.

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Hmm.

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And we'll talk, we'll talk about the professional world in a minute when we get there, but I talk 4 years, but.

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College. I flourished in college. Not, not just.

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Socially. But academically as well because nobody had any. Preconceived notions about what I was capable of.

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So I was able to advocate myself more for what I needed. And get what I needed from.

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Office of Disability Services. I got better grades in college than I ever did. I got good grades in high school.

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Mind you. I wasn't a struggling student because I love learning, I love learning. I love reading.

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It's just that I will turn the TV off. And read a book and I have friends that have no idea.

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How can I do that? I love it, I love it. It's just what I do, but.

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I flourished in college. I did. And my grad, my grad school grades.

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From SMU. I was upset about getting a B. And.

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What a friend of mine, a friend of mine that's an old that was called. A lady I used to go to church with was kind of friendly.

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We were in ministry together. Once that we went to a sister's thing one Saturday. Sisters Ministry.

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And I was upset she was like Shay. Why you have said about getting a Give it a B at SMU is getting an A anywhere else.

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You're fine. It's great. Because S and M's grading scale is different.

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Hmm.

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It's they're on the plus minus scale. So yeah, if you get a B and it's a skill.

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So yeah, if you get a B, it isn't you, it's an A anywhere else.

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Basically, it really is. So, I mean. I don't have any C's. On any transcript.

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From. They're all A's and B's and Couple of B pluses and a couple of A minuses.

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So yeah, I flourish in grad school and underground. More than not ever. And in high school.

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So I graduated high school with the average. I did so much better in college and grad school.

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Do you, to me, want just the freedom to be yourself and kinda let yourself come on your own shell?

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Yeah, I do. Number one, I got to be. When I, when, when I got to college, I got to be.

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I got to be. Because all through high school.

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Even after my grandmother passed. You know after she made her transition from this side of life. And I live with my sister.

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Every time my sister introduced me. It wasn't, hey, this is my little sister Sharon.

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It was. Hey, oh, that's my little sister. So. In anybody.

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Anybody that came to visit.

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Oh, that's my little sister. I didn't, I didn't even have a name.

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Oh, I was just. Lanita's little sister. Oh. And when you edit this, please.

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Oh yeah.

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Yeah

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I'll leave her name out. So. So you guys are gonna edit this, right? Yeah, so yeah, but every name that I'm mentioning, sleep it.

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Can you do that?

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I believe so. We have, we have someone else who adds, but I, I am sure that is within his skill set.

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Yeah. Well, we'll do, we'll do our best.

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Yeah. But anyway, I was my older sister and then with my brothers I was their sister.

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So I was finally me. I was finally Shay. And oh, funny story of how I became.

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How I went from being Sharon Shay. That started in eighth grade. It started as a joke.

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To kind of. So off my teachers. I just started writing Shay. They're like, I'm right here and they're like, oh.

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And I think they just finally caught on. But I, it was just, it, Australia isn't a joke and then, then it was an attempt to.

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Had my own identity because I was tired of being somebody's sister. I wanted in me and Finally in college I got to be me.

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And I got to flourish academically, I got to flourish. Socially. So yeah, that was just great because nobody had any preconceived notions about what I was going to.

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And what I was gonna do academically. Finished my first semester with a 3.3 3.

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And I was at community college, but still. First, 3.3 3. So. That's gonna be awesome.

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And I was just on from there.

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Yeah, you know, it sounds like you really are in space to be you. Yeah.

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Because I was always capable. It was just the thing. Going up in small town U.S.A. when you're

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A person with a disability. Oh, I don't know if you've noticed it.

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Instead of saying disabled person

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I tend to, oh I prefer using. Person first language. When talking about myself.

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Yes. My apologies for mislabeling you. With the, with the other form of language earlier, apologies.

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No, no, no problem. I mean, it's fine. That's just my personal preference and I knew it wasn't done maliciously so No apology necessary.

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I forgot what I was saying, but.

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Do you remember?

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You said, Yeah, as a person with a disability in a small town in the U.S.A. It sounds like there was a lot.

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And in addition to being identified. By your family members, you know, rather than on your own merits, there were a lot of assumptions put on you.

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Before people even got to know you.

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Oh yeah. Oh, thank you. Yeah. Oh yeah, small town U.S.A.

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When you're a person with a disability, they all, they, they, stick you in a special end.

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Wow. Automatically. It doesn't matter if you're If you're born with a disability like I have.

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But I was or if you had an accident and you became a person with a disability. They just.

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They just shuffle you right in there. And that's unfair.

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Okay, up here. They don't, they don't even have. Content mastery, where they don't even have the pull-out program.

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They do the in-class support where the kids stay in the classroom with their peers. And somebody comes to work with them.

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I've done that before. When I was a guest teacher. Where I came to work one on one with somebody.

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That needed help.

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And that is so much better than, even though the pull-out program was okay because You go to a different classroom to do your work, you get the extra help.

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But. It's kind of like labeling.

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And that's not okay. So.

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Yeah, no, it's kind of a blanket, you know, this is what. All of these students in this category need rather than.

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Individualized figuring out what each particular student needs. And and how to support them.

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And that happens a lot in small towns. U.S.A. because it is a small town and. The population is smaller.

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So they're thinking, okay.

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We only got this amount of resources and these kids, so we're just gonna do this for. Everybody, here you go.

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So, in a way I kind of see that. Right. In a way, in a way it's like, no.

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That's not okay, do better.

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Make some changes.

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Yeah. Yeah. I'll show you. Go ahead Justin.

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I remember, oh. This is, yeah, I remember being in contact mastery, but. Hey, actually made my brothers jealous.

