

meet-the-family (1)

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SPEAKERS

Kelley Richey, Julia Avery



Julia Avery 00:09

The Family Ties podcast is a fresh a new series created and curated by two sisters on opposite sides of the United States who want to share their journey and staying connected through the weekly discussion of topics that both affect and inspire them.



Kelley Richey 00:23

These topics range from arts and entertainment, inspirational women and role models, science, global issues, psychology, life experiences, pet peeve, etc. Distance may keep us apart, but Family Ties creates a perfect draft backdrop to remain connected challenge and



Julia Avery 00:41

always learning.




Kelley Richey 00:42


Welcome to our very first episode ever of the family ties podcast. Yay.





Julia Avery 00:51


 Kelly Rasheed

 Kelley Richey 00:52
currently residing in Colorado, and I'm 32 years old. I am the middle child in the family I have six children and I have some very interesting stories to share with you guys. And this is Julia.

 Julia Avery 01:05
Hi, I'm Julia Avery. I'm a new resident of Jacksonville, Florida. I'm 27 years old. And I'm the second youngest from the same families Kelly sisters if you haven't Yeah,

 Kelley Richey 01:19
I think that yesterday's session

 Julia Avery 01:24
interesting is polite where the Kelly's sick of it, but I also have some interesting stories to share as well. It's pretty, pretty messed up.

 Kelley Richey 01:35
Some of them aren't, you know, we're both alive. This podcast is something we felt super pumped to do for so many reasons. But here's what's important to know. We love politics, art, fashion, film, music, psychology, animals, etc. Like a lot of stuff. And we enjoy discussing these things with each other as sisters, but since we live so far away, and don't get enough time, and To talk on the phone, this is our endeavor to get closer to one another, discuss meaningful topics and learn together regardless

 Julia Avery 02:07
of our physical distance. Yeah, so each week, we'll be tackling the topics that Kelly just listed off, including some interviews with professionals, friends, family, and maybe some personal heroes, and take our listeners view on an entertaining journey where we share past and present with each other on the quest for knowledge, understanding, empathy, and renewal. Sweet. So



Kelley Richey 02:31

basically, this first episode is going to be just an introduction to us and who we are, it's not going to be really structured the way on our future podcasts will be structured. So just bear with us. This is pretty loose and informal. But we're going to start at the beginning. So Julie and I have pretty weird facts about our birthdays. So I'll start there where we were born as a little baby, I was born On the 23rd day of August, I consider it to be the worst month of the entire year hot sticky gross. Yes, it's a worst. But when I was born, I was like totally blue and I was had to be spanked by the doctor to force my first breath. So Julia's already yawning. She's obviously intrigued by this.



Julia Avery 03:23

Um, wow.



Kelley Richey 03:25

Oh, no. Okay. So basically in addition to that, I would never live down the disappointment I'd already proven to be to my mom because I was supposed to be born a week earlier. And she had hoped I would be born on her birthday. So I To this day, get like backhanded comments about, so



Julia Avery 03:47

shame on. Oh, wow.



Kelley Richey 03:52

What about you, Julie?



Julia Avery 03:55

Okay, so, my weird birthday story is that I I didn't know when my real birthday was until I turned 16. I was I was, there's a miscommunication that my birthday was on Christmas Day, based on my mom, like our mom wanting to believe and would not believe anything else is that I was born in Jesus's birthday. And she was convinced that the clocks and everywhere else in the hospital said it was Christmas day that ours was 10 minutes behind. And so that the nurses made a mistake thing by putting the wrong time on the birth certificate. But no, so yeah, every every year up until I was 16, we celebrated on Christmas day, I was told I was a Christmas baby. My birthday was Christmas. That's what I told

everybody and I told myself, and then

K Kelley Richey 04:53
hey, I believe it for years like Well, I think you may have been Like 1718 by the time I learned that, because I saw your driver's license, and I was like, well, they got your birthday wrong, Julia and that you were like, No.

J Julia Avery 05:10
Actually,

K Kelley Richey 05:11
so anyways, he Yeah,

J Julia Avery 05:14
it was, at least like we didn't find out I was from a different set of parents or something. It could have been worse news. It's just like, Oh, your birthday is actually Christmas Eve.

