

ROUGH-EDITED TEXT FILE

WTIS AM 1110 - The Inspiration Station
"Tess Talk!"
Saturday, May 28, 2016
11:00 a.m. - 12:00 p.m.

This text file is being provided in a rough-draft format. Communication Access Realtime Translation (CART) is provided in order to facilitate communication accessibility and may not be a totally verbatim record of the proceedings.

* * * * *

[Music playing]

One, two, three, four.

TESS: I truly believe we are all angels put here on earth to love and serve each other. I have met so many people who are doing good works in our community through creating non-profit, charitable organizations, and I've 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!"

[Singing]: And all the people said Amen! Whoa, oh, oh. And all the people said Amen!
Give thanks to the Lord for His love never ends. And all the people said Amen!

TESS: Good morning, Tampa Bay, USA and the world! This is Tess with WTIS and you are listening to "Tess Talk!" or reading the realtime captioning. If you check out tesstalk.com, you will see where to find the realtime captioning. And I wanted to welcome everybody here. Julia! Julia is my wonderful assistant that helps me with everything in my whole life. Thank you so much! And we have Mary Twohey. Welcome back, Mary Twohey.

MARY: Hello. Thank you.

TESS: This is part two of your interview because we didn't really wrap up and finish, and there is so much to be told about your story. Thank you for returning.

MARY: Thank you, appreciate it.

TESS: And we have Travis Bray here.

TRAVIS: Thank you.

TESS: And we have Pete O'Shea!

PETE: They tied me to the chair. I have been here since yesterday and nobody fed me or given me water. I have to go to the bathroom. Can somebody come down to the station and help me, please?

[Laughter]

BEIMEI: Hey, you're not leaving until we're done with you.

PETE: I wouldn't be anywhere else.

TESS: We'll give you an empty milk jug to pee in.

(Laughter.)

PETE: Like that's not the first time I've done that!

TESS: And we have Beimei Kohler.

BEIMEI: Good morning, everybody! Happy Memorial Day.

TESS: And we have Sophie Kohler.

SOPHIE: Hello, everybody, Happy Memorial Day! And I'm still awesome!

[Laughter]

>> You know it, girlfriend!

TESS: Thank you for being here, Sophie. We have realtime captioning and if you want to chat, I will be chatting in there too and let me know where you are chatting from -- or from where you are chatting. I don't like to end with a preposition. And we have Kathy Curtis behind the wheel!

BEIMEI: Hi, Kathy!

TESS: Thank you, Kathy! And, let's see. We're going to begin with our prayer. Are you ready? So, bow your heads, please join me in prayer. Dear God, please help me to behave on the radio show today. Amen.

ALL: Amen!

[Laughter]

TESS: Amen, big amen.

SOPHIE: Amen.

TESS: Thank you very much. I appreciate that. I've had a pretty busy week already. We did Divots for the Deaf for Communication Access Inc. and I had one of the toughest jobs. They assigned me to hang out with Mike Zeigler who is a golf pro on the 8th hole, so I just got to hang out with him all day, and he's pretty cute too!

ALL: Uh-oh.

TESS: I said okay, I'll add you to my boyfriend list. No, just kidding, kids, I'm just kidding!

PETE: What a tough life.

TESS: Yeah, it was fun. A pretty good life. Yes, Sophie?

SOPHIE: Do you have 100 boyfriends?

[Laughter]

TESS: Not yet but I'm working on it.

SOPHIE: 98?

[Laughter]

TESS: Okay. That's enough, Sophie.

BEIMEI: She's working on it.

TESS: I'm just teasing, you're awesome. I want to say Happy Memorial Day weekend and let's all remember to thank our veterans and say a prayer for all those who we have lost through war.

PETE: Yes.

BEIMEI: Absolutely.

TESS: And have given the ultimate sacrifice.

PETE: Absolutely.

TESS: And let's remember them every time we see our vets and thank our vets for their service, which reminds me, thank you, Mary, so much for your service. I really appreciate it.

MARY: Thank you, Tess.

TESS: And what else did we do? Oh, I went to St. Jerome's Church this last week and I did a Schluvittt presentation!

BEIMEI: Wow, how did that go?

PETE: How did that go?

TESS: Get this, it was for a singles' group!

[Laughter]

102 now!

[Laughter]

TESS: No, actually it was just all women, no guys there, and they were all in their 60s, 70s and 80s and there was even a 90-year-old there!

BEIMEI: Wow! Good for her!

TESS: I would never have guessed she was 90-years-old.

PETE: I'm 97.

TESS: Well, I'll fix you up.

BEIMEI: That facial really works! You look amazing!

PETE: Why, thank you!

[Laughter]

TESS: I need to set you guys up on a date.

[Laughter]

TESS: She was so excited because this was the night that the voice had their finale, and finals for another Lightning game, and then Dancing with the Stars with Nyle. That's my new boyfriend!

