ROUGH‑EDITED TEXT FILE

WTIS AM 1110 ‑ The Inspiration Station

"Tess Talk!"

Saturday, April 2, 2016

11:00 a.m. ‑ 12:00 p.m.

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TESS: I truly believe we are all put on Earth to love and serve each other. I have met so many people doing good work to creating non‑profit charitable organizations and I have been very fortunate to meet so many people with inspirational lives. Through sharing their stories, and God's word, it is my hope to inspire others through these inspirational speakers, and to motivate and inspire you to reach your full potential in your personal and professional life. Welcome to Tess Talk!

♬♬ And all the people said Amen. Give thanks to the Lord. And all the people said Amen. ♬♬

***TESS:*** Good morning, Tampa Bay, U.S.A., and the world! And you’re probably wondering what in the world is she talking about? This is in Tampa Bay! But through the magic of the Internet anyone, anywhere can log on to this show. So, how cool is that? This is Tess with WTIS and you are listening to Tess Talk! or you might be reading this.

Let me explain that. I have a lot of friends who are deaf and hard of hearing. I have worked with the deaf and hard of hearing for many years. So, I decided to have this show realtime captioned and I did send out a link to everybody that I know anyway, and this link is also sent out through CCAC which is Collaborative for Communication Access via Captioning, and that link is sent out to, let me see, 126 different countries all over the world. How cool is that?

***PETE:*** Wow!

***TESS:*** And there is my buddy, Pete, who will be our first guest, and then there is Mike and Beimei.

How's it going?

***TESS:*** Going great.

***PETE:*** I'm so excited for you. I’m so glad to you have part of the WTIS program.

***TESS:*** Thank you. And, Kathy Curtis who is my new best friend right now. She will try to keep me in line and on track and good luck with that!

[Laughter]

Thank you very much.

***KATHY:*** Thank you. Glad to have you on board.

***PETE:*** She is everybody's best friend.

***TESS:*** And before we get started, I would like everybody to join me in prayer this morning. Dear God, please help me to behave on the radio show today. Amen!

[Laughter]

Amen!

Amen!

That's a big Amen right there!

[Laughter]

***TESS:*** So I will tell you the link, even though the link is on the WTIS1110.com, on their website, and it's on communicationaccess.org, and www.dynamiccommunicationstrategies.com. If you have prayer requests, or you want to say hi, or make any comments or anything, you can call toll‑free 1‑855‑265‑2929.

Or you can text us at 727‑379‑1154. Or you can type in the chat box.

Let's see! Oh, I have Ken Arcia on the chat box already. He said working smoothly, it looks great. We had technical difficulties because of the thunderstorms here. Ken is from Arizona actually. He is one of my late‑deafened friends from the Association of Late‑Deafened Adults.

***PETE:*** What up, Ken!

***TESS:*** And your realtime captioner today is Mike Cano. He is one of the best captioners in the world, I must say. He won some speed contests through the National Association of Court Reporters, realtime speed test, so he is one of the best of the best.

***BEIMEI:*** He won the speed test?

***TESS:*** The speed test, yeah, yeah. He is also the recipient of CAI’s C.A.R.T. provider of the year award from a couple of years ago. I think that was two years ago.

***PETE:*** I remember his acceptance speech. It was beautiful!

[Laughter]

***TESS:*** Which reminds me -- sorry, I will talk about that later.

***PETE:*** Squirrel!

***TESS:*** That's me! So today we have an inspirational speaker, comedian, author and fellow talk‑show host: the one and only PETE O'Shea! And we have Beimei.

And then, at the bottom of the hour, we will have the Schluvittt Show, which is an acronym for all of the different elements on how to be happy. I have a motivational presentation called “How to be Happy” and it's the Schluvittt Way. I took one letter from each element and came up with that acronym.

***PETE:*** Are you allowed to say that on Christian radio?

***TESS:*** I think that I got it approved.

***PETE:*** That's too late now.

***TESS:*** That's an interactive segment. Call in, text in, type in, whichever, so we can get your opinions.

***BEIMEI:*** Don't be afraid to ask difficult questions, she can answer it.

***TESS:*** You can ask me anything you want. I don't have to answer it.

(Laughter.)

***BEIMEI:*** No, you will have to.

***PETE:*** She'll do it.

***TESS:*** And then, we'll talk about the different non‑profit organizations in the area and talk about the fundraisers coming up. Normally, we'll have a guest from a non‑profit organization come and talk about their organization, but today I just wanted to do an overview and just talk about the different fundraisers that are coming up and the different non‑profits in the area. I thought that would be good.

So to tell you just a little bit about myself, let's see, I'm also a realtime captioner, by the way. So I really appreciate what Mike is doing for us today. He is doing an awesome job. Thank you, Mike!

And, let's see, I do karate, I do Taekwondo, 19 years. I started doing boxing recently in-between because that wasn't enough I guess!

**BEIMIE**: Don't ask difficult questions or make her mad.

***PETE:*** She is a relief pitcher with the Baltimore Orioles. A lot of people don't know that. She has a wicked slider.

