

Perri -

Please, let me, uh, introduce and you get to say hi to, um, Perry garner now. Yes. Perry is, is the nickname the short name? Correct. What does it say on your birth certificate and your license? okay. Perrin. Perrin, yes. Okay. Perrin, for some reason, we're here to talk about, uh, your disability yes. And dis the disability community.

Yes. Um, and how you can be inspiring and inspiring to others. Yeah. Um, and you being a mom of three girls. Yes. Which is probably the biggest struggle you have. Yes. well, well, hold on one thing that wasn't put on your prep sheet was. Aside from disability inspiration, you can give people mm-hmm mom, a three girl inspiration.

Mm-hmm single mom of three girl. Not a single anymore. Okay, good. Alright, good. You enlisted help that good? Good, good. Yes. Okay. We we'll get to the mom stuff later on. Um, this is you are a decorated person here with the ability center, a two time ability center, scholarship award winner. Yes. Will you leave some money for somebody else?

Oh, yeah. Well, I, you know what, when I applied for the second time, I said, I would prefer that someone else receive it, even though I still need help. mm-hmm so like, please give it to other people. Okay. Put me. Aside. I want to see other people succeed. Did they tell you that you can't win anymore? Or can you just be like the golden state warrior you win as, as win as much as you can.

They were, they said that you can win multiple years in a row as possible. So is the two, is it two in a streak or two in a row? Two in a row. Okay. All, yeah. So when, uh, When people submit, uh, their essays, their questionnaires, um, if by some chance maybe they come here to drop them off. Mm-hmm do you hide in the bushes and say, Hey, Hey, look there.

Ain't no way you're winning this show. No, no. I say I spread the word, please apply. Good, please. Everybody good. And we'll get into what you've done with that. Cause I know, I don't think you worked, you spend so much time school and mom, right? Yes. Okay. Yes. Uh, we'll come around to all this stuff. You seem kind of comfortable now, right?

Yes. I'm better. um, I. It's a, there's a question on the prep sheet here you saw as well. Yeah. And maybe you raised an eyebrow to it. May, may. I would guess you would have an answer to this. Okay. how did you get your name? The answer I would come up with is your parents gave it to you. yeah, so, um, my mom, she actually loves history.

I do as well, and she loves to read, and it was the, actually the first person, boy, male of European descent to come over on the Mayflower to be born off the Mayflower named Paragon white. You were wait or no name for the person I was named from that person. right. Okay. That makes sense. Um, what is your favorite part of history?

I just love us history. Um, I just love history in general. Okay. I just love history. Um, I'm learning new things. Did you carry on the tradition with your, with your mom, to your daughters? Um, the only tradition I carried on is that my grandmother, my mother, myself and my oldest daughter have the same middle name.

What's that? K K a Y K a Y. Very simple. Yeah. Um, so my, my personality name, it's just Eric E R I C, but my legal name, um, is Eric a R I C. Oh. Um, some people know that I don't hide it. I put it out there sometimes. And I, I wanted to share with you that. Um, like you, when I was a little boy and even now people mispronounce it, they say different kinds of ways.

So what kind of weird mispronunciations have you, and she just rolled her eyes. so give me the, give me the top three mispronunciations um, I can't even say it, but like, oh my goodness. Like Perry groin. Okay. Uh, The, it just gets butchered, honestly.

paper like the water you ever get back? Oh, no, but I get all these different, like, um, uh, Perry, Winkle, Perry chair. I don't know. It's Perry from, um, the platapus show. I forget what it's called Perry. The platapus. Okay. Like all those kinds of things. When you were a kid, did you, did you get teased about your name at all?

Was it yes. . What was one that you, the bullies came after you with just. Pippy long stockings or this things like that. Perry Winkle. Okay. Okay. uh, it's Perry. Perry garner. Yeah. Let's uh, let's go back to, uh, when you were a kid, give me the Perry origin story, and then we'll talk about your disability, cuz okay.

Uh, for those that are not watching and. Unless there's someone in the ceiling. , it's only me and Perry. Yeah. I, I would look at you and I do not see a disability and that's kind of like what we're here to talk about. Right. Um, I know Stewart here, like he tells me that I have a, I am disabled in some way. I have bipolar too.

