S2 Ep 21 - A Journey to Truth and Freedom with special Guest Mary Grace! Transcript

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Introduction and Guest Welcome

Mary Grace's Journey into Podcasting

The ISIS Kill List Incident

Legacy of Advocacy and Family History

Make America Healthy Again Movement

Challenges and Solutions in Food Industry

The Homesteading Movement Resurgence

Generational Perspectives on Politics

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The Role of Influencers in Health Communication

Reforming the Education System

The Importance of Critical Thinking in Schools

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Connecting with Mary Grace Media

hey everybody Welcome to the Eat Pray Faith podcast with Dr Tracy that's me and I'm so excited to be here with my very special guest Mary Grace who is the owner and founder of Mary Grace media uh I had the honor of meeting Mary Grace and actually being on her show a few times so today I have to allow you to get to know this incredible woman who is so passionate about politics culture Faith Freedom world events independent journalist she's an incredible Dynamic speaker and just an incredible woman of God so thank you Mary Grace for being here why don't tell us a little bit about who you are and how you got into this whole movement thank you Tracy I'm not used to being in the hot seat I'm I'm who always asked the question so thank you for having me I uh you know I I never set out to be a podcaster but that's what I do these days and I I kind of joke and I say you know for people my age our age uh it wasn't on my bingo card to have a live stream to be a podcaster but but we were forced into it um by the the utter failings of the institutions that we entrusted to bring the truth and to to get information to people in a trustworthy way uh because they not only failed but uh actually lied to people um and did the opposite of what we trusted them to do those of us who have a passion for truth picked up the mantle and took on the um the project I guess of of getting the truth out there and for me it started on social media when I was casually commenting on people's Facebook posts uh it was during the leadup to the 2016 election I was just trying to educate people about what was going on with the administration prior to Trump the Obama Administration and pointing out some of the lies and some of the uh hypocrisy and things like that and especially in the faith space because I think that a lot of people were fooled by who Obama said he was and uh and his false stance um on on Christianity and that put me on the radar Believe It or Not of Isis which kind of makes sense because he created Isis um anyway I was on their radar and I got notified in 20 the fall of 2016 that I was on an Isis kill list and at the time at the time I had never picked up my phone and done a a live stream at all I mean it didn't it wasn't even on my radar to do that and um and then when the FBI came and said you're on this kill list at first I thought I was being pump you have to go into that story a little bit though you can't just say that move on you have to get wait did they just call you did they send