***TESS:*** And then I do signing, I do signing at my church. I love it. I have been doing that for about 25 years now. Giving away my age now. And I love kayakking. Love the beach. I have three wonderful boys. I love my boys. All big boys.

***BEIMEI:*** Really handsome, too.

***TESS:*** Yes, they are! 22, 23, and 27. Hopefully, they're listening today. I don't know. But we have a great time. Oh, my God, we have a great time! And I need to do the Daily Word. It is coming right up.

Who is the Daily Word brought to us by?

The Daily Word is brought to you by Teslicko Enterprises: a start‑up source out of Millford, Pennsylvania, reminding us that kindness is always in fashion.

So, let's see, Kathy, do I have time to read this? Okay, great!

So I picked ‑‑ this is a Unity Publication, the Daily Word and I started reading this when I was 20 years old. Somebody sent me a subscription to this, and so I have been reading it for 34 years now. When my kids were growing up, I used to read it to them. They loved it. And recently, I recently got them all their own subscriptions because they're big boys now. They don't live at home anymore. I thought they would roll their eyes and go, “Oh, Mom!” But they love it. They love it, and they read it every day.

***PETE:*** They Schluvittt!

***TESS:*** Yes, they do! So this week is thankful. “I'm thankful for God's blessings in my life. When I feel and express gratitude, I unlock a door for God's goodness to enter my life. I speak words of gracefulness and act in ways that show gratitude. I become aware of blessings also present in my life and draw more to me when I'm thankful.

Throughout the day I check in with myself and my thoughts and pause and ask myself what am I thinking?” That's a loaded question there, just so you know. “So once I notice a thought that seems negative or out of alignment with the highest good, I change my focus.

I put my attention back on blessings received, on those to come and feel the return of gratitude no matter what is happening in my life. I can find something for which to give thanks. Thankfulness creates a new attitude in me.” The quote from the Bible, “Give thanks to the Lord, for He is good, for His steadfast love endures forever.”

So one of the things I wanted to ask everybody real quick: What are you thankful for, Pete?

***PETE:*** I'm thankful for God ever, ever present in my life. I handed everything over to him just last night as I was telling you guys, and from then on now I have this unbelievable peace, the peace that surpasses all human understanding.

***TESS:*** I love that story!

***MIKE:*** I am thankful for my two beautiful boys, Sebastian and William.

***BEIMEI:*** I really want to thank life itself. It can be random and challenging, but it's amazing and interesting and I love it!

***TESS:*** I thank God for my three boys, and I thank God for a joyful heart. With that, we'll take a break and then speak with Pete O'Shea!

♬♬ And all the people said Amen. Give thanks to the Lord, for His love never ends. And all the people said Amen. ♬♬

***COMMERCIAL:*** Dynamic Communication – Developing Leaders and Teams that Thrive!

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For more information, visit [www.DynamicCommunicationStrategies.com](http://www.DynamicCommunicationStrategies.com)

***COMMERCIAL:*** So, you know, I'm a dog, and I'm kind of new to this family, but I've noticed a trend. My humans do this thing where they go around and get all my toys and hide them in this basket. But it's always the same basket, and it's always the same place, and then they act so surprise when I find them that I'm like, hello! That's where you put it last time! Humans are the worst at hide and go seek!

A person is the best thing to happen to a shelter pet. Be that person. Adopt!

Brought to you by the Ad Council on the Shelter Pet Project.

This is inspiration AM 1110 WTIS Tampa.

***TESS:*** So we're back, but I don't hear anything here.

***PETE:*** Again, you are touching the wrong one!

***TESS:*** There we are! Thank you. Thank you, Pete! Good thing Pete is here today! I'm just saying! So, when we were talking about giving thanks and being thankful, I want to thank our sponsors and one of our sponsors today is ICR Services, Inc.

Are you in need of air conditioning and heating repair, installation and services? They specialize in repair and installation service for residential and commercial clients for heating systems, compressors, and air runners. You can trust their trained technicians with more than 10 years of experience to end your temperature control problems once and for all.

And it's wonderful when you are having hot flashes and when you really need the AC on. So they'll greet you with a smile, listen carefully, provide same‑day, on‑time service and repair.

They're courteous and respectful and deliver money‑saving solutions to every problem. And the “cool” thing about this company ‑‑ get it?

***PETE:*** I get it!

***TESS:*** They follow up to ensure that they've rendered perfect service. Free estimates for the units, service call with repair. They can replace duct work, which is really important to ward off any mold issues. They do attic insulation.

***BEIMEI:*** And great timing. Summer is coming.

***TESS:*** And last night my air was stuck at 77. I can't take that. I need 72. So I had to call.

Anyway, call ICR Services today, 813‑871‑2313. Or visit ICRTampa.com.

So we're finally getting to the one and only inspirational speaker, author, comedian, and fellow talk show host Pete O'Shea! So, welcome to my show.