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Cause I didn't have homework through Bye, A 3 to my senior year, cause I just do all of my homework in content mastery.

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So. Similar experience but again I had the privilege of my mom being in the education system for my teacher.

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Teachers knew her and yeah, it, it was still as good as it wasn't as good as my teacher was.

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It was this very,

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Things going out type of experience. I vote very much on an island. When friends of mine would pass by the content mastery room.

00:46:00.000 --> 00:46:04.000

Yeah, that makes total sense.

00:46:04.000 --> 00:46:32.000

Also, I think we should probably be the wrap of the podcast up soon, but I did want to make sure we had a chance to talk about Is there anything you want to share about your your professional experience of working as a person with a disability and and bringing all of these experiences that that you've had especially since you know we've been talking so much about education and you you were a teacher, you work in education.

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Professionally, it's been. Really hard. Especially when I was a teacher. I love it.

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My job. I'm actually sad to leave it, but. At times it's just too much of our body at And I wasn't getting paid enough, so.

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I was like, I'm gonna go, I'm gonna, I'm gonna leave this.

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I'll get in his eye. And I'm gonna go back to grad school. And get some more education, try to get a different job.

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But now with the teacher shortage. Trying to go back to the classroom because they need help.

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But I'm going to. Just to. Tell you. Just kind of give it to you.

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I'm gonna get to you. And a

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Heartbreaking. What I had to go through professionally. For the most part. It was okay.

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But they were some days. Or not. And when Justin was just talking about. How he had friends that passed by that.

00:47:57.000 --> 00:48:06.000

The content master classroom. Pretty good memory of when I was teaching at a high school.

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I forgot what high school it is, but. I was teaching at a high school. And I, you know, I had.

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It was this missile.

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And, you know, I write. The pair transit. So. I was on the bus and I've got my headphones in but I'm looking out the window.

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Cause I haven't started my music or my. Audio book yet. And I see. The same kids that I was just teaching.

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Let down the window on their school bus. And they're yelling. Okay, on the bus that I want.

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And they're using the R word and they're laughing.

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Do you know how bad that hurt?

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Do you know what to worry about?

00:49:10.000 --> 00:49:13.000

I don't want to say that word because I don't like that word. They're using the R word.

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Towards my blessing and they don't know that the teacher that they were just hugging is on Okay.

00:49:24.000 --> 00:49:27.000

No, that's incredibly painful.

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And I love teaching. I have to prove myself. I have to go an extra mile to prove myself professionally.

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Whether I'm teaching. Or being an office assistant and it's her. It's frustrating, it's heartbreaking, it irritates me, and makes you want to throw something.

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I don't know. And I did not bring the brick. I didn't mean to bring down the room.

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With 5 min to go in the podcast, but.

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That's what That's part of what this podcast is for is to be really real about.

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And I'm actually, I'm actually kinda glad that you say this question. Had you asked me that first, I probably would've cried to the whole podcast and that wouldn't be good.

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The heartbreak that we experience and the Thank you for answering it, and thank you for. Sharing with what you've been through.

00:50:51.000 --> 00:51:04.000

Yeah. And for being honest and open. Oh, open and honest with who and Who you are and what your experiences are, you're very valuable to.

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The Julian Way and to me as a friend, my friend. So thank you.

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I hope I answered all your questions.

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Absolutely.

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You did great. Okay.

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And if we could. Maybe do another podcast about dating with a disability because that's a whole different can of worms.

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Is a whole thing.

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Okay.

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That. That's a whole thing because I've got some experiences that are just crazy.

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And if you want to explore that topic, we wouldn't talk about that when you want to.

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No P, palsy's with palsy, darker dark. I love it. Hmm.

00:51:51.000 --> 00:51:52.000

What's that?

00:51:52.000 --> 00:51:56.000

I didn't say we had to get, we don't have to get x rated. We can, we, we can keep the PG.

00:51:58.000 --> 00:52:05.000

We'll have to go our rated with it. We can keep the PG and just discuss.

00:52:05.000 --> 00:52:12.000

The things that. You'll be your comrades Justin, cause it's not cool.

00:52:17.000 --> 00:52:21.000

Hey, I Don't throw myself so unceremoniously in that bow. I'm doing my best over here.

00:52:25.000 --> 00:52:36.000

I think you're so right. I mean, and talk about, you know, people considering disabilities before they can consider the person with the disability.

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You know, I think that feels like the the very strong link between the things that we've talked about here today and the conversation about dating for sure.

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That's honestly a conversation I honestly I mean, I said that's kinda like the mood because we got a little too heavy, but yeah, that's honestly a conversation that.

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That it really validly needs to be discussed and maybe that's a panel. Maybe that's a panel discussion.

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Yeah, I think they're, I think we know lots of people who would have thoughts on that.

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So maybe I can turn back for that panel.

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So thank you for. Yeah. Thank you for bringing that to us. And Thank you so much for this conversation, Justin, shall we, shall we start landing the plane?

00:53:29.000 --> 00:53:45.000

We shall land the plane friends. Thank you for joining us. Today I'm buzzing with policies and meaning whether one of our friends are one of our favorite folks you can find us on Apple Podcast.

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Spotify, I heart radio, Pandora. Basically anywhere that podcasts are available how old is with calls, he's just there for interesting and funny and fun conversations and challenging conversations and Everywhere in between and we just would encourage you to put some good into the world and be good to yourself and to one another's and we will See you next time.

00:54:18.000 --> 00:54:19.000

Bye friends!

00:54:19.000 --> 00:54:20.000

Bye!

00:54:20.000 --> 00:54:23.000

Bye everyone, thanks.

00:54:23.000 --> 00:54:29.000

Bye.