you a letter happened well the sheriff came to the house and at the time I was living with my parents which I I still am my mom passed but my dad still here and I was going through a separation and when the um when the sheriff I I came home my mom said the sheriff was here and I thought oh it probably has something to do with the divorce and and then so I called the Sher I just you know casually called the sheriff hey and he said um it's my duty to inform you that you've been placed on a civilian kill list published by ISIS honestly I really thought I was being punked I thought somebody was going to jump out with cameras and say you know surprise you're on Candy Camera like how do you react to that news and I I said what are you talking about who really you're the what what's your name again you're the sheriff so and so I've got your card right here and he said well actually my duty ends here but the next person you need to talk to is the FBI area director okay so I called the the area director and it I was skeptical I mean I really like I thought it was a prank I really did wow and and then it became clear that no they were very serious and and they they explained it to me uh for example people in the military special operators they they're on these lists like you know you can be sure somebody like General Flynn is on the list like all the time every list um but um but the civilian list was new I was on the first ever civilian list and it was a list of 800 names I believe maybe 30 in my state and the way it works is that they have these online uh groups like chat rooms and things and they radicalize people um and when they put out a list they put out a hit on these PE on people like me and when some crazy kid in his mother's basement is radicalized into thinking that I'm Public Enemy Number One they go out and make the hit you know make the kill and then do they offer you protection at that time when the sheriff called you or was he just like good luck we hope you make it you're on your own yeah so yeah and well in the FBI too so but what they here was their their advice the advice was um if you're using your real name on social media change it um and and if it were me I would stop doing social media that's what the FBI guy said and and I I got to thinking about it and I thought well I'm a Christian and I'm also a descendant of the I'm a Dar daughter of the American Revolution and I thought well my my revolutionary ancestors would not have stopped right um and they were on lists they were on a kill list and and so my legacy doesn't allow me to stop to go into hiding um so I took it as kind of a badge of honor really um and and so I I did I took my my name off of my social media and that's how I became that's how Mary Grace came to be so that's my sort of spy yeah and uh and and I and I started uh live streaming so I did the opposite of what they said because it was right it was right before Trump got elected and it was it was right at the time when you know they were telling us that we were Public Enemy Number One that people who supported a change um and who wanted to make America great again or who wanted to have um you know protections for free speech and protections for Second Amendment and the Bill of Rights and things like that that we were Public Enemy Number One and that our words were violence and that that was that that Justified Violence Against us I I could see the lies I could see what was happening and I didn't agree with it and and so instead of going underground I I just made myself public and you know I guess I could have started an Anan account you know behind a behind a fake name and never showed my face ever right but that wouldn't have been any fun no no it wouldn't have been fun and and so I never ever told my parents though when my mom asked me she just assumed that when the sheriff came to the house it had to do with the divorce and I never corrected her because imagine imagine being the the mom and thinking my child is on a kill list yeah and so must have had some radical comments All About Freedom yeah I mean our I I yeah it was mostly to do with you know certain religious you know St stance stances um you know and I was just trying to tell people I don't think this means what you think it means um and I wasn't even posting I was just comment I was just going in people's you know regular Facebook and commenting and saying yeah I think you need to rethink the here's what the truth is and here's what I know and somehow I got flagged so yeah anyway that's that's my story first time I've heard this story we've talked several times that's because I'm always doing the interviewing and um yeah and so I like I said when I I I recently found out speaking of being on a list During the Revolution the American Revolution um you know there were many people who provided who either fought in the War or provided material support to the military to the Army to the Continental Army and my ancestor Mary terer hankle was a um she provided material support so she actually there's tax records of her paying taxes for the Commerce that she did with the Continental Army um and that that made her you know Public Enemy to the British isn't that amazing and your blood yeah and it yeah and had and so her I'm presuming I think her husband was off fighting in the war had he been home her activities wouldn't have counted because she would have fallen under the out under his authority right but because she was running the business running the farm herself and signing the tax receipts she was consider Ed an enemy combatant wow I know I know yeah probably selling them you know Provisions food um milk things like that or or uh there was a mill in the family so they could have been using the mill as well but um yeah isn't that crazy that is that I mean it's super interesting though just to to know like this this was in your family Line This is in your blood per se like this truth seeking for you know preservation of Rights and individual sovere and all the things that you talk about I mean you talk about standing up for freedom and and you help people as you said before we get on the podcast you help