***PETE:*** It's a little weird being in this chair.

***TESS:*** Do you like it?

***PETE:*** Yeah, I can get used to it.

***TESS:*** Tell me your story. First of all, how did you become a comedian?

***PETE:*** That's a good story. I went to college for communications. I wanted to be a basketball call commentator. I wanted to do games. I wanted to do basketball games.

When I got out of school, I found out I couldn't get that job because I didn't play professional basketball, and that's all they gave that gig to. So I called my father up, I got a job in the newspaper, and part‑time at a radio station, and I called my dad and I said I will quit my job and be a comedian. I pulled the phone really far away because I thought he was going to scream his head off at me because he had just put me through college and that stuff. But that's not what he did. He did what I didn't expect.

He said you've had a lot of crazy ideas in your life and you drive me nuts. You are more trouble to me than the other three kids combined, but that's not a crazy idea. Everybody knows you are funny. Everybody knows this. I'm in. How can I help? And I went to his house, and he is like, do you want to move back in the house? I said, no, he said thank God because I don't want you back. He said I will help you. He was a New York City fireman. He handed me a check for a lot of money. I know he didn't have it. He had to go borrow from somewhere he didn't have. I lived off that money for six months while I went to open mic act and photos and pictures and all of that stuff with the money that my father gave me to make that happen.

***TESS:*** I want to mention one thing. Could you slow down just a tad because the realtime captioner can do like 300 words a minute at the most, and you are probably like 4 or 5 right now!

[Laughter]

***PETE:*** Probably something you should have told me before we started the show!

***TESS:*** That would be good. He is like, you are going to speak slowly for me, right?

***PETE:*** So that's the story. So, I became a comedian because of my father, my parents. They allowed me, they believed in it. When probably anybody else wouldn't have. But they did and so I was able to do it, and I made a living at it for a really long time. And the first year I wrote on my taxes wise guy, another word we can't say on Christian radio, and the IRS didn't like that, but I got to live my dream because my parents believed in me.

***TESS:*** That's wonderful to have supportive parents.

***PETE:*** They still are.

***TESS:*** That's difficult. My middle son wanted to quit college and go on tour with his band. And I really wanted him to get his college degree first, but he made the right decision. He is doing great. And I'm so very proud of him! Signed with two different record labels and a couple of videos and going on tour hopefully in Europe. But, sorry, Pete, it's about you today!

[Laughter]

***PETE:*** That's okay!

***BEIMEI:*** You are so lucky to have a wonderful father and mother to support you.

***PETE:*** It's not easy. They had just put me through college. When I got this job at the newspaper, I said they don't have to worry about this anymore, and I come back around with a crazy idea, and they didn't hesitate for a second. And they would come to the show, and they would write jokes for me, and they got into it. It's hard to tell your father that you want to be a stand‑up comedian. It's not that easy to do for a living.

And without that support and money and belief, I never would have done it. It's extremely hard to break into that business. Only through His grace.

***TESS:*** I want to switch gears here and share about your book: "Pain Is My Friend."

***PETE:*** "Pain Was My Friend."

I got into an accident and it pretty much destroyed my spine. What it means is that one vertebra came forward into the side. And they wanted to do open back surgery at that point, at age 19, and I said no way. They said if you don't do it, your whole back will fall apart, your body will fall apart, your left side won't work, and I said well… that still sounds better than the crazy idea you came up with, and I will take that. I lived with it until 36. And then, God came to me in a dream.

***TESS:*** From 19 to 36.

***PETE:*** All the pain is everything the doctor predicted came true. My left leg didn't work. I couldn't feel my foot. I couldn't cut my own meat or tie my own shoes. It was brutal. I did the best I could to mitigate it with ice and drugs and whatever else I could get my hands on. And when I was 36, I got fired from the comedy agency because I couldn't do the shows anymore. And then I went back to the same doctor, and he was going to do the same ridiculous surgery, two‑foot wide incisions, bones from my hips getting shaved in there, steel cage, and all of that other stuff.

***TESS:*** Sounds really painful.

***PETE:*** At 19, he told me there is a 50/50 chance. At 36 again he said 50/50. And I went crazy on him. I said you still stink at this? What have you doing since I have been gone? Shouldn't you have been practicing at all? But I signed up for it because I was desperate and I wanted my job back. That night God came to me in a dream and said, “Peter, don't do it.” And I knew it was God because only my mother and God call me Peter. My name is Pete. You call me Peter, I won't answer you. He said go to this other guy. Find this other man who does back surgery a different way. You tell this man I sent you to him. And not only will he give you the back surgery that you need, but he will also give you a job afterwards as their spokesperson. So, together you can cure thousands. And you tell this man the failure to assist you will lead to his eternal damnation. And the dream ended.

***TESS:*** Wow!

***PETE:*** I searched the Internet and found him, and he was down here. And I told him all that, and boom! I told him all that, and he said okay. He said he didn't know how to fix it. He said I can't fix that.

