## Book launch and ACEs introduction

Hey, you guys, it's me, Dr. Tori. My book is officially out. And yes, It is time to talk about ACEs. You guys can find the books everywhere. However, I would encourage you, guys to go to my website, bevictorious.com and place your order today.

Yes, its time, to, talk, about, ACE's. Let's go, y'all. Hello? Hello, hello, You, Guys. I'm back. Welcome to episode 101, the Psycho Breaker episode. My name is Dr.

Victorious, The ACES Educator, here to talk about what psycho breaking looks like. I want to start off by letting you all know we had our second Annual ACES Awareness International Conference.

And when I tell you it was wonderful, it wasn't wonderful. We had over 30 speakers, we had panelists, We have college students, and we have students.

## Conference recap and international reach

we achieved our goal of bringing ACEs education to the DFW area and when we did it, But I have to share the highlight of the conference was the inaugural Psycho Breaker Legacy Scholarship Gala.

Marv, where are you? Let's talk about this. What's up? You know, I really like that international. Yeah. We can't downplay that. That's a, that's the major thing.

So this is the wonderful thing with the conference this year. We still had international reach. we knew that we were having some issues last year, but this here we had virtual options.

And it was a pleasure to see Dr. Lydia from the United Kingdom for lunch. She went over the mother womb and the father womb, and it wasn't amazing sight to sees.

So we got to watch that during lunch and It was wonderful. We're not letting this war stop us from getting in doing what we need to do. And we put out an initiative last year to talk about aces and here we are.

I'm humbled. Very, very humbled because people travel. Yeah, that's an amazing thing because her story, I remember her episode and the times when you and I talk on this show.

I often talk about how when we first started I was like, I don't know if I can do this. And then, you know, it got tougher to handle it. But her episode, the story that she shared, It was deep.

It definitely probably needed a trigger warning on it for some people. So for her to talk the mother and father wound, you know, that's significant for a lot of people.

A lot people are grown and they have 40s, 50s and there's still dealing with that. They're still doing that with a challenge. And I appreciate this show because it has equipped me to better handle my friends who are dealing that, I've always told people like, I had the lottery when it came to my parents.

They were not perfect by any stretch, especially more of a singer. But my mom, you know, did so much for me. And I was talking to a friend of mine that had issues with her mom, you know, the mother wound deal, and she said, not everybody had a Mildred.

My mom's name was Milledred, so I'm better equipped to handle my friends and not, be the, oh, still your mama, that's still you mama. No, no, it's okay to set boundaries.

It's all right to expect for somebody to respect you and to value you, And not mistreat you. and that all came from the tools I got from this show. Yeah.

I'm sad that I missed Dr. Lydia, but I am sure it was phenomenal. It was great. Just everybody, the people traveled. We're talking about from Los Angeles to Brooklyn.

You know what I mean? People traveled and the crazy thing is with everything that's going on, within the current administration within today's society we're in a war right now we are but that did not stop people showed all the way up it was humbling to me because i was still sending emails okay checking in you guys okay are you good House flights, house things.

And when your purpose has been met, and you know you're fulfilling that, people will show up. I was reading over some of the comments in regards to feedback.

One of things that was mentioned was that I can't have speakers going at the same time. All except a compliment. Oh, well, I didn't see that as a critique at all.

Dr. Worthy made her mark in there, in the room. Everybody knew who she was, everybody was looking for her. But the schedule had Angelique from Vegas, VZ Spaces, and Dr Worthie at the same time.

And people started catching on like, I'm trying to jump into both and I don't wanna leave one because somebody else is doing this. So I went to both speakers and said, okay, Dr.

Worthy, can you just do me a favor?

## Cycle breakers, storytelling, and imposter syndrome

And then I'll talk to the audience to say, y'all, just give me an hour. I promise you, you're going to want to hear both speakers. Let's just go with this way.

That's part of the growth. like establish major conferences. And I say established because your conference is major, right? This is year two and we're growing.

That happens all the time. You have different panelists going on at the same time and when you are offering a wealth of information that touches so many different things.

When it touches like PTSD, when it touch ACES awareness, it's touches all the different that you're touching. You have to kind of put, there's a schedule as people have make a choice to go there.

So it is a good problem to have because you are growing, but I definitely understand people saying, I don't want to miss out. Yeah. I will take that one.

You know what I mean? Because what else could I do? When I tell you the proposals came in, the committee was like, my God, I'll give you an example. Ty Sheila Justice, she was the bookend speaker.