them find their Destiny of what they're supposed to be walking out in so I hope that are listening today um go and check out your channel subscribe to it because you do incredible interviews with people and not just in the health space but in in things that are real life individual rights being violated people that don't know how to advocate for themselves even with your most recent um you know situation with your own father and his health yeah without knowing the things that you knew a different outcome could have happened and that's what I always say like if you don't know who to call when you're in certain situations right or you don't have that support Network or you don't even know that those rights are yours how are you supposed to advocate for anything and and that's what happens in our system a lot and I don't want to go down that trail I really want to talk to you today about the entire movement that's happening um because I know my position on making America healthy again I talked to you on your show about what do I think right as a he provider watching over the last 30 some years um and being in the industry 20 some years yeah has happened to our health our food our kids I have my personal stance on vaccines I have my personal stance on organic and I think people that listen to me already know what that is but sure as a person that has just recently come into the political side of everything and now we're seeing this new representation coming into politics of Health finally I want to talk a little bit about make America healthy again and that really means to you I it's it's it's exciting to me because I've been be I've become more and more aware of the the industrialization on a massive scale of everything like everything in our country but in particular our food supply and also the ti between the pharmaceutical industry and the food industry like you can't you can't really have one without the other because the things that the pharmaceutical industry is injecting into the foods I mean it's it's you know the animals the way that they grow the animals the way that they Farm the poultry um everything it's it's it's done on such a large industrial scale that I I think any thinking person would look at that and understand instinctively this can't be healthy and I don't think this is how it was done originally um when I went to grad school I was in an area that is known for poultry poultry growing and processing and I'll tell you something once you've been behind a poultry truck in the summertime that is stuffed full of chickens um and you you know there's feathers flying around and you you can see them have you ever seen those poultry trucks oh yeah they yeah they're just they're literally thousands of Birds stuffed in a tractor trailer and you know there's feathers all over the place there's waste I mean it it's it's not natural there's nothing natural about about it and that was that was my aha moment of hardly ever wanting to eat chicken again um um right I was like no thanks I no but but it was more than that because it it was it was definitely um it gave me a glimpse into the that industrial scale Agriculture and you know you you look at a bird that's supposed to be walking around um pecking at worms and bugs and it's crammed into a like a shoe box basically and it's just it's it's disproportionately out of scale the the way its body is shaped I mean all these things just it's like this mutant chicken and um and then and then you look at the industry and the way that the way that that these Farms are doing I think it's called monoc crops mono mono production and Joel salatin talks about this um the the fact that you have Farms that are producing you know one crop um or one kind of animal or that you know for example with his with his farm which is called polyface um you know he didn't get big contracts from certain grocery Outlets because he couldn't Supply like just chicken wings because he's like the chicken has more than just wings so if you're going to ask me to grow 10,000 chickens just for their wings what are you proposing we do with the other parts of those birds and they don't have an answer for that and and so their answer is we don't care what you do just you you can grind it into fertilizer for all we care and you know that really went against his entire ethos um of being a responsible farmer and also a Humane farmer and I think that a lot of the consideration that we have for for our food is is the H Humanity um because I think that we've taken that out of the the food supply we've taken that out of farming and most people who get their food from the grocery store don't even know they don't even really know where food comes from they don't know that um you know that chicken that they're getting at the Chicken Shack actually was a real bird and that somebody slaughtered it and plucked the feathers and that it was grown in whatever conditions they grew it in probably walking around in its own filth um and being injected with massive amounts of antibiotics to prevent the disease that comes from this type of monotheistic mono farming they call it monoculture um like my eyes have become opened over time to the the the destructive nature of that type of production and and that approach to feeding humanity and the the other problem that I see is that you have these corporations now that have taken over the entire food supply of this nation and they're lobbying Congress and have been for quite some time to uh to do things to our food that aren't even allowed in other countries um why well we know why but um but the result is shocking and disturbing the Obesity rates in this country I think it's like 77% of young men are not physically eligible to serve in the military because of metabolic disease that's crazy um so I'm passionate about it and I'm excited because I'm seeing uh RFK Jr he's coming into this as a man of faith we found out that he's prayed every day for years to have the opportunity to bring change in this area to to bring about change that will have an impact on his grandchild and their children and their children so it's a it's a legacy Um passion on his on his behalf which we need we need that I know that President Trump thinks in terms of Legacy