BEIMEI: And he doesn't even know it yet!

[Laughter]

TESS: Yeah, I'll have to let him know.

PETE: Dancing with the Tess?

BEIMEI: I like that! New show now!

[Laughter]

TESS: He's a real popular character there because he's completely deaf and he won.

PETE: That's awesome.

TESS: My new 90-year-old friend said I can't wait to see him, he'd better win, I will be so upset if he doesn't. And she said the other girls in the group don't wear enough clothes and it's too promiscuous, but I love it!

[Laughter]

And I had the opportunity to sign the national anthem at the Rays Game, and it was \$2 hot dog and drinks day!

BEIMEI: Sophie, you would love that.

SOPHIE: Tess, you owe me a hot dog.

PETE: You owe me four hot dogs.

TESS: Well, let's all go out for sushi after this!

PETE: You said Pete, give it a chance, I tried it and it's delicious!

BEIMEI: See? You had an open mind and I'm glad you loved it.

PETE: Trying new things.

TESS: Actually the T in our Schluvittt Show at the bottom of the hour stands for try something new, it's the second T in Schluvittt. I will explain Schluvittt later.

MARY: Yeah, I forgot.

TESS: Wow, you forgot already? Oh, boy, I'll have to help you remember. I'll have to knock you over the head.

MARY: Please don't.

[Laughter]

TESS: Now I will read the Daily Word. The word I've chosen for this past week is from Thursday, and the word is graduation. Even though I'm not graduating, I really don't know anybody that's graduating, but it's a good message here. It says I give thanks --

PETE: Julia.

TESS: What was that?

PETE: Julia.

TESS: Oh, yeah, your daughter! What are their names again?

[Away from microphone].

TESS: What are your daughters' names? Hold on.

JULIA: Alizabeth Roman from Wake Forest University and Genesis Barber from Sickles High School.

TESS: Thank you so much! Well, congratulations and congratulations to you! I know it's a lot of work for parents! And a relief when they graduate, too. So, quote says I give thanks for my successes. In this month of graduation ceremonies, we celebrate the human spirit and the ability of people to persevere. Those who have accomplished a milestone can look back at all that they have done, having pride in their skills and abilities and look ahead to new adventures. Every milestone in life is a way of gaining more insight into oneself on this glorious adventure called life. I consider the benchmarks I have reached. Whether I have achieved academic, personal and professional success, I celebrate my ability to persevere. With each success, I have gained greater insight and learned more about myself. Reflecting on all that I have accomplished, I now see the areas in which I have grown. I am ready for new adventures now.

And the quote from the Bible says: Do not lag in zeal. Be ardent in spirit. Serve the Lord. From the Book of Romans.

ALL: Amen!

BEIMEI: I like that!

TESS: So when we were talking about personal successes and the ability to persevere, Beimei and I were talking about this and we were thinking about you, Mary.

BEIMEI: Absolutely! Yeah, talk about perseverance, you are absolutely the best example.

MARY: Well, thank you very much.

BEIMEI: I told her last week, and she seemed so surprised by it, Mary, you are a beautiful woman, and you are!

MARY: Thank you very much.

BEIMEI: You're very welcome. And you are.

TESS: I think it's wonderful and the new adventures now, Beimei and I are always into new adventures.

BEIMEI: Always.

PETE: They have to have enough bail money on them.

[Laughter]

TESS: That's right.

BEIMEI: We can talk our way out of anything. We don't need bail money.

PETE: That's true, I forgot who I was talking to.

TESS: When we come back after our break, we'll come back with our interview with Mary Twohey, so we'll be right back!

[Music playing]

ANNOUNCER: Dynamic Communication Strategies, developing leaders and teams that thrive.

Dynamic Communication Strategies provides team building, leadership training, and motivational speaking.

Professional development training inspires creativity, increases productivity, and enhances communication which leads to employee retention and makes a happy workplace.

Looking for a dynamic motivational speaker to uplift spirits, inspire attendees, and energize your audience?

Bringing energy, warmth, and zeal, Tess can inspire change in your team that will yield a lasting effect in your organization.

For more information, visit www.dynamiccommunicationstrategies.com.

The realtime captioning for today's show is brought to you by Realtime Communication Services, Incorporated, also known as Realtime CSI. Providing realtime captioning on-site or remotely in educational settings, business meetings, legal meetings, and medical settings. Professional, accurate, reliable, discreet, compassionate, providing communication access for the deaf and hard-of-hearing communities for over 20 years. Would you like to provide communication access for people with hearing loss for your meeting or event? Visit www.realtimecsi.com.