Mm-hmm and my brain keeps me from doing some things. Mm-hmm uh, it's minutia it's semantics. Mm-hmm um, but Hey. It kind of goes, goes back to the trade saying like everybody's got something right. Most people I think, and you're probably probably are familiar with this mm-hmm people would look at you and go you're you're totally fine.

Exactly. So give me your origin story. Okay. Um, well, first of all, I was born in Toledo, Ohio, and I was born at mercy hot hospital, um, near the, I grew up in the old west end. So I was in the old west end. Um, it's no longer open. So anyways, I. Diagnosed with having a pediatric stroke, um, when I was four years old.

So that was just, um, my journey began there with a lot of physical and occupational therapy, um, up until about third grade. And then my mother didn't have, she had multiple jobs and didn't have insurance, so we had to stop doing that kind of stuff. But then when I was in junior high, I went to a school for kids with disabilities and we had horseback riding therapy.

So that was really interesting. What were some of the challenges that you, you said P. Stroke mm-hmm um, what age did that occur at? So they believe the only information I have is that, um, it occurred around the time I was born. They don't exactly know at what time, if it was before, during or after. And what the cause was, how is how common is that?

Um, It's it's considered like cerebral palsy and, and pediatric stroke is considered rare, but at the same time, cerebral palsy is the, um, largest, um, disability of children in the world. Sure. Something that most common. Yeah. Something that I think most people are fairly familiar with. Mm-hmm . Um, but it looks different cause you would not look like someone who might have that.

Exactly. Um, so what were some of the challenges when you were growing up? But I, I know we talked about getting to be, uh, in middle school, I think in no insurance, but go getting up to that. What were the challenges that you faced? So I fell a lot. um, so I have weakness on my left side of my body. I'm not coordinated.

I have some muscle. Issues. It's mostly physical. So yeah, I would have a hard time doing daily tasks, like, um, um, clothing, myself. I had to learn how to like clothe myself properly. I had a hard time with buttons, zippers, um, just that fine motor skills on my left hand. And I used to fall a lot where they almost, I almost had to wear a helmet to project myself and I still fall to this day.

I've just learned to catch myself better. now it's just like general, general human clumsiness. Yeah, yeah, yeah. How many Legos have you stepped on over the years? Oh my gosh. yeah, I just fall on it there. There's not even an object in the room and I fall so, right. Um, what, uh, for others who might have, or educate me and others about cerebral palsy and some of that, I guess, occupational therapy that you went through, where sure.

You had a trouble, like you just described buttoning, zippers, everyday things, um, to go through that challenging process to get that physical therapy, to get to a point. You can, this becomes second nature to you. Okay. So I actually started therapy at St. V's hospital when I was four years old. And at the time I know this is, this is a visual thing, so I it's hard to explain, but my, like my left arm was so spastic, I guess it was up against my body.

And so when I'd walk and I'd also walk on my tippy toe on my left side, so I had to learn, really learn how to walk and move my arm out. And, um, my position, my body in a normal fashion, so that, um, to avoid falls or hurting myself, that sort of thing. Um, so the process of that was I had, sometimes I had a, um, I did that, those sort of things at the hospital, but I also had like an in home nurse come in and help me with some of those occupational things.

Like I had to work on my fine motor skills. What, what ages were, were you in school at this point? Um, were you teased because of this? Yes, a lot. I, I just remember at the time being like in kindergarten or first grade and people would be like, what's wrong with your hand? Why do you have a, I would have an, a, it's called an AFO.

It's kind of like a cast on your, or a splint on your hand in your leg. And, um, kids would just be like, you know, what's wrong with you? Why do you have that? And I would just be like, oh, I had a stroke. Like every six year old knows what a stroke is. Yeah. And it, and they would. Oh, you mean like your heart, you had a heart attack and I just didn't understand.

I'm like no, a stroke and I just could not comprehend. That's time why they didn't understand that concept. how old were you around this time? Probably six or seven. Yeah. Very young. I knew I knew what was happening to them. Right. I knew I was very aware, but you couldn't, you couldn't explain it to them for them to grasp exactly.