She started our conference off and she ended our conversation off, but she submitted proposals. She wanted to make sure that she made got the right proposal in and so when you got a proposal or people looking for the cycle record gala and speakers and people look for ACES conferences speakers they didn't see name they saw content and when I saw that Tashila name was twice I said that's dope.

I admire her she was on the She's been on a podcast. And so what people started to catch on to is that it's the podcast that's connecting the community because people are going back to the podcasts and saying, I remember her, she was episode 32 or with the class that we have shout out to train the trainer.

when they would have homework assignments, they had to go back and do feedback amongst the people that

were inside of the class. So it's being used as an educational tool.

And I think that's what I love the most because there are people internationally that are also using this as a educational tour to learn more about ACEs.

When I mean talking about ACES, we are talking it. For year two, yeah, it was an amazing thing to see. That's why it just reaffirms. the decision that you made to do a podcast because your podcast did build a community.

It didn't build an international community and it all came from you wanting to spread the word about ACES and doing it through your platform, through YouTube and through different audio.

People can listen, they can watch, They can do whatever. And then they also read the book. they can do all of these things. And then you have a conference as well.

I think people are able to not only find a common thread, which is ACES, but then, because ACEs, you say it's a good thing, often it is rooted in something that was negative, right?

But the thing is that the community that you build, not just people who have been through stuff, there's also people that have overcome the cycle breakers.

Exactly. So let's go into the cycle breaker. I think people have to understand. And I will share with this. When we did year one of the conference, I was more into who's your superhero?

Who is you? If you were to choose a superhero, which superhero are you. Of course, like I'm Wonder Woman. But then I thought about it, we're actually our own.

because we're the ones that's breaking the generational curses. We're are the one that are taking on this role of cycle breakers and maximizing it to a level where people can understand and find it relatable.

So again, to have 30 people over, it was more people than that to say, yeah, I'm a cycle breaker. Why not? So when I thought about it, I've always shared that I'm a psycho breaker.

I have never hidden it. Again, that's how I share my story. How I shared it enough for people to understand how ever I represent Kansas City because I do.

Born and raised is what it is. Kansas city Chiefs fan. But when you think about Kansas and the outcome, how many people actually make it out? How many actually do the things that I did.

Again, it might not be a big deal to other people, but to graduate from high school, that's a good deal. It is because it's people out here that don't.

And not to knock anybody. Like I said, I've had, and I will say it in the camera, numerous discussions with my family. And I'm still going to talk about it because it is what it, is I can't hide who I am or what I did or how I, did it to get here.

But I my first generation high school graduate. It's not to shame my mom. Is not the shame. My dad, we live in a different society in 2026. They painted the road and the vision for me to, get where I.

Am. So I will always give them. For that. However, That's what cycle breaking looks like. And for me, it started my senior year in high school. You know, I don't know if people give that enough credit.

I'm not talking about being a cycle breaker, but I mean talking the story. Right. Because I've talked to a number of people who have overcome different things, right?

Terrible things. And a lot of it was, if it wasn't their parents doing something to them, it's because of decisions that

their parent's made that put those people in situations where they suffer what they suffered.

A lot times I'm like, well, you need to tell your story. Look at your life now, look at what you're doing now. The thing that they said is, I don't want to hurt my family.

And I was like, yeah, but it's your story. And they was, like yeah. But if I say something, if put it in a book, it is going to embarrass my mom. I'm like I get that.

If you wanted to share your I know it's probably easier said than done to be able to go and talk to your parents and be like, Hey, listen, I want to tell especially the black community.

I'm telling the family business. Um, so that courage that you had to do this, um, don't think it should be taken lightly. That's where the imposter syndrome also comes in because that was one of the main things we've talked about at the conference where we're dimming our light.

all because we're told to keep in the family secrets or don't say anything or not. But I'm a first-generation high school graduate term, college graduate, term the first on both sides of my family.

I can't help that. Can I continue to dim my light because I am Dr. Torrey. You ain't just a high-school first time, first generation of high schools graduate.

And people don't get that with three kids. It takes a lot of grit. Married. Termination. And people just don't understand that aspect. So I never wanted to stop what I created.

## Education journey and creating impact

And that's, that was my motivation to keep going. Even when I moved to Chicago, the first school that I taught at was Chicago Vocational. Anybody know anything about Chicago?