***TESS:*** Tell us about that part.

***PETE:*** I sent him my MRI, and he said this is the worst spine I have ever seen and I can't help you. I don't work on bone. You have a bone hanging all over to the side. It's sitting on top of the nerve. I can't fix that. I don't know what to do with you. I fix disks, I fix soft tissue. I started to cry, and he sat there for what seemed like days, but it was a couple of minutes. And then he said, if God sent you, I won't go against God. I will figure something out. I will invent the surgery to fix you. If you are willing to share the risk with me, come on down and we'll figure it out. I said okay. We got down there, and he said this is what I'm going to do. I'm not going to put the bone back like the other guy was. I'm going to carve it out with a chisel and I'm going to carve out pieces of the bone, and then I will pick the nerve up and move it into the channel I make. It should work. I said what do you mean it should work?

***BEIMEI:*** Sounds simple enough. Not!

***PETE:*** I said sounds simple enough. He said, Look… I told you I hadn't done it before. Do you want to wing it or not? I said when? He goes, let's do it right now before we chicken out. He took me by the hand and took me to the operating room. And he said, oh, by the way, I can't knock you unconscious for this, I have to keep you awake. If I get too close to the nerve and I cut it, you'll never walk again. So, you're going to let me know every time I get too close to the nerve. I said, how am I going to let you know? He said every time you scream, I'll back up a little bit. And he said it will take four hours. It will be the worst 4 hours of your life. You thought you knew pain before you got here? You're about to meet pain. You still want to do it? I said, let's go. God brought us here. Let's do it. I knew God made it happen. He starts operating and chiseling and I felt every bit of it. Halfway through, I said I can't do no more. And he came around and he was yelling at me. He said you got me into this, you and your eternal damnation. I'm not going to hell because you can't handle it. You suck it up. I closed my eyes, and I saw Jesus, and he was waving at me and smiling, so I said okay, and finish. He finished the whole thing 4 hours. He walked to the other side of the room and said let's see if it works. Walk over here. I'm still lying on the table. The oxygen thing in my nose. And he said walk over here. And I said how can you be so cruel? Why would you say that? You know my leg doesn't work. No, I'm pretty sure it does now. Come on. And I slid off the table. And I walked right to him, both legs working normal for the first time in about a decade.

***TESS:*** Wow! That's unbelievable.

***PETE:*** I got dressed, walked out of the place, and I had pizza. I was sitting there for a while. We couldn't even speak. I was like, that really just happened? And I have been working for God one way or the other ever since. I’m out of pain, and the book is about hope. And it's about miracles that do happen, and that you can ‑‑ you may be down, but you're not out because God's always right there. God came and pulled me out of the darkness and pulled me back into the land of the living. And now I serve him because I know.

***TESS:*** Praise the Lord! Hallelujah! You can visit the website to get the book, right?

***PETE:*** Publisher's website [www.totalfusion.com](file:///C:\Users\Tess\AppData\Local\Microsoft\Windows\INetCache\IE\4807WNAN\www.totalfusion.com). Look for the name. But, don't buy it at Amazon. They keep all the money. I got 14‑cents on those. But, I'm not looking for the money.

***TESS:*** When we come back from the break, we'll have the Schluvittt Show. Stay tuned for that. I want to mention that Dr. Tony Brown, who is a Harvard Cum Laude graduate, is on our chat. We're working on a research paper on happiness together.

>> That's exciting.

***TESS***: Bill Reese is in the chat box, and Ken Arcia ‑‑ Ken said wonderful story, Pete. I just wanted to air that.

***PETE:*** Thanks, Ken! Appreciate you, buddy.

***MIKE:*** It is a wonderful story.

***TESS:*** Pete's show is between 3:00 and 6:00 Monday through Friday.

***PETE:*** Right here on WTIS AM 1110!

***TESS:*** Thank you so much, Beimei and Mike, for being here for the first show, thank you so much! Stay tuned for the Schluvittt show coming up!

♬♬Feels like the Holy Ghost running through me when I play the highway FM. I find my soul revival. Singing every single verse. Yeah, I guess that's my church. ♬♬

***COMMERCIAL:*** Vast regions of the world are now off limits. That is a remarkable achievement.

The President spoke Friday at the end of the 50‑nation nuclear summit in Washington. Russia was not among the countries attending the summit.

A sign that spring is really here. Baseball season begins with three games Sunday including a world series rematch between the Royals and the Mets, 12 games on Monday. I'm Christopher Cruz.

GEICO presents Kathy: the candid real estate agent.

Now, in the living room, you will see this beautiful bay window. Its energy efficient and lets in a ton of natural light. It will also let in a thief when you leave it unlocked, and he will steal your laptop and flat‑screen TV. [Chuckles]

Who wants to see the kitchen?

It's hard to know all that comes with renting a home or apartment. That's why the GEICO agency makes coverage for personal property loss for damage quick and easy.

Visit GEICO.com and see how affordable renter's insurance might be.

We want you to take a few precautions. If your nails are freshly painted, clap carefully. If you are doing your eye liner, put down the pencil. If you are flat-ironing your hair, stop. We are 21 days of beauty, enjoy different beauty steals every day. Up to 50% off bear minerals starts and more. Plus with free gifts, don't dare miss out. Hurry, event ends April 2nd. ULTA beauty.