Um, When, when did you not be okay with being teased about it, but you just kind of let it roll off your back. Did you, you build up some thick skin or what, and I know it always hurts, but at, did you, do you, did you hit a point where you're like, you know what, just shut up. yeah, I think, um, one of the, actually, when it was able bodied children, that would say things, I would just be like, well, they don't understand it's okay.

And it really wouldn't bother me. But probably when it did hurt me the most is when I did go to the school for, um, kids with disabilities in junior high, you know, you're more of a sensitive, um, place at that time, at that age in junior high. And there was another, um, girl that had other disabilities than myself and she would make fun of my hand.

Like, why does your, why does your hand look like that? So that hurt. And then I just, after that, I'm like, it just didn't, I don't know. You. You get over it, you don't let people bother you. Um, to go to go backwards a little bit. Uh, may I ask how old you are? I'm 35 35. Okay. I'm 43. Okay. We're a little close.

Yeah, maybe we were in the same school generation. Yeah. Like I look back. Um, to me at that age mm-hmm and I said some horrific things uh, to able bodied kids. Yeah. Two kids who had issues. Yeah. Um, and I regret the hell out of it. Yeah. I don't beat myself up too much for it. Mm-hmm um, but do you think that we have come a long way since then?

Where some of that teasing and whatnot has subsided, there's a little more understanding. There's a little more empathy and sympathy. Mm-hmm among kids and you have three of them. Yeah. Do you see them and their friends? Um, what's the, what's the landscape like with them? Like when, as opposed to when we were growing up, like, not that it's a, it's a disability thing, but I was relentlessly teased about the size of my nose.

It was awful like me too. it was awful. Um, And then again, you just get older and you let it roll off your back. Yeah. But what's the climate like for, for your girls now? Well, I feel like, um, I actually, I feel like with social media, there is a lot more awareness of people with disabilities and, um, our generation has taught people and their children to be kinder to humans in general.

I feel like just overall. And I, I want to help continue that, um, mentality that everyone is unique and different and that's okay. And no one is normal. Everyone is different. And that's how I teach my children to be, um, when, uh, I was visiting with Stewart and, uh, Brad Herig. Who are you familiar with him at all?

I am not. . Brad was in a short, the tweet length version is Brad was in a horrific factory incident and lost both of his arms. Mm-hmm um, Wild, just a wild, wide wild sort, very inspirational. Now. Um, I, I, he blew me away watching him speak so much enthusiasm and I wasn't expecting like he holds his arms on and off, but just so inspiring, funny, entertaining.

I can see why he's he gets paid a lot of money, absurdly, so to speak. And I asked both him and, and Stewart. Um, do you think you have a disability and both of them kind of said not really, um, not to put words in their mouth, I'll ask you the same question and at different ages. Yeah. Because you physically look different now than when you were this age and were going through the therapy.

Um, so I'll ask the que, do you have a disability? Do you think you have a disability? Yes, I do. Um, when I was younger, I, I I'll be honest. I felt like I've always felt this way. I felt like I was kind of in this, this middle. I was like this in this middle. I didn't know where I fit in because people couldn't see that I was disabled, but I had a lot of challenges physically throughout my whole life.

So growing up, my parents and my family just encouraged me to. Do everything. It didn't like they didn't, they didn't, um, push me aside or like, hold me back. They were like, you can do

anything, which I think was awesome. But then when I got older and I started experiencing more challenges of getting older with a disability, I really had to look at it a different way and say, um, I know I need help and it's okay to ask for help.

And I do have a disability and, um, I wanna be there for other people that have maybe. In the same path as me where it was not so bad as a child, or you kind of just, you just went with the punches as a child and that's how you thought it was gonna be that, but then you get older, you have more challenges.

That's okay. What are your child, what are your toughest challenges now, other than having three girls keeping them off of social media and having you spend too much time on TikTok? Yeah, well, um, as far as with my disability goes, um, after I had my last daughter, so I thought my concept and my disability was.

This is how you are, this is how it's gonna be, and this is how you're gonna be the rest of your life. And cuz when you hit like 18 or an adult, you don't have as much support with your disabilities as you did as a child because they just, they want you to get to a certain point. And then just be capable of like living your life.