Are you in need of air conditioning and heating repair, installation or maintenance services? ICR Services, Incorporated, specializes in repair and installation services for residential and commercial clients for heating systems, compressors and air runners. You can trust their trained technicians with more than ten years of experience to end your temperature control problems once and for all. They will greet you with a smile, listen carefully, provide same-day, on-time service and repair. They are courteous and respectful, deliver money-saving solutions to every problem. And the "cool" thing about this company is that they follow up after every visit to ensure that they delivered perfect service. Preventative Maintenance, \$89. AC Tune-up, \$29. Free estimate for new units. Free service call with repair. They can replace duct work. They do attic insulation. AND you can save up to \$1500 on new units! Call ICR Services, Inc. Today. 813-871-2313. Visit ICRTampa.com. 813-871-2313. Visit ICRTampa.com.

[Singing]: Can I get a hallelujah? Can I get an Amen? Feels like the Holy Ghost running through ya, when I play the highway FM. I find my soul revival, singing every single verse. Yeah, I guess that's my church!

TESS: Welcome back, everybody! This is Tess with WTIS, and you are listening to "Tess Talk!" and this is our neighborhood Inspiration Station AM 1110 WTIS. So welcome back, everybody. We are with Julia, Mary Twohey, Travis Bray, Pete O'Shea, Beimei, and Sophie Kohler! And Kathy at the helm, thank you, Kathy, appreciate having you here.

Last week we were interviewing Mary and we learned all about your Navy experience and you being a gunner's mate and we heard about an accident on a dirt bike that left you quadriplegic. And that didn't stop you at all! And then you went right on to school and getting your AA and your BA. So tell us what you've been doing since.

MARY: Since I did that, I moved from San Diego to Florida and I started working on my Master's, actually, in Business Administration. And then started doing some volunteer work for Pinellas County Waste Services doing their recycling kind of information. And I was -- I learned about a new organization that was starting up, a non-profit, and I applied for the job and got it. And was thrilled to work there for 22, almost 23 years, to help it grow from --

PETE: Wait, she's fibbing, she's only 19! Don't give me that!

[Laughter]

TESS: So what kind of adapted services or equipment did you have when you were working there?

MARY: Me personally?

TESS: Yes.

MARY: Um.... at that point probably just my typing sticks.

TESS: Oh, typing sticks, that's how you were able to type.

MARY: Which was a very scientifically-engineered racquetball with a pencil through it!

[Laughter]

TESS: That's awesome!

MARY: Yes, indeed. And we paid hundreds of dollars for that.

PETE: Wow.

[Laughter]

MARY: But in any case, we grew the non-profit until we had, gracious, a large staff and needed to move to a new building in Largo and we were thrilled to be growing and serving folks with disabilities in Pinellas and Pasco Counties.

TESS: And you also worked with Julia, correct?

MARY: I did. I had the pleasure of working with Julia for a year or so and then she moved on and then I moved on. And I was real excited to try new experiences and took I think it was 525 different classes at the non-profit leadership center.

TESS: Wow!

BEIMEI: Wow, that's impressive.

MARY: It wasn't.

[Laughter]

BEIMEI: Mary!

TESS: You're hanging around Pete O'Shea too much!

[Laughter]

PETE: What happened?!

MARY: You guys inspire smart-alecky.

[Laughter]

MARY: I was excited and as much as I love non-profits and helping people, I learned how to make a non-profit stronger, working with boards, looking for additional funds and just helping non-profits grow and it was an opportunity for me to help my community and do what I love to do, which is write and plead a cause for someone. So I really appreciate that opportunity. And now I work with a lot of different non-profits throughout the Tampa Bay area.

TESS: Grant writing, correct?

MARY: Yes, grant writing.

TESS: And among other things?

MARY: Among other things. Just helping them to move from the point where they're a teeny tiny non-profit and helping them, I had all that experience. The highs and lows, what is good for a non-profit, what's not good.

PETE: Can I just say, I think you're absolutely awesome? I absolutely do.

TESS: I do too. So does Julia.

PETE: I'm just in awe. Thank you so much.

MARY: Thank you, Pete, but you are a stand-up comedian.

[Laughter]

PETE: No, I meant that from my heart. Thank you so much for what you do for so many people. Thank you so much.

MARY: Well, thank you. I appreciate it. I think that we're all here to do something valuable and yours is comedy and making people happy. Travis has a gift of music. Julia does her thing.

PETE: Does anybody know what Tess' is? No, I'm just kidding.

MARY: Getting good boyfriends?

[Laughter]

MARY: And Beimei is doing some awesome! Sushi!

BEIMEI: That's right!

ALL: Yay!

BEIMEI: That's what I know what to do.

TESS: Oh, my kids are going to kill me!

[Laughter]

MARY: You don't have that many.

TESS: No, I don't.

PETE: It's all a joke. Only 12 or 13.

[Laughter]

TESS: Do you want to share some of the names of the non-profits for who you write grants, or is that more confidential?

MARY: Yes, that's more confidential. I appreciate the opportunity to mention that, but...

TESS: Oh... I thought it might help to get the word out about their non-profits, but that's okay. You want to talk about a couple of developments coming up in the area?