We asked people why they liked the Crab Shack Restaurant on Gandy Boulevard in St. Petersburg so much, and, well, everyone had the same answer, so much so that we just decided to put it down in a rhyme.

It goes like this: O, the Crab Shack Restaurant. That's the place to be. The Crab Shack Restaurant has what's right for me. The Crab Shack Restaurant, you just have to see. Fish and seafood any way you like it, crab legs, clams, and even whole fish Corvina: The Crab Shack is a place you want to be seen at. Well, that's stretching it but you have to visit us at the Crab Shack. Daily dining specials like fish fries on Monday, and Tuesdays it's all you can eat clam strips. We welcome you to casual no‑frilling dining experience. Check us out online. We're located where it's always been. 11400 Gandy Boulevard in St. Petersburg. We're great seafood at a fair price. The Crab Shack is the place to be. The Crab Shack: Seafood Florida style.

You're listening to inspiration AM 1110 WTIS Tampa.

♬♬And all the people said Amen. And all the people said Amen. Give thanks to the Lord for His love never ends. And all the people said Amen. Blessed are the poor in spirits who are torn apart. ♬♬

***TESS:*** Welcome back, everyone! This is Tess with WTIS, and this is Tess Talk! Now, it's time for the Schluvittt show! This is your new vocabulary word. Repeat after me: Schluvittt.

**ALL:** Schluvittt.

**TESS**: Go Schluvittt!

**ALL**: Go Schluvittt!

**TESS**: Just Schluvittt!

**ALL**: Just Schluvittt!

**TESS**: Just go Schluvittt!

**ALL**: Just go Schluvittt!

**TESS:** Awesome guys! You got it down. How about Kathy?

***KATHY:*** Just go Schluvittt!

***TESS:*** Thank you, Kathy, for joining us. So, for years, I've thought about doing a motivational speech, and I've researched happiness because, I don't know, I guess because I'm a happy person and I noticed ‑‑ I have a friend ‑‑ sorry, ADD here!

***PETE:*** Squirrel!

***TESS:*** I have a friend that's a mental health counselor, and she told me she never met anyone that smiled more than me. I said really? I never thought of that before!

***BEIMEI:*** They never met me!

***PETE:*** Between the two of them, they could light up a city.

***BEIMEI:*** The world!

***PETE:*** You go, girl!

***TESS:*** Now you're talking!

So, I researched happiness, and I decided to put this motivational presentation together. I have all of these different elements, a great PowerPoint, and I was thinking how are the people going to remember all of these different elements on how to be happy?

So I came up with the acronym Schluvittt. So each letter in Schluvittt represents a different element on how to be happy. So, we're going to take one letter each week and discuss that. For this show we're going to begin with the letter "S." So to begin with, do you remember when you were young and your mother would say, "If you don't have anything nice to say, just don't say it at all."

Right?

***PETE:*** She still says it.

***TESS:*** It's a good rule, but right now we're going to think opposites. Instead of saying nothing, we're going to say something - nice.

So the first letter in Schluvittt is S for "say." So if you have something nice to say, so like you are thinking that's a beautiful dress, or I like that haircut, or I like that color on you, or this is great service at this restaurant, right?

If you don't say anything, and you don't share that, then you are not sharing your happiness.

***PETE:*** Mike, that's a very nice shirt!

[Laughter]

***MIKE:*** Right back at you.

***BEIMEI:*** Tess, you look amazing. They can't see you, but they can hear you, and you look amazing.

***TESS:*** Thank you. And Beimei is always wonderful and has a radiant personality.

[Laughter]

**TESS:** Kathy, you are so amazing and I really appreciate you.

***MIKE:*** I love the country music on the show.

[Laughter]

***TESS:*** So if you are -- say you are at Beimei's restaurant, and you get great service.

***BEIMEI:*** You always do, by the way.

***PETE:*** Get the Rock 'N' Roll.

***TESS:*** You want the manager to know you are having great service and really appreciate the service. And that makes Beimei very happy.

***BEIMEI:*** That makes me very happy. And all of my team is amazing. But if you don't like it… don't say anything. I'm just kidding. You need to tell me!

[Laughter]

***TESS:*** And people do. But I have never heard anything bad about your food or service.

***PETE:*** The food is amazing.

***TESS:*** And Beimei is a great sushi maker.

***BEIMEI:*** Sushi chef, I didn't know what the proper term was.

***TESS:*** So, one of the things I was going to say about saying something nice, when my boys were little -- can you imagine three little boys running around, and it was crazy! They would get into fights and at dinner time I would say, okay, it's time to quiet down and we're going to say something nice about your brothers. So, they would take turns, and then one would say, well, John is really good at coloring, because he really is!