So I just thought this is how I'm gonna be the rest of my life. And I accepted that. Great. But then when I had my last daughter, I started experiencing like excruciating pain daily and I didn't know what was going on. I thought I was having new diagnoses. Well for the past, it's been, um, eight years, they just keep the.my doctors just say, no, it's because you're cerebral palsy and aging.

And it's just, that's what it is. So that's a big challenge I've had to face in the past nine years, or as an older adult is handling that pain handling that I'm looking at you. And I gather that it's more mental agony at this point than physical. Um, there was a lot of like, yeah, there. Yeah. I have a lot of things from my past that have contributed to that.

I've realized. So now I'm at a point where I can, um, I'm handling my pain issues a lot better. What is, uh, walk me through the mental health aspect. Mm-hmm a little bit further of the different stages of you managing your disability. Mm-hmm um, we already talked about being teased as a kid. That's awful and agonizing and why child suicides are, are up these days and so much more.

Yeah. Walk me through the different stages of you handling this. Uh, with your mental health, because mm-hmm, , that's the one reason where I always kind of like push back on Stewart. Mm-hmm um, my mental health, it actually did cause me physical issues. Right. Um, and I'll keep it short, cuz this is about you um, My undiagnosed anxiety was burning up my tendons and ligaments.

Oh, wow. Um, I would go get MRIs and x-rays and they were like, it's inflammation. I'm like, I know that, um, went to rheumatologists and they were like, it's not RA. Yeah. And then some even were like fibromyalgia, which isn't diagnosis. They just kind of throw out there exactly. and one day I got on the right medication and it, and it completely stopped my anxiety.

I literally have like no anxiety and I can activate my, my techniques. I know. Um, so it was my, my brain was burning up my body. But I always think about someone like you mm-hmm or

people that are in this building, what the, what the mental health challenges are. Yeah. When it comes to dealing with a physical disability.

Yeah. Which I don't really have to deal with. I have to, it's hard to fight your brain mm-hmm but to fight your brain and your body. Right. Tell me about that. Well, I just, I wanna give a little background information, um, and it has to do with my children. Um, and, and them giving me strength. So, um, one of the things I realized probably contributed to my pain, not only my cerebral palsy is that my ex-husband was actually abusive.

And I, that's why I say I contribute a lot to my children because they gave me the strength to leave. And so being in that situation for so many. Gave me a lot of anxiety and fear. And I feel like that did contribute to a lot of my pain problems. So now it's been years it's, I've been divorced for four years now.

So , I've really, I've used to be. I would just like when I first went back to school, I would just have a panic attack. Going into the school, just to ask a question, cuz fear of new places, but I've learned to, I just expose myself to different things to try to like manage that anxiety kind of like an exposure type of therapy.

That's what it's, it's called. It's called flooding or immersion. Oh, okay. It's it's an example I use, uh, all the time there, there was a book that literally saved my life. Oh. Um, when I started chasing this diagnosis. Yeah. It's. It's very hokey the feeling good handbook. Okay. But there's very, uh, rudiment, rudimentary, um, cognitive behavioral therapy techniques.

Yeah. The a couple really hit me hard and one of them was immersion. Yeah. Um, I used the example and I have to change this because the movie is now like 17 years old. Did you see the first good Batman movie? I don't think so. Sorry. You know the story. So, so Bruce Wayne, the rich guy yeah. Goes into this cave.

And the bats, thousands of them. Yeah. So starts swirling around him. Yeah. He's terrified of bats. Oh yeah. He's crouched down in fear. Mm-hmm but then he stands up and the big orchestral music plays and because of the Batman movie. Yeah. He is overcoming he's fear cuz he was immersed in that. Exactly. And that's what I try to teach kids and anybody else.

Um, cuz our anxiety will often lie to us. Like if you stick yourself in it, you sweat through it and it sucks. But then you're like the light goes on and you're like, well, why was I so afraid all that? Exactly. and that's probably exactly what you're doing when you went to school, you sweated it out and you're like exactly the worst, the building didn't collapse on you.

Yeah, exactly. So. Now, now it's been a few years. I feel like I can, when I felt overwhelmed in that way, I felt like, so I feel like stress is a trigger mm-hmm for some of my chronic pain. So now that I I'm better at managing my thoughts and emotions to not trigger that pain. How do you manage them? My emotions.