but to have somebody else come in and partner with him who has put in the time and the research and built up the Partnerships and the connections in that space um is tremendous and and so I have hope for the first time that we really can change this um when you have people like Joel salatan advising um uh RFK and his team on how to do this on how to return America to the small farming model I mean imagine if we reopen abars around the country that you know Slaughter 100 animals a year um and that people get all of their food from like a 100 mile radius that's the way it used to be so let me ask you this because these are all very and trust me nobody wants this more than me I've been telling people to eat real food since God was a Bo yeah but I look at this is a slow and steady I think skill sets now I work with People's Health every single day where I sit and I tell them to eat right think right move right poop right pray right Mo all the things right yeah and the inability for people to create meals from Whole Foods astounds me every day every day as I'm like well they're like well if I can't eat that what do I eat like that's the if I can't open a box and pour some milk on it and slap it in front of my son what do I feed them I'm like well what about eggs and bacon and you know organic and grass-fed and F change and sourdough bread and they're like well where do I get sourdough I'm like well do you know how to make bread and they're like well no so we have lost so much skill yeah when it comes to actually making food that's so for someone to go Source wrong ingredients right I think that would be a huge economic impact because people and I I mean this and I apologize if it offends someone are so lazy yeah that they don't want to do it they don't want to do it if it's hard they don't want to do it I talked to somebody today who is actually in the health field and I said you you know that it starts at the end under your fork you know it and she basically came back to me she's like yeah I know but I don't want to feel deprived I'm like well right now you're deprived of health so do you want to be deprived of your soda or deprived of your life which one do you want but honestly the indoctrination over the last 150 years of symptom repression a pill for every ill and will stop the pain doesn't mean we fixed anything and you can shop the grocery store and get all of your food magically just comes back and gets restocked every day yeah and you can just come in get it anytime you want in abundance that's going to be the hardest thing to overcome when it comes to this entire movement I'm not trying to be negative Nelly I'm just trying to be is how do we start to implement this into society with all these huge ideas that are going to trickle down then let's not mention all the money that's in the way that we're gonna have to get around all the lobbyists around all the line pockets of Congress I mean we got this is a big project I think RF do it in the Trump team yeah it's gonna be a while oh it's yeah yeah it it takes time and I agree I think that this is not an overnight thing I mean you you have to get the ocean liner like if you've ever seen one of those cruise ships um I used to live in Hawaii so the the cruise ships would come in down to the port of Honolulu and I mean they're big right they're massive and just to get them away from the dock you have to um use tugboats you know you can't just turn on the engine and drive away and um and I and so I think that what we're looking at here with this change with make America healthy again is like we're we're invoking a series of tugboats to come in and attach a line to this this big massive cruise ship called America and the American Consumer and um if you will I would say that these tugboats represent uh a multi-pronged approach one of which is marketing um because you you have marketing and also uh you have to tackle the regulatory system um because you know the farmers are disincentivized uh away from farming the way that they did 50 years ago because of the regulations you know they the the small farmers you know the industry The Big Industry wants the small farmers to die and so they'll slap regulations on them that make it impossible for them to stay in business so so that's one Tugboat as you as it were and I would say that that we really have to look at it as like a multi pronged approach um because you you can't just snap your finger and fix this problem because it exists on many many levels not to you know not the least of which is human nature and RFK said something interesting you know he said I Americans have a tradition of eating out they like their fast food they like their restaurants um and and we can't expect them not to do that however we what we can ECT is that we make a shift in the Raw ingredients of uh of what these restaurants are putting in their food and I think that's a reasonable expectation if you can work with the food industry I hate to say that word industry but we have to start with that because that's what people are tied into you have to work with them at the level that allows them to make these changes and still maintain a profit and a lot of that will stem on the regulatory piece because if you can incentivize a manufacturer a food purveyor to um provide let's say french fries um to do that with Organic potatoes with low spray crops um and to use beef Tallow or even avocado oil but I don't think that makes great french fries beef Tallow um which is what McDonald's used to do um then you know you're moving in a good direction you're moving in a direction of whole food with simple ingredients that everyone can read and pronounce I think even that is a step in the right direction and I was talking to a friend about this because you know she remembers when like the Great Oreo crisis of the 90s when when the manufacturers started using hydrogenated oils in the Oreos and people people revolted and they said our Oreos aren't the same they took all of the animal fats out and they put in hydrogenated oils well they've since gone away from that because they've they' even the food manufacturers couldn't justify the harmful effects of the hydrogenated oils but instead of returning to