MARY: Yes, because I had so many different roles at that non-profit, I ended up being in program development, so I got to assemble programs, et cetera.

One program that I was specifically interested in was helping folks with disabilities to see that despite their disability, their limitations, what have you, that good health and exercising is possible and should be pursued. Personally, I've always been afraid to be "big" so I --

[Laughter]

MARY: -- so, um.... I've worked real hard at that.

TESS: Yeah, I guess it's difficult to exercise when you're in a chair.

MARY: Especially when you love chocolate and you can't burn calories.

PETE: She's absolutely brilliant, but she's saying a word I don't understand. What's the word "exercise"?

[Laughter]

PETE: Is that a new word?

TESS: Sophie?

SOPHIE: Can I have some chocolate?

[Laughter]

MARY: If you do, I want some.

TESS: Actually I have a box in my computer bag. After I gave the Schluvittt presentation at St. Jerome's, they gave me a gift box of chocolate.

ALL: Uh-oh!

TESS: I will share with everybody. So tell us more about this program.

MARY: Well, I started doing some working out at the Dunedin Community Center because they have one piece of adapted equipment right now.

TESS: Just one piece?

MARY: At this point. But they've done some great work and they are very interested in increasing their adaptive offerings of programs and equipment. And so what we're doing right now is we've got a survey out on Survey Monkey and I don't know how you want to share this website or if we can possibly share this website for folks to take that survey. No matter what the disability, no matter what the age, and this would be involving either fitness kind of things, I want to exercise, I want to do aerobics, et cetera, et cetera, or it's I want to do some adaptive golf or wheelchair tennis or what have you, beeper ball.

TESS: What was that?

MARY: Beeper ball, if you have no vision, the ball beeps at you and you have a sense where it's coming from.

TESS: I've heard of that, I've seen people swing the bat and hit the ball. It's crazy!

MARY: Straight out of the park.

TESS: Yeah.

MARY: Dunedin is looking for input for recreational fitness and leisure activities so folks can complete this survey and then we'll go back to the drawing table and put together a program for that.

TESS: And one is in Dunedin. And where is the other one?

MARY: I'll be leading -- well, we're discussing me leading a fitness class for Largo as well. They are going after some more adaptive programming as well. There's a whole area atmosphere of more activities for folks with disabilities.

PETE: What was the website, though?

MARY: To take the online survey, you can go to <https://www.surveymonkey.com/R/HHT6PB9>.

TESS: How about just go to tesstalk.com and we'll post it on there.

PETE: They all got that; everybody got that. That was easy!

MARY: Good, because if you make me say that again, I will stumble.

TESS: I thought you were going to say you were going to smack me!

[Laughter]

MARY: No, I wouldn't smack you.

TESS: You never know!

[Laughter]

TESS: But I was going to ask you, what would you teach in the fitness class? You're going to add that to your résumé now, right? Fitness leader.

MARY: Actually a program that was developed while I worked there was written up by the American Journal of Therapeutic Recreation as a perfect example of a community-based activity. So I have a lot of experience with adaptive programs. It would be following a tape and it's all upper body, you move what you can move. If you can't move it, then you make up moving something you can move.

TESS: That's so cool! Thank you so much for sharing that.

ALL: That's awesome!

[Applause]

TESS: Awesome, Mary. We'll go on a break. Thank you, Mary.

PETE: Mary for president!

[Singing]: And all the people said Amen! I said all the people said Amen....

Inspiration AM, WTIS Tampa, Lakeland, Sarasota and the surrounding communities.
This is the news.

All right. Swollen creeks and rivers in Texas, rainstorms have two dead and some missing.

A holiday visitor, a normally welcoming South Carolina, a tropical storm warning. They're suggesting coastal South Carolina and after that weakening and spreading that moisture as we go into Monday across portions of North Carolina. Rain could start Sunday afternoon, 2-4 inches expected. Most beaches are open.

The Iraqi army has planned its ISIS attack in Fallujah and ISIS has held that since 2014. The Russian committee that eight of its athletes has come up positive for doping. Eleven people injured together when lightning hit them in Paris.

Go to Lowe's and you'll find great deals to get your home in shape. 10-40 dollars to get primer and stain sealants and get blinds and shades. Make your home happy all season long with great brands and prices at Lowe's. Everything outdoors on sale at the Pier 1 Memorial Day sale. Outdoor furniture on sale, tables for dining together on sale, hundreds of cushions and pillows that pop, they're all on sale too. Rugs and hand crafted lanterns, you guessed it, and they're all on sale. Everything you need to summer in style are on sale at pier 1 imparts.

Medical center has moved to Largo, their 7,000 office has care facility and features massage and individualized weight loss program and an executive work area complete with WiFi and a TV area. Dr. Tracy Linhart practices a one stop functional medicine, she's board certified and advanced fellow of American Academy of Anti-aging and medicine, 1120Belcher road south, suite two, visit them online at peaksofhealth.com. 727-826-0838. Reach your peak today.