Uh, well, like I said, I just, I just, even if I'm scared and I'm nervous, I'm SHA I'm literally shaking. I've just said, I'm just gonna do it. I'm just gonna go do it. And I'm gonna expose myself to the environment. Nothing's gonna happen. I kind of just talk myself through it and, and do my best. uh, another line from that book, talk to yourself more than you listen to yourself.

um, are, are, is there anything that you won't do? Do you have any kind of like ridiculous fears? I'll share mine with you. Oh yeah. um, I will not like jump out of a plane. right. Okay. I'm with you on that. I, I will not take the risk. I don't like Heights. Yeah. I will not take the risk of that. Shoot. Not opening.

Yeah. Okay. Because for how many ever seconds I'm thinking about how hard I'm gonna hit the ground. Exactly. Do you have anything else? Um, I'm kind of afraid of water, of like deep water. Okay. So you should be water can be scary. Yeah. uh, you'll. You'll. You'll never guess mine, but people find it funny and okay.

And they tease me. It's totally fine. I earned it. So the Heights bothers me a little bit. Yeah. But if you said to me, like, I'll give you a thousand dollars to go stand at the top of the high Cedar point ride for a half an hour. I'll take your money. Yeah, yeah. Yeah. I. Do not like bandaids at all. Oh, really?

At all. All right. Cause of, cause of summer camp and then like my stomach is starting to turn. Oh no. So, oh no, you could say I'll give you a thousand dollars to put a bandaid on right now. Nope. Not a chance. That's very, um, What was it like to go after the scholarship here for the, uh, for the, with the ability center, two time winner, again, the Steph Curry of the ability center scholarship.

Cause again, you're not working right now. You are like deep into school and you want to be a pharmacist? Yes. Okay. Tell me about your education. Um, okay. So right now I'm a, I'm going into my, uh, it's called P two professional, um, year two for pharmacy. So I've already done three years. I have three more years to go in the pharmacy program at university of Toledo.

So last year was my first professional year in the program. Um, as far as the scholarship goes, I just, I remember I went to the zoo one day for a disability events. Um, and the Billy center was there. So that's how I found out about the Billy center. And then I was just curious about, you know, if they did offer any scholarships.

So I went on their website and I thought, oh, okay. And I called, I said, is there an age limit? Cuz sometimes there's an age limit for these scholarships and they go, oh no, you know, anyone can apply. You just have to have the, a disability. And this there's some other things. And I applied and I just was like, this is a, this seems very competitive, but I am going to just try my best.

What does it, you know, just trying just that's what I always tell myself, no matter. As long as you tried. So I just said, okay, I'll try. And the day I got the phone call, I cried all day . I was so overwhelmed with joy. I just could not believe that they awarded it to me. I was just so I know two times. I know.

And then I just, I go, I almost didn't apply the second time. My confidence, I guess I was just like, no, you know, that would be really tough. And I said again, I just told myself again, I talked to myself through my anxieties. I said it doesn't hurt to try. Mm. So I just, I applied, but then, like I said, when I turned it in, I said, I really wanna see other people be awarded this, that need it.

I, I need it. but I rather see it go to other people, like just FYI. And so when I got, I was just like over, I was just overwhelmed. I was couldn't believe it. One thing that caught my attention, uh,

in your, in your essay was I was going through this very, very careful , you're a very good student and there's stuff in here that I wanna ask you about that you're probably not expecting.

Okay. Which I'm very excited for. Um, you specifically wanna go into pharmacy to help people with disabilities to dispense better medications. Talk to me about that. So, um, I wanted to go into pharmacy because, well, first of all, my great-grandfather was a pharmacist and he had a pharmacy in Sylvania. It's now J and G's pizza.

That's where the, wow. That was where the pharmacy was located. Look at that. I think that's pretty cool. I like his, like I said, I like history. Um, but so after I had all this, these pain issues, I just felt like there wasn't a lot of currently a lot of options for people in pain, or there was, it was very difficult to get help for people in pain or people in pain were, are kind of, I wouldn't say ignored, but if you're not dying, You know, it's just kind of like, you're kind of set to the side a little bit and I'm not trying to be negative, but it's just my experience as a person with chronic pain.