K Kelley Richey 05:27
Or would that really be worse news? Ah,

J Julia Avery 05:37
no, because then we wouldn't have as rich of the content that we have to discuss on this podcast. So

K Kelley Richey 05:44
thanks, mom. Thanks, Dad. There's always a silver lining. All right, so moving on. So basically, the one thing I can say that's been a constant throughout my whole life is horses. I was obsessed ever since I could crawl and I was like, totally, totally obsessed. It was like, that's all my mind could think about. I would grab the horses encyclopedia from like, the shelf in the living room, and I'd flip through the pages. And I was just it was just magic. Dad thought I would grow out of the horse face, but he humored it, and he gave me like a horse figurines books.

J Julia Avery 06:24
Oh, yeah, you've had tons of worship.

K Kelley Richey 06:25
Oh, I still do it. So yeah, I have

J Julia Avery 06:28
a little shrine. But you had multiple shelves just filled with horseshit so much worse treasures.

K Kelley Richey 06:35
If if it had a horse on it, I wanted it you know, like, you know, those cheesy like white trash t shirts you can get at Walmart with like, the illustrated wolves like howling at the moon. Well, when I saw one equally as tasteless and cheesy, um, I think it had like, I think it was in North Carolina when we were on family vacation. I saw this one where this like sad native woman And was on this horse this really tired horse and I was like classes, so I had to have it like, didn't matter like the Native American look sad and defeated. I was like colors. So I had to have it but I cherished it and more it until like the print had been born and like faded away beyond recognition and confer Can Can I do not have the shirt anymore? That's sad. But um, Christmas of like, my when I turned 10 mom and dad gave me like the best Christmas present I have received to this day. And it was a certificate handmade certificate for one riding lesson at a local farm. And dad was firm that that was the only lesson to expect. But there were of course, many more in my future. I'm basically I started to volunteer at the stable and in exchange for lessons and at the ripe old age of 12. Julia, I was a full time worker. That's hopefully will More detail about child labor had a different date. But suffice it to say, you know, I was a hard worker very early on. I'm very determined. And

J Julia Avery 08:11
like it was work, there was work, but like, you kind of enjoyed it though, right? It was an escape and it felt I like,

K Kelley Richey 08:19
I enjoyed Yeah, I loved it, basically. I mean, it was better, a better reality than the one we

had at home. So it was pretty much I would say, it's the reason I'm still alive today. But, um, I don't know, you were involved with horses too. But um, I have some very special memories of us like going to war shows together. And it just felt like we were getting away from everything. We were like escaping.

J Julia Avery 08:44

Yeah, it was great. Yes, absolutely. horses. Yeah. I love that. It was something that we kind of had together for a long time. Like it was our thing. You know, everybody called me, Kelly's mini me, and I'd follow her around at the barn you would call me your mini did and then if I wasn't like always copying or something sometimes he'd be like, she didn't like yeah, like what the hell? No, it was it was awesome though and like it was definitely work. But like I fell in love with it and I enjoyed being away from home. But along with horses, like I have so many passions while Kelly like your focus was more like you had specific focuses and passions. I'm all over the frickin place like I when I was a kid and still to this day I wish I could somehow learn everything be everything like do a bunch of different careers and somehow make it work.

K Kelley Richey 09:57

Well julienne of time I saw on it. USA jobs.com that no.gov that they have some like FBI agent positions stop and

J Julia Avery 10:11

stop

K Kelley Richey 10:15

making fun of no no I saw those. So, Julia has had a wide range of careers that she wanted, but like mine, so far have been these. Um, I wanted to be as a child, I wanted to be a trick rider at t r i ck, which basically means like a horse vaulter, so like, basically, on horseback, I always thought that was sexy shit. So then I realized that that was probably not going to happen for me. So I thought, Okay, I'm going to be a horse trainer, and then I turned 13. And I saw Lord of the Rings and that change Returning so then I wanted to be a director wanted to make movies still do um and then the other one that I kind of thought about for a little while was fashion designs to still have passions for but you know I have been that's a pretty short list Julia was here is God

J Julia Avery 11:18
starts now. All right. How much time do we just let

K Kelley Richey 11:24
me get a couple to not eat me?