Today more than ever, Americans need a means to protect their life savings. With a troubled economy and government spending out of control, they've been forced to promote loose money policies which decreases the value of the dollar and promotes inflation. Birch group can help you rolling over all or a portion of your IRA or 401(k) backed by physical gold. Take advantage and enjoy the long-term hedge that this provides, move into a gold IRA, call birch group today, it can offer stability and protection and peace of mind on your life savings which you've billed. Call 888-221-0010 and receive a kit.

If you love beauty and luxury and great prices, you can find it all at Silver Queen and BelAire coins and they have what you need to make the best decision, and brands that include various things, coins, gold, fine watches, if you're looking for the perfect gift that embodies amazing quality and unmatched pricing, come and browse Tampa Bay's

family owned business. Gold and diamonds, servicing Largo, Clearwater, St. Pete and Tampa area since 1972, located at 1350 west bay drive, Largo, called 727-585-4502. Open weekdays 9-6 and Saturdays from 9-5 and you can visit us online at silverqueen.com. Call today.

Everyone is talking about healthcare these days. America spends twice that of other developed countries in our healthcare system yet we're on the bottom. Primary care can help fix the problem. To learn more about the benefits, visit www.healthisprimary.org, this message is brought to you by America's family physician.

We welcome you to join us to mass on Sunday mornings at St. Francis church, are you divorced, remarried, LGBT, all are welcome to come and worship with us, we believe it's God's table, not ours. Jesus didn't discriminate and neither do we. Check us out on Facebook or on the web. We are located in Largo. Hope to see you in church!

[Singing]: Because I'm happy. Clap along if you feel like a room without a roof. Because I'm happy. Clap along if you feel like happiness is the truth. Because I'm happy. Clap along if you know what happiness is to you. Because I'm happy. Clap along if you feel like that's what you wanna do.

TESS: Welcome back! This is Tess with WTIS and you are listening to "Tess Talk!"

BEIMEI: "Tess Talk!"

TESS: Or you are reading the live realtime captioning. By the way, I wanted to mention, Senior Master Kowkabany from Kowkabany Family Martial Arts, he has been threatening to call in live on the show and just give me a hard time. So I just want to say go ahead and call. You can call me right now at 1-855-265-2929. Go ahead and give me a call. By the way, I'm not here! I'm in Washington, D.C.! We needed to pre-record this because I was going up for a little trip for a wedding! So, go ahead and call anyway, it's okay.

[Laughter]

TESS: But thank you so much for thinking of me! So now we have the Schluvittt Show! It's time for the Schluvittt Show.

BEIMEI: I love this show.

TESS: Everybody get ready, repeat after me in unison, okay? 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: Yay! Awesome!

[Laughter]

[Applause]

TESS: You guys did so well!

BEIMEI: Pete, you didn't do it right.

PETE: I did it like this guy over here in this voice [talking in funny voice] "Just go Schluvittt."

TESS: He's the Schluvittt guy. So let me explain what Schluvittt is. I do a motivational presentation called "How to be happy, Dammit!" I got permission from Pete to say "dammit."

[Laughter]

PETE: Do it some more, do it some more, come on. "How to be happy, Dammit!"

TESS: Because that's really what the name of it is, but I've never said it before because I'm new and this is a Christian radio show.

PETE: I didn't say that, that wasn't me, that was somebody pretending to be me.

[Laughter]

PETE: Travis!

TESS: I'm sorry for the realtime captioner! He talks so fast! Unlike me. No, I know I talk fast. We have great realtime captioners. I may be captioning this myself, my own voice, and I hope not. I'm on vacation and I'm trying to get this covered!

[Laughter]

TESS: So we'll see. I will be in the chat box, anybody that's entering the chat box, I will be entering the chat box with you, go ahead and chat me and we can talk about all of your messages the next week. I'm sure I'm going to get a ton of comments [laughs] about what we earlier discussed which I'm not going to discuss anymore. Anyway, Schluvittt --

[Laughter]

BEIMEI: That's confusing.

TESS: Okay. Schluvittt. Let me explain. So the "How to be happy, Dammit!" presentation, I had to come up with a way to help people remember the different ways of how to be happy, and I took one letter from each element, and it looks like it just spelled out the word Schluvittt, so that's where Schluvittt comes from.

MARY: Okay.

TESS: We have been taking one letter for each week or each element, we take one letter -- yeah, I'll get this straight, hold on! -- we are up to the letter T, the second letter T, it's S-C-H-L-U-V-I-T-T-T, and we're already up to the second T, and this is our ninth show!

BEIMEI: Yes, do you believe it?

PETE: Awesome.

BEIMEI: Nine weeks, woo-hoo.

TESS: This week's T is try, try something new.

BEIMEI: I like that.

TESS: That's part of being happy, you try different things, you try different experiences in this life and then you have so many more experiences from which to draw to be happy.