I, I, I gave you some that, that happened to me. Yeah. Like I was so tired of being told, well, you have inflammation. I'm like, I know. Yeah. Why, why exactly. And it's like, you C. It's it's unfortunate because when we're young, we have a lot of weird ideas of things we think unicorns exist. we think we'll never step in a Lego, all that nonsense.

And you think that you're gonna go to the doctor and get better? Exactly. This is not to, unfortunately, yeah. There is a continuum of, um, people who do good podcasts and bad ones. that also exists with like doctors and pilots. Right. which is quite frightening. But I, I. We all need healthcare. Exactly. You can't go too far without seeing how much healthcare costs people these days.

And it's like going and getting a \$65 steak and it tastes like a hamburger, right? like, if we're gonna pay this much for healthcare, we want these things to hurt. And if we go somewhere, we don't get answers like you and I seemingly had. Yes, it's demoralizing. Yes. It's very frustrating. And, and it's hard.

And so I thought, you know what? I want, I'm gonna educate myself to do the best that I can. To figure out what's going on with myself and that I can give back and help other people. What have you, uh, you like history? Yes. Uh, now you're like neck deep in like drugs. Yeah, the legal kind. Yeah. um, what have, are there any moments where you're like, wow, that's like, I just found out there was a pharmacy at J and G's.

Yeah, which I know bad Toledo pizza person. I've never had. I know how good it is. Yeah. What, what's like a nugget that you learned in your studies? You're like, well, I never knew that like they mixed, uh, like they did use actual bubble gum in amoxicillin. Oh, I know they did. No. I'm like what? They're like, what are you talking about?

But like, what's something that you've learned as a pharmacist that you kind of nerded out on. Oh, um, Just some of the ingredients that were used to be used in pharmacy and before it was regulated, Coke, like Coke. Yes. Like Coke, like heroin was a brand name made by Bayer. Yeah. Back in the day. and that's just, my dad actually talked on Tommy back.

Um, There's a question on here. Let, let me ask you two, uh, more serious ones and then we'll start to slide along a little bit. Okay. Um, you alluded to it a little bit. Mallory has it highlighted

and I don't wanna get fired after the first one. So I wanna read this. Okay. What are you doing? And you you've discussed it a little bit.

Yeah, but you're very bright woman. Um, and you're probably a little scared. Yeah. Cause of what we've already talked about. Mm-hmm what are you putting in place so that you don't have to worry? Or you can more health in a more healthy way, worry about the pain, the discomfort, right. Disability as you age.

Right? So like I said before, I, I thought at 18, 20 years old, this is as bad as it's gonna get for my disability. And this is the rest of my life. And then when I started having these pain issues, I realized, no, I have to do, I have to be more proactive in my. So that I don't get worse or are not, or slow it down.

So like one of the things I did, so when I first started college, Um, I was a, I knew I could do it mentally, but I was afraid of my physical issues that I'd be too tired to get through it. But I said again, I said, I'm gonna try. So then I started spring 2020 in March. Everything went online, which was actually really good for me because I was able to do everything online.

Well then fast forward to fall 2021, it was not only, it was my first professional year of, um, pharmacy school, which was 18 credit. And it was the first semester. Everything was back in person. And I just thought to myself, I have to do something if I'm gonna physically get through this. So I actually, that whole summer, I went back to physical therapy.

I actually asked my doctor. For physical therapy. So I could get myself ready for walking on campus. Yeah. Sitting all day. So that was the big thing I did. And I also got another AFO for my leg. Um, and then just learned, you know, to, I mentally prepared myself to say, Listen to your body. Take a break. When you need a break, don't overdo it.

Cuz I'm very headstrong. And even if I'm totally exhausted, ready to fall over, I will push myself till I just fall over. yes. So yeah, that's what I that's. What I've been doing is just listening to my body. Going to physical therapy following up with my doctors. I, I don't know if you thought about it this way, but it went through my head.

Mm-hmm the same way that you trained mm-hmm to go back to school. Mm-hmm was like training for ma marathon 5k, any kind of competition, any studying to, for an essay like you prepared for it. There's a, there's a lot. Um, savvy foresight that went into that. Yes. So that's great advice. Yes. The other thing, and I think I'll always ask, um, people that are sitting here wherever we do this podcast.