***PETE:*** Mike, you are very good at coloring.

***MIKE:*** Yes, I am. My boys taught me well.

[Laughter]

***TESS:*** And then Johnny said about Billy, he said, well, Billy is really good at punching people!

[Laughter]

I'm saying, no –

***PETE:*** Tess, you are very good at punching people!

***TESS:*** Actually, I'm really good at punching people!

***PETE:*** Oh, stop it!

[Laughter]

***TESS:*** But we're not going to say punching. That's not nice. I had to redirect him. I said that's not the idea. You are just blowing it all out of proportion. So I would like somebody ‑‑ I would like somebody to call in and say something nice, or chat in, or text in, and I'm going to read some of these, and actually we have a chat box here.

***PETE:*** 855‑265‑2292

***BEIMEI:*** Can I share a story? About a half a year ago, I was in a gas station to get coffee and I was in line, and I didn't expect anything. And this guy walked towards me and I know that he is walking towards me. I was skeptical -- is that the word? -- at the beginning, and I was like what does he want? He came to me and he just said I want to let you know you look beautiful today! Oh, my goodness, it made me feel so good! In fact, it made me feel good for the entire week!

And I said something on Facebook. It's pretty much like what you are just saying, that say something nice when you see it, when you feel it, when you witness something because it makes a huge difference! And words have such power that sometimes we need to use them to make the world a better place.

***TESS:*** That's so true. You know, one time at church I just mentioned to this one woman who is a reader -- she was reading one of the readings at the Catholic Church. And I was interpreting at the church, and so afterwards, I said I really appreciate what you do. And I really appreciate how you read. And I said it's just wonderful. You do such a great job. And it makes my job a lot easier, too. I said, you just do a beautiful job. And she broke down in tears. And she said she had no idea, and she was ready to quit. And so it was like oh, my God, really? So, just one comment made such a big difference in somebody's life. I didn't really think that it would make any difference like, you know, you did a great job. But, wow!

***BEIMEI:*** If you guys ever have a chance to watch Tess sign, she doesn't just sign and translate, she dances. Watching her sign is the most beautiful thing to see.

***TESS:*** I do dance when I sign.

***PETE:*** It's a gesticulation.

[Laughter]

***TESS:*** Let me see who is on chat. Tony Brown. Dr. Tony Brown. Oh, let me tell you, when I was doing this research with Tony Brown, he invited me to a dissection.

***BEIMEI:*** Only Tess would smile and be excited about that.

***TESS:*** I was so excited that I ran right down to Miami.

***PETE:*** Is this part of the Schluvittt?

***TESS:*** Yes, because one of the "T's" in that word is train, for train your brain. So I went in there and thought it was a brain dissection, but, no, it was a whole cadaver.

***PETE:*** I think that we've gone off the rails here a little bit!

[Laughter]

***TESS:*** I was so excited!

***MIKE:*** Well, happiness starts in the brain.

***PETE:*** Just reeling her in, people! Back to saying something nice.

***TESS:*** I want to say thank you to our sponsors, and I have another sponsor I want to mention. Here is the Hearing Loss Association of America, the Lakeland chapter. And I have been there a few times. Wonderful people there. I have actually realtime captioned there. I think that Mike has, also. They cover Polk and East Hillsborough Counties, meets the second Thursday each month from 6:00 to 7:30 P.M. at the First Presbyterian Church. The multi-purpose room. The meetings are looped and captioned, and I don't know if you know what a loop is. But it's a wire loop that goes around an audience, and then there is a wireless mic, and when they speak in the wireless mic ‑‑ not this Mike, but a microphone –

***PETE:*** You mean this Mike over here? I gotcha.

[Laughter]

***TESS:*** Thank you for clarifying that because they can’t see me pointing at him.

***PETE:*** This is radio!

[Laughter]

***TESS:*** I'm slowly learning, but I'm getting there.

***PETE:*** We're getting there.

***TESS:*** They do have realtime captioning there, just like the captioning for this show.

So their mission is to provide education, support, and advocacy. And they have guest speakers, let's see, the second Thursday of the month, this is April 14th, they are going to have Advanced Bionics. They're going to discuss the Roger Pen which is like a microphone, and it looks like a pen, and you go up to somebody talking to you, and if you have hearing loss, you stick that pen in front of their mouth and it amplifies sound in your hearing aids or through your cochlear implants.

And then May 12th the guest speaker is presenting on fire safety for those with hearing loss. That's really important because you can't hear a fire alarm, right?

So anyway their website is [HLA‑Lakeland.ORG](http://www.HLA-Lakeland.org). Their e‑mail is [HLA.Lakeland@hotmail.com](mailto:HLA.Lakeland@hotmail.com). Or you can call or text 863-853‑3130. And that's 863‑853‑3130, and they're always looking for new members and sponsors.

***PETE:*** We've got one minute before we go to break. We want to say something nice about you. You are an awesome person. You have a great disposition. You are just a hopeful and inspiring person.

***TESS:*** Well, thank you, Pete. Now, I'm not sure what to say.

***BEIMEI:*** Let me tell you, I really have to say that you are the most interesting American that I have ever met. Not that Dos Equis guy.

***MIKE:*** You are very unique. You are one of the most unique people that I have ever met.

***TESS:*** Tony Brown said that there are two kinds of people in this world, and you are not one of them!

[Laughter]

I said Agreed! Agreed! And I do want to mention quickly that when you first asked me about the radio show, I was at Aki Sushi, and when I came in I said, guess what?