BEIMEI: Absolutely.

TESS: And one of the things that we did, we mentioned this earlier, Pete, we got Pete to try sushi for the first time.

PETE: And I love it!

TESS: He Schluvs it!

PETE: Oh, sorry, I Schluvittt!

[Laughter]

TESS: I was the same way. I was very reluctant. I met Beimei in my Tae Kwon Do class. And I was saying, yeah, I really don't do sushi.

BEIMEI: I challenged her to try it, come on, I know you can try anything.

TESS: And she knows I will accept a challenge.

BEIMEI: Yep. She's, like, all right, I'll give it a try. Look at her now! She's in my restaurant every week.

PETE: She's like a stool in there.

[Laughter]

TESS: I do have my own stool there!

PETE: And her own table!

TESS: Yeah, and I have my own table, too!

[Laughter]

TESS: Actually, Beimei and I, well, she's tried this, we're going skydiving, I haven't been yet, but she's going.

TRAVIS: It's an amazing experience!

TESS: Oh, that's right, you've done it.

PETE: I'm not doing it. I'm afraid of heights.

BEIMEI: I was afraid of heights too. That's why.

PETE: I didn't like being this tall, if I look straight down, I get scared

TRAVIS: You're like five foot two.

(Laughter.)

PETE: My parents paid all this money for me to be this tall.

TESS: What are you going to try something new, Travis? What are you going to try?

MARY: A new song.

TESS: That's perfect, Mary!

TRAVIS: That's what I'm working on. I try to work on writing new songs. And something that takes a lot for me to do is actually try them out in, like, a church setting, so that's something that will be happening very soon.

BEIMEI: Nice!

TRAVIS: I have a new song I'm excited about.

TESS: Is it Death Metal?

[Laughter]

PETE: Death metal for Jesus!

[Laughter]

TESS: Well, actually there are Christian death metal bands.

ALL: Yeah.

TRAVIS: It will be something with the same intensity, I think, just not all the noise.

TESS: Yeah, right, right. Or the monster sounds, rrrrrr.

PETE: How does that go? You're scaring me!

TESS: No, my son does it much better, he's a professional artist.

PETE: I know that. He's very talented.

TESS: There is an art to the growling, believe it or not. He is very talented.

TRAVIS: He needs to give lessons.

BEIMEI: Who knew?

TESS: Yeah. Mary, what are you thinking about trying?

MARY: A new sushi dish.

BEIMEI: Nice! I like it! And I will help you with recommendations.

PETE: She looked me over and said you will like Rock & Roll and she brought it out. And it's exactly what I would have ordered.

BEIMEI: And that's what Pete orders every time!

PETE: Every time I come, it's Rock & Roll! It's delicious!

BEIMEI: I think you like the name so much, that's why.

PETE: It's great.

BEIMEI: Talk about sushi and something new, I just shared this morning something on Facebook, It's the talk show host, Jimmy Fallon, had Blake Shelton try sushi for the first time. It was hilarious, it was so funny! But I have to give it to him. He tried the Uni shots and not so many people do that.

PETE: Can we say that?

[Laughter]

TESS: Can you tell us, do you serve Uni shots?

BEIMEI: I did when it first opened but the thing is, it's a delicacy and not so many people like it.

TESS: Can you explain what it is?

BEIMEI: It's an organ of a sea urchin and it looks like a tongue, it has a surface like your tongue, it has the same texture and look and --

PETE: Show us what you mean. Did you just stick your tongue out at me?

[Laughter]

BEIMEI: So not so many people really like it, but I like it, but I can't have too many orders of it.

TESS: Okay.

PETE: If you did too many of those and you got arrested, would you get a tonguing while driving?

[Laughter]

TESS: Now, the way they described it on the Jimmy Fallon show, is that correct?

BEIMEI: How did he describe it? He said it was a sea urchin.

TESS: He said it was the gonads.

ALL: Oh! Oh!

PETE: Time out!

TESS: Is that true?

>> It's an organ.

TESS: It is an organ.

PETE: Seriously, do not answer that question!

TESS: That's all we need to know.

[Laughter]

BEIMEI: Gosh, I'm so innocent, I don't know what that means! Somebody explain to me.

TRAVIS: We're not explaining it.

PETE: Move on, move on.

TRAVIS: Later.

TESS: Sophie, did you want to share what you were thinking about trying maybe?

PETE: Come on up here, buddy.

SOPHIE: Art camp.

PETE: Awesome! What do you want to do, you want to draw? You want to sculpt? What do you want to do?

SOPHIE: I want to draw -- do everything!

ALL: Yay!

TESS: That's great! That reminds me, I've tried quite a few new things since the beginning of the year. One was, let me see - I did a dissection of a cadaver.

BEIMEI: I remember that show! That was the brain part.

TESS: It was awesome!