Um, what is your advice? And I think this is gonna vary person to person because. Everything is subjective. Yeah. Um, we all are a product of our own experiences. What would, um, what would you say to somebody who might be staring at someone? The, the staring instance when it comes to someone with a disability mm-hmm , um, I don't do we talked about this in, on my podcast with Stewart.

Like I don't do it out of malice. Yeah. In the same way. Like if I saw a pink bunny, right. I just don't see a lot of these, so right. I'm gonna look. Yeah. Out of curiosity, what is your, um, what's your perspective on the other side of that? As someone with a disability mm-hmm um, what's your advice to people?

Well, I would say if you're, if you're generally curious, I would, I would politely ask the person like, hi, I'm my, name's this nice to meet you? Like, just ask them questions. Just be a normal person. yeah, just like talk to 'em the. I think we're all around these discussions. You have probably thought this yourself, cuz you see people, um, somebody who might be missing a, a limb or, or whatever it might be.

And I know that there are like, again, different kinds of people. One person might not wanna be asked about it because it's a very sore subject, right? Somebody else. It's like you just said, when they see, go ahead. Yeah. Ask what you wanna ask. I love talking about it. Yeah. It's a, it's a delicate situation.

It is. It is. Um, well thank you for sharing that. Yep. Um, let's slide over to some super fun stuff. Okay. um, how, what, what is your, what's your top piece of advice for parenting three girls patience. there's not enough. It there's not. What do you do when you run outta patience? Which is probably happens a lot.

No. My girls they're, they're just awesome. You know, just, I talk to my children as if I just give it to 'em straight and I'll tell them as far as like with schooling and everything else, I just tell 'em to try their best. Um, I just talk through, I just talk to situations with my children. How old are they?

They're going to be 12, 11 and eight or nine. Sorry. . And for those that can't see, I'm looking at. There's no gray hair. Oh, oh, you . It's it's thick under the, okay. Under this um, what are your favorite things to do with them? I actually love taking them to all the Toledo area events, especially the Metro parks.

And, um, like we just went to the old west sun festival, the Crosby arts festivals coming up, just any, any local historical. Art related cultural, just local events to, to share with my children. What are you guys doing this weekend? Which will be the 18th. And if you didn't hear, if you care, I know common cancel tonight.

Oh, I did not hear about that. I just seen it on Facebook. It was breaking news as soon as you walked in. Yeah. Oh, so the first proa concert not happening, although by the time this is out there, um, what are your plans for the, for this weekend with the girls? Um, this week, I don't really have any plans this weekend.

The, no, this is you and me talking. We, I might even edit this out the strawberry festival. Yeah. I didn't even know there was one. I, I think we tried to go to that one year, but so sometimes again, like I said, I do have some little social anxiety. If there's too many people or it's too crowded, sometimes I'll back out.

That's why I like the Metro park. So it's very quiet and relaxing. I love nature. So when I was younger and first, uh, doing radio stuff, then I would host club gigs and DJ, I, I like to say that I, I used to cause the chaos. Yeah. Now I avoid it at all costs, right? Yeah, exactly. Yeah. Um, What's your favorite pizza place?

I would have to say blaze pizza. We tend to order, we tend to door dash blaze pizza. Okay. I had an event there not long. Oh really? And I didn't try the pizza. Yeah. It looked fine. Um, and they were very nice. Yeah. So good. What other what's what's a non they're chain. What's what's a non-chain. Uh, well, I'll, I'll be honest.

I'm not a huge pizza person with what's so probably not my best. Okay. So I really like, um, like, uh, Lebanese food. Okay. So I'll shout out to Sudan. Yes. On Bancroft. Good food. Um, your favorite UT tradition. And I'm just asking that cuz it's on the it's on the list. Yep. So I would have to say, um, the homecoming parade, I joined some other pharmacy students.

Semester for the parade and my kids loved it. We actually were in the parade around campus. So that was really fun. Excellent. Um,

What is your favorite part of American history? Oh my goodness. Um, well, okay. I know, uh, the national parks, I love the national parks, the founding of the national parks. Interesting this year is the hundred 50th anniversary of the Yellowstone national park opening, which is underwater right now, which is underwater.