You taught a CVSU to talk in one of the… And I'll leave it at that. Yeah. I knew I could take on Chicago if I came from Kansas City. And where I came from in Kansas City, I knew Chicago.

And I'm just being honest would be easy because I've lived it. So it was easy work for me to go to Chicago and say, hey, I want to do this at that time.

Remember what I'm saying at the time, because you all may not remember us that was fresh out of high school had the opportunity to teach and they will pay for us to get our license and all that.

And the president at time Mr. Bush decided to cut that and we had to stop in the middle of being in school, going to our degrees, getting us prepped in they paid for it to stop all together.

It's that note I left behind. Exactly. Ended up leaving a lot of children behind Exactly. And so what do I do? I went into doing college advising, which I thought was cool.

I met a lot of wonderful people then. But with the college advice, I took the opportunity to get my master's degree. So I actually received my masters in business administration first.

Did that when I found out I was pregnant with my first daughter. This ain't it. And when I went and got my master's of business administration, I made sure I fed that book to her in my belly and here we are 20 years later.

So yes, i've been in education for quite a while and I wouldn't change anything. She's in college. Yes. And it's an amazing thing to see because that was my journey.

That's to me when I started teaching. Right when i got my master's business administration, I went in and say, yeah, i gotta teach because I can't be a business woman and raise this kid.

I gotta do what I got to do. And that's when found District 205, Thornwood High School. It started at Thorewood and I switched from Thormwood to Urban Prep because I got an opportunity.

This was the first year that Urban prep was opening. this was all male school in Chicago with 100% graduation rate. It was a first-year and they needed a special education program and I did it.

I had no other choice. I just graduated with my master's in teaching with special education and they didn't know about special ed at that time. There was a young man that was included and the teacher was like, go ahead and read.

He went off. F-U-B. I said, you don't have a special education class, and you need a Special Education Department as soon as possible. And they did it.

I did that first year, got that recognition for that year. But that commute back to Chicago, moving out to the suburbs with a kid, just didn't work. So that's why I tried Thornwood.

Thorewood accepted me back for leaving, but Thorenridge got to give her props. said come to Thornridge. They talk about us but I think you'll like it and I loved it.

That's who created Dr. Victorious. I did the 13 years there. Loved it when I mean loved, it loved. It I put every kid in extracurricular activity and that's where I do my study.

So that is how I became victorious through Thorech High School. Absolutely. You know, the thing about it is, you know we did a cycle breaker series. You know, these people had already overcome on their own.

They came to tell their stories. I think what people didn't realize until you just told a brief portion of your story is not only are you a cycle breaker, but more than likely, if you really sat down and talked about the different children that you touched, you probably created several cycle breakers as well.

I remember you used to tell me about how you would be coaching bowling, so they're having the kids bowling. And that's not something typical for you. uh a black school whatever like the bowling team or whatever but you were just doing anything in a city that could be so treacherous and so dangerous to young people and you don't know you you probably know but people just probably underestimate how many lives you probably saved.

Now you couldn't get to all of them, because you shared those sad stories with me, but how people you got to college. People you just saved their life.

Maybe they could have, they might have went some, a certain direction and it could've turned out bad. But instead they say, I'm going to go bowling with Dr.

Tory. You know what I mean? This is the reason why when I left education in 2023, we had to create the Victoria's Foundation because I couldn't just leave education when I still got students saying, hey, can you write my recommendation letter for college or hey.

I got a question, can you help me or hey, how did you do this? I need your help and support. That's what the foundation is for. I can't get rid of mentorship.

But I've been doing it for too long. So it's hard to get into something that you've done naturally for over 30 years. And so that's the reason why B Victoria's Foundation is what it is today.

It is a one stop shop. We mentor everybody. we're talking about from your high school, all the way to the doctoral program at this point. It was honorable to have Dr.

Michael Davis get his doctorate degree on Wednesday and be at the conference on Friday. I told him, I said, listen, this is what we are doing and I'll be the first person to get recognition for you being at And he said, I didn't even

think about that, but that's what cycle breakers do.

We think above the norm to do what we need to in order to continue to raise awareness on what a cycle breaker looks like. Yeah. So what's next for you and your army of cycle breakers?

Because that's one of the things that, you know, I'm in sales, from my nine to five. And the thing that we try to do is a military term, it's called force multipliers.

I mean, teach a bunch of people to what I can do, then they'll go out and spread the message and I could expand my reach and do more work. Now that you've created this army cycle-breakers, what is the next step?