PETE: What a segue from sushi to dissection of a brain.

TESS: No, wait! It went from sushi to gonads to dissection.

[Laughter]

PETE: You're giving me a heart attack!

TESS: I give him a heart attack every time I come on his show!

[Laughter]

BEIMEI: And he keeps coming back to the show for more!

PETE: Yeah.

TESS: And then I tried a polo lesson, it was so much fun!

TRAVIS: Were you actually on the horse?

PETE: I tried water polo once but the horse almost drowned.

[Laughter]

TESS: I did one of those paintings.

TRAVIS: Painting with numbers?

TESS: No, with wine. Of course it was with wine!

PETE: Did you draw the wine or paint it?

TESS: It was paint and.... I can't remember. I actually found out I do a pretty darn good job. Even with all that wine.

[Multiple people speaking and laughing at once].

PETE: [Speaking in drunk voice] Does this look good? I'm trying to do the Mona Lisa and it looks like somebody else's Lisa.

[Laughter]

TESS: It got better looking as the night went on, the more wine I had, the better looking it was. What else? You took me shooting, Beimei.

BEIMEI: That's right, you did a fabulous job.

PETE: You guys had guns in your hands?!

TESS: Yes, and I have pictures!

PETE: I'm not going to sleep tonight!

TESS: When we come back, we're going to talk with Travis Bray from Our Savior Lutheran church, so don't go away!

PETE: Is he going to sing?

TESS: Yeah! He's going to sing!

>> Woo-hoo!

[Music playing]

Dynamic Communication Strategies, developing leaders and teams that thrive. Dynamic Communication Strategies provides team building, leadership building, and motivational speaking. Professional development training inspires creativity, increases productivity, and enhances communication which leads to employee retention and

makes a happy workplace. Looking for a dynamic motivational speaker to uplift spirits, inspire attendees, and energize your audience? Bringing energy, warmth, and zeal, Tess can inspire change in your team that will yield a lasting effect in your organization. For more information, visit www.dynamiccommunicationstrategies.com.

The realtime captioning for today's show is brought to you by Realtime Communication Services, Incorporated, also known as Realtime CSI. Providing realtime captioning on-site or remotely in educational settings, business meetings, legal meetings, and medical settings. Professional, accurate, reliable, discreet, compassionate, providing communication access for the deaf and hard-of-hearing communities for over 20 years. Would you like to provide communication access for people with hearing loss for your meeting and event? Visit www.realtimectsi.com.

Are you in need of air conditioning and heating repair, installation, or maintenance services? ICR Services, Incorporated specialized in repair and installation services for residential and commercial clients for heating systems, compressors, and air runners. You can trust their trained technicians with more than ten years of experience to end your temperature control problems once and for all. They will greet you with a smile, listen carefully, provide same-day, on-time service and repair. They are courteous and respectful, deliver money-saving solutions to every problem. And the "cool" thing about this company is that they follow up after every visit to ensure that they delivered perfect service. Preventative Maintenance, \$89. AC Tune-up, \$29. Free estimate for new units. Free service call with repair. They can replace duct work. They do attic insulation. AND you can save up to \$1500 on new units! Call ICR Services, Inc. Today. 813-871-2313. Visit ICRTampa.com. Call 813-871-2313. ICRTampa.com.

[Singing]: Can I get a hallelujah? Can I get an Amen? Feels like the Holy Ghost running through ya. When I play the highway FM. I find my soul revival. Singing every single verse. Yeah, I get that's my church.

TESS: Welcome back, everybody, this is Tess with WTIS and you are listening to "Tess Talk!" or you are reading "Tess Talk!" on the real live -- wait, the live realtime captioning. And make sure you chat in the box. And the way to find that is tesstalk.com and that is the easiest way to find us. And if anybody is interested in sponsoring our show, you can e-mail me at <mailto:tesstalk@WTIS1110.com>. So, welcome back everybody. We have Julia, Mary, Travis, Pete, Beimei, Sophie, and Kathy!

>> What up?

ALL: Yay.

TESS: Welcome back, everybody. Now it is time to listen to Travis!

TRAVIS: [Laughs]

BEIMEI: I can't wait!

TESS: He is a singer, song writer, worship leader and has an awesome, awesome voice!

TRAVIS: Well, thank you very much. Yeah, I'm a worship leader for Our Savior Lutheran church and school at the East Bay campus. We have two campuses, and the other campus is in St. Pete. And I've been with the church for four years this morning.

BEIMEI: Congratulations!

TRAVIS: Yeah, I love it. It's my favorite thing to do every week. It's the thing I'm most passionate about. And I've been leading worship in churches all over the United States and kind of the world, kind of. I was on a cruise ship once and....

[laughs]

BEIMEI: That counts as international.

TRAVIS: That's right!

TESS: In 122 countries, right? [Laughs]

TRAVIS: Yeah, I've been doing this the better part of -- since 2003, we'll say. I love doing it and being involved, and I'm glad this is what the Lord, what God has called me to do, so....