Pete just asked me if I wanted my own radio show on the weekends. And I said I needed to get sponsors, so Beimei said I will sponsor you! So she was the first sponsor.

***BEIMEI:*** Just so you know my hands were first raised in the air.

***PETE:*** Like you just don't care!

***TESS:*** We're meeting at Aki Sushi just so you know about 12:30. When we come back we'll talk with Mike from the Coast Guard auxiliary! So we'll see you back here in a minute!

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♬♬ Can I get a Hallelujah? Can I get an Amen? Feels like the Holy Ghost running through you. When I play the highway FM.I find my soul revival singing every single verse. Yeah, I guess that's my church. ♬♬

***TESS:*** Good thing I sign and don't sing!

[Laughter]

I'm so bad. But I love that song! It just makes me want to dance.

***PETE:*** She is chair dancing right now.

***TESS:*** My kids love it when I do that in a restaurant!

[Laughter]

So, I wanted to mention Tim Kimball is also signed on and Larry K is signed on. (In the Chat box.)

***PETE:*** What up, Tim and Larry!

***TESS:*** Tim will be our inspirational speaker next week. Oh, I have to tell you something about him. It's just unbelievable. Here, I need to find it on my phone here. No, that's not it.

By the way, Beimei, while I find this, can you give them the address for your restaurant?

***BEIMEI:*** The restaurant is Aki Sushi, and it's located in Oldsmar on 3970 Tampa Road in Oldsmar, Florida, 34677. Number is 813‑855‑2624.

***PETE:*** I have never had sushi before that day we went there. And I was apprehensive because, again, I'm kind of a steak kind of a guy and Irish men just burn it and eat it. But it was outstanding! I enjoyed it so much! It was unbelievably delicious!

***BEIMEI:*** And just that you are brave enough to say that you were going to give it a try was amazing. Because a lot of people when they think about sushi, they think that it's going to be all raw fish, but it's not the case. Like a third of my menu is all cooked. Sushi should be seen beautifully presented. And it's got great taste. And you can eat three times a day and stay thin and healthy.

***TESS:*** When I met Beimei, I met her at my Taekwondo school. And she said you have to come visit me at my restaurant. And I said I don’t do raw fish.

***BEIMEI:*** Now she is there three times a week.

***PETE:*** Now she has her own table there.

***BEIMEI:*** I chase other people away when she is coming.

***TESS:*** People know when I come in if they're sitting at my table, oh, should we move?

[Laughter]

***PETE:*** Oh, it's your table.

***TESS:*** It's like a Cheers place, when you come in at night, Oh, Cheers!

***PETE:*** Norm!

***BEIMEI:*** I think that people are going out and looking for good food service, but it should be the entire experience, from the moment that you walk in to the moment you that walk out, you can say, “Wow, that was a great dinner and I had a great time.”

***PETE:*** I skipped breakfast because we're going there after this.

***TESS:*** My friend Ken from Arizona said if you knew sushi like I knew sushi!

***BEIMEI:*** Come on in and you need to try my sushi.

***TESS:*** Ken wants to know if you deliver to Arizona.

***BEIMEI:*** Anything is possible, but it will cost you!

[Laughter]

***TESS:*** And Tim Kimball who is our guest next week. He survived a 16‑hour brain surgery, a 5.8 earthquake, and a category 2 hurricane all in the same week.

***PETE:*** I thought you were going to say in the same day! It would be quite the day!

***BEIMEI:*** And a week is not so impressive anymore!

***TESS:*** Oh, darn! Sorry, Tim! What else do you have?

***PETE:*** Is that all you got, Tim?

***TESS:*** Actually, he does have a lot more. He has neurofibromatosis 2 and he just recently had to have his leg amputated.

***PETE:*** Oh, my, and prayers are with you. And we were having fun.

***TESS:*** He is an awesome guy and I can't wait to have him on. And before, we run out of time, Mike.

***MIKE:*** I am with the Coast Guard Auxiliary and we teach classes every night at 5180 Gandy Boulevard. They are open to the public. They teach boating safety and boating skills and the cost is only $65 for a 12-week of coursework.

***PETE:*** Great price!

***MIKE:*** And that includes a textbook as well.

***BEIMEI:*** Does it include boating time?

***MIKE:*** I'm afraid not. But if you have a nice boat, one of us in the Coast Guard

Auxiliary would be happy to accompany you.

***TESS:*** Yeah!

***MIKE:*** Absolutely. A couple of other things that I do want to mention, though, is that the Coast Guard has come out with new regulations required for boating, okay, and the paddle –

***TESS:*** And kayaks?

***MIKE:*** Those are now considered vessels, and so as a result you are required to have a Coast Guard‑approved life jacket. Question? Yes, ma'am?