I actually didn't create anything. I just brought the awareness to people that I knew could relate. So I'll give you an example. When we talked about the Cyclebreaker Legacy Gala, there was actually nominations.

There were nominees that people actually wrote nominations for. However, all of the people who have been on the podcast, They came on the podcast because they were cycle breakers.

## Building the foundation and mentoring network

So I could not not include the people that were already guessed, not even guessed but they we're speakers and signed up to speak for the conference. It was more or less, hey, you've been nominated.

What does cycle breaking look like to you? And it opened up like a psycho breaker box, just to hear their stories of them sharing exactly what psycho breaking looks like to me.

I wish I could share their story, however, that's the reason why we're going to highlight each and every one of the because everybody brought their storytelling.

It was an honor to stand there and I got a shout out Tyler, my Dallas lead ambassador that does her thing. She read off The name, I read off who they was, shared their story, and as they walked off, it was the most powerful thing that I have seen.

Just to hear their names and then they share. I'm a psycho breaker because this, this and this. What makes me a cycle breaker? And it's like you can see the standing and the shoulders back.

It was just to receive the feedback from that. That probably would have brought a tear to my eye. Man, it was so endearing. It was amazing because people didn't hide it.

They did not hide their cycle-breaking realization moment. Like me with my shoulders up now, It's was a wonderful thing to see. So the Room of Empowerment was what people saw.

I know for a fact they're going to look for next year. That's the reason why we're doing it different. I would love to continue to meet cycle breakers because we are bringing awareness to not just an ACEs score, but to people that are breaking generational curses.

And I think that's what's needed today in 2026 when you have administration that is trying to normalize the things under the ACE's umbrella that we were trying bring awareness too.

For example, it's Mental Health Awareness Month. This should be the appetizer. ACES is always, to me, the appetite of a wonderful conversation. However, when you look at it from an ending or a healing standpoint, a cycle breaker's hell out loud.

We have no other choice because our information is out here and our inner child is saying, do it. because there was a situation before when this was happening, and now look at what you've done.

I'll give you an example, because it was the sweetest thing ever. Shout out to Justine. Justin, I met through somebody in the community. Shouts to Jorge.

Jorge went through each 10 questions of the ACES quiz. Jorge is, when I mean healing out loud, he is healing our loud and it's a wonderful thing to see.

People have signed up for ACES 101. We've been having the ACEs 101 classes and Justine said, I'm gonna tell you what it is. It's you Dr. Tory. I said what you mean?

What's going on? What'd I do? She said, she said you got Jorge in church. I started laughing. Yeah, because I know Jorge and I met Jorge. And I meet Jorge sharing his story, who was also on the podcast about his sexual abuse and how he has moved away from the church, so to have that documentation and that picture of him at my church waving and enjoying the service.

That's not just me. It's the awareness of ACES and understanding who you are and the fact that you're able to heal out loud that's making more cycle breakers understand what cycle breaking is and what it looks like.

Because Justine has already signed up for train and trainer. She ready. So again, we just got to continue doing what we're doing. This podcast has always been an educational tool, but it needs to be people like us.

Here I am, episode 101. We got keep this going and this momentum going because it's bringing awareness in ways that is not just educating people, it is helping people heal in the community that they know can actually benefit from them.

We can't keep looking at ACEs like it's a bad thing when it really is an awareness tool to help you hear. That's what it is, yeah. And I remember you used to always say, it not a Bad thing.

I used be like, I just be bold. But now I understand how the awareness empowers. Yes. It helps you to move past. Because I think there is… It's sad when you…

encounter somebody who can't build that proverbial bridge and get over it. And I don't mean to be like, how does it happen to get it over? No. To do what it takes to do it, to heal yourself.

I had a relationship in the past and I had to let it go. And most of the relationship was great. We enjoyed each other, we had fun. But I knew what I was dealing with when it comes to mental health.

I know that she was also dealing was something and it stemmed from childhood trauma. So those aces were impacting her in ways that you didn't see. If you've been in a relationship with somebody who hasn't dealt with their mental health or whatever, it's not uncommon to me, to that person who's dealing with it to take the other person down.

And I knew that I'd overcome and I couldn't go back there. I couldn't go back, so I had to cut a good relationship off because I have to choose myself.

## Honoring cycle breakers and community fundraising

So that awareness and these tools that you are giving people, you know, I hope that this continues and I know you've got some stuff in the works that you know I want to keep this going because this movement is something that really it is ignited like you got to think about it.