BEIMEI: Awesome.

TESS: This is a church where I found -- a long story about how I found the church, but when I first got there and I started interpreting there too, and I just love it! Especially the songs!

BEIMEI: How long have you been there?

TESS: How long have I been there, Travis? About two years?

TRAVIS: Two years.

TESS: Maybe two, 2½ years.

BEIMEI: Ever since the time I've met you, you've been talking about the same church, so I think it's 2½ years.

TRAVIS: This song is actually a Christmas song I'm going to sing. I was driving a truck two years ago, one day, I don't know what it was, there was something about the mystery surrounding Jesus and that Jesus as the Bible speaks to is fully God and he's fully man. He was 100% man and he was 100% God and just --

TESS: And still is!

(Laughter.)

TRAVIS: Yeah, and still is, and kind of the conflict that rests in there. And so you look through scriptures and see all of these different descriptions of Jesus, and I kind of wanted to just write a song that captured all that, I'll sing a couple verses. Anyway, here we go.

BEIMEI: Let's hear it!

TESS: Go for it.

TRAVIS: The song is called Gloria.

[Guitar playing]

TRAVIS: [Singing]: Fully God, fully man, a human baby, the great I am. The glorious King, veiled in light. A humble child, the promised Christ.

Gloria, oh, Gloria. To God all glory in the highest.

Gloria, oh, Gloria. Emanuel, our God is with us, here with us, oh, he's here with us, oh, eternal God, Divinity, colliding with humanity.

The majesty of his grace is resting in his infant face. Is resting in his infant face.

Gloria, oh, Gloria, to God all glory in the highest.

Gloria, oh, Gloria, Emanuel, our God is with us.

Gloria, oh, Gloria. To God all glory in the highest.

Gloria, oh Gloria, Emanuel, our God is with us. Here with us. Oh, he's here with us.

[Applause]

BEIMEI: Woo!

PETE: Wow! Awesome.

BEIMEI: That was beautiful.

PETE: That was amazing!

BEIMEI: Absolutely beautiful.

TESS: That was so beautiful!

TRAVIS: Thank you.

TESS: Yeah, when I heard that song, I just loved it! And I loved signing it too. And afterwards I said is this going to be on the radio? Are you going to get this on the radio? I was so excited. And he said no, I think it's just for me and just for here. And I was, like, really? We need to get this on the radio and share this! He wasn't ready to share this.

BEIMEI: Try something new, I'm so glad! You tried it and it's absolutely beautiful!

TRAVIS: Thank you very much.

PETE: Phenomenal.

TESS: And when I got the radio show -- thank you, Pete -- I went up to Travis and I said, "I would love to have you on my radio show so that you can sing your song and share it with the world." I thought it was going to really be a tough sell and he just said, "Okay."

[Laughter]

TESS: And I was, like, yes! So thank you so much for coming on and thank you so much for sharing that.

PETE: Thank you for your heart on that. Your heart keeps shining through.

TRAVIS: Well, thank you very much. It's the Lord and obviously it's so weird to say it -- it's not weird but it's true -- it's all Him, man, seriously, it's all Him. I just follow and do what I think he wants me to do.

PETE: You are a willing vessel and you do an amazing job.

TRAVIS: Sometimes I don't know what I'm doing and he tells me what to do and I do it.

TESS: I never know what I'm doing. Obviously! [Laughs]. I have angels all around me all the time, like, working full-time. I don't know how many, but thank God. Thank you, God!

BEIMEI: They're all pretty tired, I guess. No, I'm just kidding.

[Laughter]

TESS: And I truly appreciate that.

I'm going to just let you know about a couple of fundraisers coming up here. One is called Pasta-bilities and it's the second annual Memorial Day -- oh, wait, this is Pasta-bilities -- thank you, Julia! -- it says imagine the Pasta-bilities. It's a fundraising dinner to support the Paralympic Sport Tampa Bay. And this is on Friday, June 3rd. So I wanted to -- oh, hold on! -- Friday, June 3rd, 6:30 at USF Embassy Suites.

And then there's a second annual Memorial Day Run for the Warriors May 29th. That's at Al Lopez Park, 7:15. All proceeds benefitting Hope for Warriors, www.hopeforthewarriors.org.

And one more I wanted to share. Kendra Scott Jewelry, remember Murphee and Sugar Foundation we had on here? A wonderful, wonderful non-profit --

BEIMEI: Yeah, I do remember.

TESS: -- to help people pay medical expenses for their pets. Anyway, that's on June 29th at Hyde Park. And thank you so much, everybody. Thank you, Julia, Mary, Travis, Pete, Beimei, Sophie, and especially Kathy. Thank you so much!

ALL: Thank you, Tess.

TESS: Thank you. See you next week. Take care!

BEIMEI: "Tess Talk!"

[End of show]