I know I really wanted to go and now it's like, well, it wasn't meant to be. And I'm upset that. Flooding . That is extremely fascinating. Cause when I would ask anybody that question and when I think of it, I think of the time period. Yeah. Is there a time period? No, there's no time, period. I just like, I just love like historical monuments and just learning about what has happened in the past from.

Then till now the changes a lot, a lot, a lot, a lot has happened. Um, what, uh, what are some places that you've been, um, that are a part of our history that you've enjoyed going to? So obviously the art museum is awesome. The old west end, I grew up in the old west end. Oh no, no, no. I mean, across, across the country.

Oh, okay. Um, we've all been to those places in Perry. Okay. Um, so, well this is kind of close, but, and I think people don't realize, so in Put-in bay, I know it's like a big party place, but honestly it has Perry's monument mm-hmm and you can go up to the top on the elevator and see all the lakes. It's really beautiful.

There's a crystal cave there on a winery, which is really awesome. And then there's also Perry's cave where the soldiers actually hid in the war of 18, 12. I believe in comedy. It's not yours. No ridiculous. Um, and then, so, um, like the smokey, I just like national parks, so like smokey mountains, there's mammoth cave in Kentucky, which is like 400, it's like 300 feet underneath.

And it's like the largest cave system and the world, I think maybe. And that's just, it has a lot of, um, African American history there at the mammoth cave. Um, they actually. People used to go down there in the 18 hundreds and, and like, write with, write on the walls with. And it's still there. It's still preserved.

So how this, this sounds like something that you would've done, uh, as a, as a job. Yeah. What, was there a career you considered in this? Um, oh, you mean? Yes. Oh gosh. wait. You might hold on Perry. The pharmacist Perry. The pharmacist is a little illiterate, but I can see. The 7 million TikTok follower account.

Now Perry, the park ranger. Yes. Oh my God. Yes. Yes. You would've been a park ranger. I would've been a park ranger. Have you ever considered working at our Metro parks? I mean, that would be awesome. Yeah. I've this, this thing keeps popping up in my feed. Maybe you've seen it too. They're looking for like a camp inclusion program directly.

Oh, I didn't see that. Yeah. Um, okay. Last couple of things. Um, I have been for a long time been. I bought a condo a couple years ago, made it my own, um, lot of money. I can't do any of the stuff, so I hire people out. Mm-hmm um, got some brilliant countertops. Um, how much do you think it would cost to paint my cabinets?

do you know why I'm asking? Yeah, I know why you're asking this this woman has spent the better part of her adult life. Working at home Depot. Yep. tell me the ins and outs of working at home Depot. Okay. Um, I was a special order and installed sales manager. You were, so yeah, I know all about installing carpet and cabinetry and you were there long.

So I was, I looked at your, your resume are, are the, on the, um, the scholarship essay. And the questions and I'm like, everybody's got like, everybody works somewhere like that. I kept looking and looking and looking. I'm like, you've been there a long time. Yeah. You must have really loved it. Yeah, I did. I actually, I really loved home Depot.

Um, and I loved that was one of the things is I loved helping people and I loved helping the customers and that, but when I decided to go back to college, I said, I love helping people pick out their carpet and solving their problems. But can I solve bigger problems? And that's why I went into pharmacy cuz I wanted to solve healthcare problems.

Okay. But yeah, home Depot. Awesome. Give me a home Depot hack that no, well that some people might know about. Oh, oh, I don't know. It's been a long time since I worked there. give, give me something that's uh, that's a secret of, of home Depot that the average person might not. Um, there there isn't more stuff in the back.

the back cause the back is you're walking through the back. You're yeah, exactly. what, what would people come and say? Don't don't you have this in the back? Oh yeah. Like it's a JC Penn. Yes. Like, can you check in the back um, that this is the you look up and if it's not there's the there, yeah. Um, you seem like a patient person, but I'm sure you had some trying customers there.

Yeah, right? Yeah. Okay. Um, what's a, what's a word. Or a quote, something profound that you, that you live by? Oh, well, in general I say life is short. Don't waste it. So just, um, live your life now don't wait. Okay. If you wanna do something, do it. Okay. thanks for being the first physical guest. Thank you for having me of course.