the animal fats they substituted um with I think a lot of binders and fillers to substitute for oils and so even something as simple as an Oreo imagine if you went back and you removed all of those binders and fillers and microplastics and you put back real ingredients so that when somebody bites into an Oreo they have that recollection like all imagine all the Gen X going that's my Oreo and um and having this this re reun reunion with real food um that that would actually go a long way toward bringing people around to the concept that it hasn't been that long since we since the manufacturers took those ingredients from us and we and then you have people starting to demand them back especially if um if if the regulatory system incentivizes the manufacturers to make these products in a way that still helps them to be um uh profitable and I think I think that's where the business Acumen of a Donald Trump comes in right because he's a he's a Wheeler Dealer he's a negotiator so you've got the you've got the expertise of the RFK Jr and Trump has said he's not going to stand in his way um because Trump likes to bring in the experts and then he just stands back and lets them do what they need to do but but he also has great relationships with um business you know all these billionaires who own these companies like he has a billionaire friend who owns a bunch of McDonald's that's how he got to work at McDonald's he called up his friend and said I want to go to work at the I want to work the fries I want to work the Fry Basket one day um and he did did so he he's he's a negotiator and I think that I think that as these things are brought to his attention he will be able to help them um deregulate and then also move into just change direction and you know win back the the um the Gen X and the Boomers but then also build a better foundation for the younger Generations because that's really the key right we've talked about that that that we have to get we have to get the buy in for younger people and I I think I think a lot of them have already bought in I think you see the homesteading movement you see the you know the Tik tokers and the instagrammers who are you know going back to canning their own food and you know drinking real milk and and making their own cheese and things like that so they're kind of picking up where our grandparents um left off I think I don't know no I think it's great I mean one of the things that you talked about was you know the Baby Boomers and Gen X you don't see a lot of gen xers in politics and it's probably because we're like me you guys have messed it up so much so far we don't care but um I do agree yeah you know they took those things out because there was Society value associated with using real food and real fats when it came to products and what theyed was if we take those out and we put synthetics in then people crave and what more there's no Society value to it yeah so there was there was a strategy behind it you know what I mean and and now yeah we are and talking about this next Generation coming up you know the ones that are going back to what Grandma used to do and canning and you know fermenting and I love it I love seeing it I'm so glad it's happening yeah you know and I this whole Administration I think is going to move us in a different direction uh so I'm really excited and I'm glad to hear I mean you're super educated on the underlying politics of it all even if up here you weren't really down with like what was all this health stuff like you knew enough about the industrialization of systems in America to realize that it just wasn't in politics like oh it's trickling into Health oh wait it's over here in education oh wait it's over here in Big Medicine I mean that industrialization has a lot of Sticky Fingers um and even if we just change the health of people I think they'll physically emotionally mentally be able to adjust right now I think we are physically mentally and emotionally incapacitated because we have been education Ally dumbed down we have been physiologically dumbed down and that has led to an mental and emotional dumbing um because we don't have the nutrient resources to rebuild our brain and communication and to be able to think logically through everything it's like everything is emotionally based you can see it I mean you can see it everywhere post something on social media that somebody disagrees with and it is not logic that comes out it's emotion because we are so heightened because we're so nutrient deficient and to so I'm looking at hopefully this Administration being able to have a plan this is my hope it's more than just make America healthy again it's what is your 10 20 year plan of keeping people of similar mind and similar ethics in that Administration what's the next team in the next four years eight years 12 years 16 years like that's what I want to know because it will take it only took 150 years to get us here but it's probably going to take us a good 10 years to dig us out in a good 20 years to see the the real effective change in our children to see obesity levels start to dwindle down I think will take a decade because we are so metabolically and I'm speaking as a practitioner we are so metabolically broken at this point we're just we're broken yeah now we're seeing in preconception and conception for women infertility is on the rise yeah are being born even children unvaccinated they are now being diagnosed with autism because of the metabolic dysfunction of the mother and father without any additional toxicity on top of it children are born with over 300 toxins in the umbilical cord alone I mean it's unbelievable what we have done in 150 years years so I'm super hopeful we have about 15 minutes left I'll let you comment on that that I want to ask you a little bit about what do you think about education well I I think in terms of you know making the changes that that we're talking about um I think that it it it may happen faster if the communication and the I think a lot of it hinges on commun Communications communication marketing um you know if if this Administration is smart they are going to Leverage The influencers of the Gen of their generations to