***BEIMEI:*** Paddle boarding?

***MIKE:*** Paddle boarding, yes. A whistle, sound device, and if you are out on your paddle board or paddle boating in the evening you are supposed to have a white light of some sort as well. So these are important new rules and we want to get it out there that –

***BEIMEI:*** It's all for safety, I totally understand.

***MIKE:*** Oh, yeah. Whistle is important because people when they are in trouble, if they don't have a whistle or a sound device, they will wave. And often people will simply wave back because they think that people are waving. And it sounds funny, but there has been loss of life.

***BEIMEI:*** You didn't wave right. You need to wave frantically.

***MIKE:*** People are always waving at each other. And if you are waving, you are going back to your business.

***PETE:*** The guy that waved at me… didn't use the five fingers.

***MIKE:*** That we understand. That happens.

***TESS:*** Isn't there something about the whistle? So you can't just go [whistling]?

***MIKE:*** No, you probably get that a lot, Tess, but, no.

[Laughter]

They're supposed to carry a whistle.

***TESS:*** I was just checking.

***MIKE:*** So that's important to know. And the other thing that we would like to get out there is the importance of having a personal location beacon, or an emergency ‑‑ an emergency position indicating radio beacon, EPIRB. These are devices that when you are in an emergency you can trigger this device, it will contact the satellite, the satellite will contact the Coast Guard and the Coast Guard will come out and get you. The boys that we lost in the Atlantic awhile back, if they had had one of these devices, they would have been found. It would not have been the problem locating them.

***TESS:*** Oh, I remember that story.

***MIKE:*** And this amazing technology only costs a couple of hundred dollars now. And you can really use it anywhere in the world. My dad went to Australia and he carried one with him when he was in Australia in the outback. Wherever you go, the satellites will pick you up if you have a distress. Somebody will come get you.

***BEIMEI:*** I have never seen one of those devices. Are they small? Pretty?

***MIKE:*** They're not pretty.

***BEIMEI:*** I can use it as a necklace?

***MIKE:*** No bling. But that's a really good idea!

***BEIMEI:*** Let's start a company now.

***TESS:*** Let's do it now!

***PETE:*** You can make a clutch and put your keys in there as well!

[Laughter]

***MIKE:*** So that was my message for today. But, we do teach those classes at the Gandy ramp every Wednesday night. Thank you!

***TESS:*** Thank you so much, Mike. I appreciate it.

***PETE:*** Mike, I Schluvittt it!

***TESS:*** Beimei, we have so much fun. We only have known each other two years, but we just went shooting the other day, the crazy quail, and it was so much fun! It's like, yeah, I need instructions on this. And the guy just said, here, put the bullet in this one, and put the bullet in this one –

***BEIMEI:*** They're called shells!

***TESS:*** I'm learning!

[Laughter]

And the first two shots I went boom! Boom! And I got both!

***BEIMEI:*** When I took her, she said she never had done it before. I said, okay, it could go like, you know, it could go really well, or it could be like you can't get any which is okay. But as it turns out, of course, like anything that she does, she is a natural. She shot way better than I did. And, I didn't like it!

[Laughter]

***TESS:*** Beimei is an amazing shot, too! I want to mention a couple of things. First of all, Bill Reese on the chat said, is there a captioned whistle? And if not, we should invent one! Tim Kimball is listening, too.

I forgot to mention besides all of the other things that he has been through, he just recently had his leg amputated, and he was so upset about losing a tattoo on his leg from the Lightning Bolts when they won their championship, and the doctor came out after the surgery, and he was so serious, and he said we saved your tattoo!

[Laughter]

It was so ‑‑ it was so wonderful, it was amazing.

So before we wrap up today, I want to mention a few fundraisers that are coming up in the area. I meant to have more time for this. But, hey, I'm learning!

So first Ronald McDonald House has Heroes for the House and they're hosting a Pub Crawl in St. Pete tonight. How cool is that? I don't think that the people will care it's raining because it looks like it is a nasty day out there.

And then April 8th, Visions of Hope: Breaking Free, Silent No more! They're going to ‑‑ oh, it's a magical evening and it's helping domestic violence survivors.

***PETE:*** Lori Ann Wallace, great organization!

***TESS:*** And then Seaport Sertoma has a golf tournament. And we have a quite a few others. How much time do I have, Kathy?

***KATHY:*** About 30 seconds.

***TESS:*** Okay! So next week our inspirational speaker is Tim Kimball, like I mentioned. Now you know a lot about him already. And then we'll have Harvey Rhinehart from Sertoma.

And then in the coming weeks we have unbelievable guests. I met these two girls that are both kidney donors that I met at Title Boxing and they didn't know each other before we did this. It's a great story! I can't wait for that. And then we have a lot of non‑profits coming up: Communication Access Inc. We have Giving Day Tampa Bay at Rick's on the River.

So I want to say ‑‑ how many seconds do I have, Kathy? None!

***KATHY:*** 8.

***TESS:*** Thank you so much Pete O'Shea, and Mike and Beimei.

***BEIMEI:*** I can't believe it's been an hour.

***TESS:*** Julia, my assistant, thank you. Kathy, thank you so much!

***PETE:*** Tess Talk! Everybody!

***TESS:*** See you next week!