We're still posting about the conference is his name. It's almost a month in and it's an amazing thing to see that people were taking notes. People were recording.

people took the things that were said and are using it or the people that have connected. If I can explain it, it would be a wonderful thing to continue to see and witness, which is the reason why I need people to bring this

awareness, bring me more cycle breakers.

That's the reasons why we have this podcast in the first place. We do ACES Lunch and Learns. we do have a community where people are talking. But that's the reason why I am here you guys for help.

I'm here to help you take whatever next steps you need on your ACES journey to not just understand your ACEs score but heal out loud in a community that is doing the same naturally.

It ain't just me, it's other people that are actually stepping up to the plate to get again When I can name so many, the Texas Women University panel, that discussion was so powerful, it ignited the freshman panel.

Oh, That was everything. What I mean to see my oldest that I just talked about. lead a panel and do what she did she wasn't the person that led it was Tyler and when I tell you Tyler in her questions and in in facilitating my god her and coach show These are people that I have mentored.

These women I had when they were in high school, these were adults. these are women that are still on this journey with me. I must be doing something right.

But I want to share that we're cycle breakers. And once you understand what it looks like, and you understanding the legacy that you're building and your creating, it can happen.

So again, We are going to highlight the cycle breakers and let you all know who the honorees are and we're going have a fundraiser for the foundation because we've always supported people.

I'll give you an example. Kimberly Allison is a cycle breaker. We do the Lockapalooza together. WE be Victoria's foundation and Lock by London have been doing this for two years.

We collect toys, we do what we need to do. The Loctitians lock, they cut hair. I mean, it's so much, oh, this is a wonderful thing to see. And we raise funds for the Tevin Newman Scholarship Fund, who's going to be presented and awarded to someone at Thornridge this year.

We have to keep doing these things because not are we bringing awareness to the community, but we're opening up for other people to say, I'm a psycho worker, too.

That's how we started with ACEs, remember? People didn't know. We gave them that quiz, they defined the ACE score, and here we are. Right. Absolutely.

You ready? I am. I know I. Because when I tell you, I look forward to this, now. I want to, while we have this opportunity, give you all of your wonderful credit because you have also grown as well.

You got awarded a lot of awards while were on break. Tell me a little bit. Now you know. I don't like talking about that. And you the reason why I brought it up, because we started off the episode talking imposter syndrome and how we don' And you just was about to dim your light.

So tell me more about it, Marv. Okay. I agree to disagree on dimming my light, but, um, So I received an award. The reason why I was not at the Second Annual International ACES Awareness Conference was because I had a commitment from my fraternity.

Our chapter had its 60th reunion. So it was important that I there. We had lot of things going on because there is a lot racial turmoil at my alma mater.

And at that time, the university had made a very bold move that is going to severely limit the experience that the Black students on the University of Missouri has.

That's something that I've highlighted before I produce a documentary about my chapter. And, you know, we talked

about the racism that young people young black people have encountered at the University of Missouri.

It was through the lens of my fraternity, but it's really the experience of every black student that went there. we were there to help the college students to talk to them to make ourselves available as mentors and to let the university know that alumni do care about what's going on.

So during that weekend I was recognized for the service that I've done to the chapter in terms of producing the documentary and then also I do a lot of mentorship with the current whatever the young current brothers that are on campus from our chapter.

I mentor them along with some other brothers but I'm the one who usually organizes and we make sure that we help them develop from young men into men and to be to have that connection between the old or the middle-aged and the young.

So definitely I was awarded for that and I am much appreciative because it's good to when I'm in a room with those gentlemen, I mean, the room of literally CEOs, top attorneys, doctors.

And when you talk about imposter syndrome, look at, just a little boy from Topeka, Kansas, and there's no way that I compare to these guys. They sat there and I got a standing ovation and applause and so many I am proud of yous and all of that.

So it was good to be recognized. I'm still working, I am actually organizing a men's conference in my hometown. I was originally from Topeka, Kansas, and if you know anything about the Midwest, Dr.

Tory grew up in Kansas City, so about 60 miles to the west of Kansas city is Topika, Kansas. Now I grew in the midwest for those, you now, because this is an international show.

during Dr. Tory and I's time in high school, junior high, that was right about when the crack epidemic hit. And it hit the Midwest hard. So you had the influx of crack, which is highly addictive, and you also had gangs.