get these messages across so for example um Bo lden have them right they just have to allow them to speak now oh they do like so Bo Lowden okay he's a he's a he's a genz influencer um his mom Gina is on um real America's voice so she's our age but Bo is um he's one of um he's uh Baron Trump's best friend and so it was those two who got Trump on all of these podcasts right it was their idea it was it was Baron and Bo well Bo has a huge platform and so why wouldn't you leverage his influence to push out these messages of longevity and health and and you know making better choices and um understanding what's happening with our food supply and with the metabolic health of Americans um his age and and younger that to me would be a really good strategy it's something that the Democrats have tapped into they did a lot with the election and I think the I think the Republicans are getting smarter at it but the important thing to understand about this health initiative is that it's nonpartisan and of course that's one of the reasons that Trump brought Kennedy and Nicole Shanahan into this is because he really wants to build a coalition of um of people not politicians uh who are passionate about bringing Health back to our nation and and I think he's I think it's going to happen um education okay um I'll tell you our education system is another thing I you know president Trump is talking about abolishing the Department of Education and I don't think that's a bad idea I think the the unions I think the the system itself is so uh controlled and so contrived and so compromised that it it's one of those institutions that I I think has to be torn down and and built back up um I don't even know there's there's so many pieces to education because as an educator I I have a MERS in education I taught school and it became clear to me very clear that especially at the younger ages you don't need six or seven hours a day to um teach a child how to read and write you can do that in a couple hours most of the rest of the school day is uh is spent on moving people around um there's a lot of time and effort and energy that goes into moving little people from point A to point B B and to keeping them alive um and I'm not I'm saying that unironically I mean that you know you've got a whole room full of 5-year-olds and you know these are not people who've reached the Age of Reason so you have to I mean like they're going to do dumb things and then when they get to Middle School it's the same thing they're just bigger there's still no reasons yeah yeah like the middle school boy I mean it's just like a walking catastrophe I have two yeah so you know what I'm saying you're like why did you do that because because I wanted to okay um so you know but the point is that our our entire system has been has gone from like a classical education of you know producing humans who are critical thinkers who know how to read and think and discuss issues um you know how to calculate what they need to buy at the store basic stuff like that to a really a child care system um that has turned into now an indoctrination system oh and and so the whole thing I mean it's it's it's just backwards upside down Bizarro world and you know you're turning out little people who are being taught to memorize and follow directions and do what they're told and to become good little sheep and you know we saw that during covid that the adults the so-called adults who were being indoctrinated with the the covid instructions were very quick to pass them on to the children and there were very few people even our age who questioned the um rules and regulations because they came up through the public school system most of them um and so they were taught you know oh okay here's a line stand right here stand behind this line um stand on this footprint and people did it that's because that's that's what they were taught in school now you know you have your outliers like me and you who are questioning and going is that really really this really you think this is this is legitimate like this the bandana that's really going to save Humanity I don't think so and you're definitely not force me to wear it but you know you you're not taught that in school and and so my take on school is that we need to go back to a similar approach that we had have had to farming which is we need to decentralize it why do we have like 3,000 kids in a high school I mean you've got a a group of people um in a in a high school that's bigger than some cities or towns and they're all insane they're all like teenagers they're all the same age right I mean the time in your life are you ever in a room with somebody with multiple people that are your age yeah exactly girls night out and we're going out you know and there might be five of us not yeah yeah exactly and so you think about the one room Schoolhouse and it and you you start to revisit the value of the one room Schoolhouse which which nowadays is homeschooling or a local co-op or work or or work yeah where you you have multiple ages multiple Generations you have to learn to adapt I totally see yeah so I I could see going back to something like that because the truth is like when I was teaching I had um I had students I I came up with the idea of of having middle school students come into the classroom to help the kindergarteners read so they would come in and read books to them and um it was brilliant I mean it was fantastic because they you know the little kids looked up to them and then the bigger kids they're they're they aren't really grown out of childhood you know they're they're being told that they're these mature people but they really they like these book they like these little kids books and they like Legos and they like playing you know with you know they like be imaginative St play yeah they like Playmobile they like Plato they like they like all the things that you do in kindergarten so it's just the perfect match and um and so I feel like we need to get back to like an intergenerational model and definitely where curriculum is concerned we need to have a focus on the fundamentals which which some people call a classical education so we want to teach the fundamentals we

want to teach kids how to actually write incursive because now they don't they can't even read it because nobody taught them how to write it um but but also really to think it they have to learn how to do critical thinking and that's what's missing because tell you that is that is beaten down in public school and I mean my kids attend public school and you know I get called into the office several times a year because you know my child is not being respectful and go in and I'll ask like what did they say and basically it just comes down to they were questioning the teacher and I'm like how is that as long as they're doing it in a respectful way why is disrespectful like why can't my son had a whole debate with his science teacher about creation versus Evolution yeah at the end of it she's like we're just gonna have to agree to disagree and John's like that's fine but you're not going to tell me that evolution is a thing when I have a historical book that is comprised of 40 books or 60 books written by 40 some different authors that tells me something different right so yeah um it was just you know and then all of a sudden he's in a lunch detention because he didn't agree so and I I tell my kids take the detention yeah keep yeah I yeah I mean I I made my I made my teachers cry on more than one occasion um I it was just the same kind of thing though was like well I was just trying to think logically you know and and question and and it was you know but but they but they're not set up the system is not set up for that right it's not set up for the kids that kind of go off the reservation and um and so you know when I was teaching I was not necessarily the most popular teacher Among The Faculty because well like I'll give you an example when we had our Thanksgiving feast at the elementary school and all of the kindergarten and first grade classes came dressed like pilgrims and Indians um everybody had their little outfits that were preut right they were they they had patterns and you'd cut them out and you know the little feathers were made of construction paper and everybody kind of looked the same I was like I don't think that's the way they did it and so I went and bought a bunch of like real feathers and yarn and you know I got books and with pictures of you know real Native Americans and I gave them to my kids I said here you can do anything you want you can use as much tape as much string yarn beads feathers whatever you want here's some pictures make what you want and so we showed up at the feast and everybody like my kids like some of them had like 18 necklaces oh my and um and like you know some of them did like you know braids with feathers hanging out of their hair like real you know and some like not there was no no patterns and it was but they learned a lot because they they looked they looked at these books you know and they they spent a lot of time thinking about what somebody would wear you know if they were a Native American and um anyway it didn't go over too well because we were not the same we were it was like Spot the Difference her class um but I didn't really care because I felt like my kids my students were developing skills and observation observational skills and you know even just fine motor skills Beyond being just handed a piece of paper that was already cut out and said glue it glue it here you know that just wasn't our way you know we yeah I mean I had one kid who every time he'd put the beads on the string he was pretty add but he would you know you with little kids you tape the string to the table and they just have to put the beads on like one by one right and then they hold it and you come and help them tie it well this one little kid every time he get like five or six beads on there you're teaching them how to do a pattern right so he's like red blue red blue right and then he would turn around to to try to get my attention he'd let go of the string oh my and all the beads would fall on the ground and it was like and he'd go man and then he's like picking up all the beads and he'd start over he did this like five or six times and my Aid looked at me she goes aren't you gonna help him and I said why and she goes well well he keeps dropping the beads I said so and she said but but he's going to get frustrated and I said he seems fine to me I said plus you know he needs to get the energy out let him crawl on the floor and um she was so upset with me I said you know what if he gets really frustrated we'll intervene but you know he's he's on round number six and he's still fine and he's gonna figure it out like don't still doing it with joy just getting up and getting those feet like really happy and then and then finally he turned around and he didn't let go because he learned you know and he turned around he's like I'm ready you know and he wore that he wore those beads day in and day out because he did it himself yeah so yeah well we certainly don't let kids fail and everyone has to get a trophy and participation and we could get into that whole thing but I know I know my kids throw away every second place trophy they ever got I'm like exactly yeah n no Winning is Everything losing is nothing and um I think so I mean yeah so when it comes to education we yeah critical thinking um we've got to get kids back to I think multi you know multi-age groups multigenerational learning to do critical thinking and basic skills they've got to learn how to do basic skills oh yeah what I mean what do you learn coming out of school nothing you can read and write you don't know how to balance a checkbook you don't know all the basic skills of life like took away home Act they they took away so many things that you need you know so yeah you don't even know how to figure out at the grocery store what what's a better buy you know right yeah that's a basic skill critical thinking either so yeah so I I am so impressed with all of your knowledge as I'm sure our listeners are today I mean you just you really are an incredible resource I don't know if you know that about yourself I'm I'm sure you know that you are well researched but you do you have a great mind for retaining all of this information in a very thank you clear way of of explaining it to people so that it

becomes interesting to them and that they then will go research it themselves which I know at the core what you want people to do is go forth learn and learn for yourself what are your rights what do you need to do how do you need to be prepared so thank you everything that you're doing and for walking in calling for you um like you said not everybody does that so how can people connect with you and watch your show and I'll make sure I put all of this in the show notes just give us where do we find you uh the easiest way to find all of my links is to go to my website marygrace media.com and right there on the front page of my website you can connect to your favorite social media platform including Rumble x Facebook Instagram uh there's some other ones on there YouTube but uh primarily just hit up the website maryg grac media.com you can also send me an email infom margrace media.com and if you want to see some of the amazing interviews that I do with wonderful people like Dr Tracy uh make sure you get on my email list and that's right there on my website at maryg grac media.com we will send you a reminder when we go uh on air with these interviews that we do thank you Tracy know you have some exciting ones coming up so guys don't forget to connect with Mary Grace you will not be sorry her show is incredible you will learn so much and thank you for being here guys make sure you share this podcast with somebody that can really use this information don't forget to subscribe and check me out on all the social media channels Mary Grace you're amazing I love you for being here thank you thanks