## Awards, fraternity service, and hometown conference plans

I come from a hometown where Brown were supported education. A generation of fighters, the Brown family, they're literally my family. Not by blood, but I grew up with their grandson.

going on events with them. So it's in me to fight and to speak up to try to improve our condition. And for a long time, because I moved away, I've never done anything for my hometown.

God put on my heart to say, okay, you've been all over this country. Now it is time for you to go home. We have some mental health therapists that are going to come and talk about anger management.

talking about conflict resolution, because that's something that impacts the Black community, and especially not only on the streets, but also how we deal with each other as men and women.

I did a show on my podcast, Conversate with Us, where we talked about the domestic violence and how it impacts Black women disproportionately. So the people that we need to reach with that is the men.

I got people that are coming out to talk about that. I have a young lady who contacted me, and she's a doula, she helps women obviously with childbirth, but she said one of the things that was missing was the men.

The men didn't know what to do or they were slow, so she is building a support system for the man. They're calling it Dad's Den. So she'll talk about that and obviously some of us way past having kids, but we got kids who can have kids that are adults and to be able to support them in that way.

And then there's a couple of other speakers too that I haven't put out there just yet, I'm inspired by Dr. Tori. Dr

Torie never lets the grass grow beneath the feet.

She's always moving. she's, always plotting and planning and strategizing. And she's inspired me just like she inspired you all. So I'm constantly trying to do something.

That's what I got going on. And hit you guys, we just introduced another Cyclebreaker. Surprise. This is me and the people that were at that conference for The first year and the second year, and anybody that knows me, y'all know me.

I just got you, Marv. Surprise. Do you accept your title as a cycle breaker? Yes. Very good. Yes, I already knew I was a Cycle Breaker for a lot of stuff that, you know, again, yes.

Again, remember when we first started this show, it was like, we ain't got no aces, maybe a one. Then, yeah, so I said, wait, what? I might be a three.

Yeah. I just did my post. I was like, I started off as a three, and I'm at a six now. So I didn't double my score just by education. Let's be clear. This is the reason why we are here, you guys.

It's an honor. You all, this man is an author. He is everything a psycho breaker looks like in the dictionary, just like that, i promise. And we know that there are other people out there, so let us know.

bring them to us. And even if you are still questioning, we have a class coming up because there are people out here that really don't know what cycle breaking means, what it looks like, just like we had people that didn't about ACES 101. I think more of this is needed.

So what we're going to do is start putting this information out there. website has been updated. There's a lot of valuable new updates on bvictorias.com.

I think people should go and see if you're interested in signing up for the cycle breaker. series, it's available if you want to donate. We are accepting donations all of the time.

This is what Be Victorious Foundation is. If you all want continue to keep those free resources that we've given out, including this podcast, you guys please donate, recommend, refer, do what you need in order for us to continue grow and heal as a community.

And with that being said, Marv, I'm looking forward to it. I am looking to Cycle Breaker 101. Looking forward people donating for this fundraiser. And I look forward continuing the podcast.

Glad to be on episode 101 My blessings. You all can find us anywhere. Of course, we're home on YouTube, but our podcast streams everywhere. You can catch me on Thursdays for Aces Lunch and Learn.

And Marv, you got a lot going on. Tell us where they can find you. You can also go to my podcast on Instagram, The Man Listens Show. I'm wearing one of the hoodies right here is why I was promoting the brand.

It's at Man Listen Show, so you can find us on a Instagram and Facebook. Also have two other podcasts. One, Conversate with Us. Conversates stands for communicate, converse, and relate.

And I have guests that come on and talk about current topics.

## Closing remarks and where to find the shows

Dr. Tory's been on the show. Um, and then I also have conversate after dark, which is a relationship podcast that, you know, sometimes get a little racist after toy was on there too.

So I got that. And then like I said, I have the, um, inaugural Active Black Dad Leadership Seminar Conference in

Topeka, Kansas, June 27th. Please, if you're in the Topika, Arkansas area, Lawrence, KS, surrounding areas, please tell every Black man that you know that they need to come out and get some of this knowledge.

So June, 27. And I will tell you guys, my aces, Research is still out there. It's going to be perfect for this conference. So you guys will see. I will do the best that I can in regards to making sure that this Conference is what Marv wants it to because to to in top city, having this type of volume, like how Marve said, in a city and in state where this is needed, I'm honored.

And we got to continue to keep having these conversations. We have reached another episode and we'll see you guys soon. Bye-bye you, guys. Peace.