J Julia Avery 11:29
Yeah so yeah when I was little I had like this schedule where every day I was doing something some different career somehow like the trainings and the schooling to do all of these totally. I did not consider the time it would take to do all those qualified, but Okay, so like Mondays, Mondays I would be a ballet, like a ballet dancer and instructor. There were days of the week you had for each different kind of question.

K Kelley Richey 12:01
Yeah, organization for thought. Okay, go ahead. Oh, so

J Julia Avery 12:04
irrational. Yeah, Monday was, well, a Tuesday I was an astronaut. And, um, so, again, not counting in the time it takes to get back from the moon or whatever I'd be doing, huh? Whatever. Wednesday, I was like an actress. Thursday, I was like a singer. Friday. I was like, scientists or something like it was something different every single day is like, I'm gonna do all of it. It's possible. We're gonna do

K Kelley Richey 12:39
it all and our parents tell us we can be anything except for ours, but most parents

J Julia Avery 12:50
now, but like I would try to learn I would try to get books and stuff to learn how to do the things that I wanted to do, but obviously like I tried to teach myself ballet cuz you know, we didn't have the money like from a family of six kids. It's like the budgets pretty tight. So we didn't have like money to do official bat Dance,

K

Kelley Richey 13:12

dance. Let's remember that little big and he would do it all the time where that lady was like point flex ears. It was so cute and she'd be like cliché, and you would just eat it up. Come on was great. Um, I didn't do any of it. I just watched her. Um, I've never been coordinated enough for dance.

J

Julia Avery 13:35

I would choreograph dances with our little sister Skyler. I do choreograph and then I'd get all the family in the living room together and I'd play like some Enya song. Oh, yeah. And we just dance awkwardly in the living room while everybody's trying to act like this is some good show.

K

Kelley Richey 13:53

And then I'm over there. like can I videotape this? Pretend I'm a director. Yeah, once I'm on one track mind like so once I start thinking of something like I've got to find a place to move, you know by July now that's all I can think about like I'm calling people and looking things up I do not deviate is like Kelly has put the blinders on.

J

Julia Avery 14:18

That's awesome. I you know what, I would probably get so much more stuff done. If I was like that. I think about everything simultaneously and it's very overwhelming and it's difficult to decide where do I start? You're one track mind is very good for you.

K

Kelley Richey 14:36

Jason. Call me the bloodhound. So anyways, um, if you haven't gathered already, you guys. Julie and I were in the very large homeschool family and things were our our youth was extremely non traditional and extremely strange. But like, as far as school goes, just a little tidbit is that, like I had an extremely difficult time learning to read as a kid and mom was never patient. And when she did decide to try and teach, it was like, yeah, it was intense. She would use psychological warfare, you know, to try and drive results. And all it did was make me become more withdrawn, very sensitive, insecure. And I'd feel like tremendous amounts of guilt for stuff I couldn't pick up or understand. Like, if you had trouble learning something, it was like it was rebellion. Like, it was almost it was you were choosing not to learn. Yeah, you were, you were choosing to fight the learning process. And it's like, No, you just don't understand the topic. You don't understand the material. Like, it's not rebellion. I don't understand. So like she would give me like m&ms, you know,

when I was trying to learn how to read and if I messed up, I would actually get a spanking. So it was like learning stuff. Like such high stakes, and so I, I To this day, you know, the reason Julie and I are really interested in psychology is because like we've we've really been put through the wringer in our lives. And we're trying to make sure that we don't repeat patterns that we've seen as far as the mental illness that has kind of ravaged our childhoods on so not

J

Julia Avery 16:24

only repeat patterns, but use it as a crutch or an excuse to be a bad human being. Yeah, yeah, it's just so use it and turn it around and really try to make something better out of it a better life better ourselves. Awareness.

K

Kelley Richey 16:43

accountability. Yeah,

J

Julia Avery 16:44

yeah. In order to do that, you have to really understand and acknowledge what went wrong.

K

Kelley Richey 16:49

Yeah, though. Yes. I mean, to this day, like I'm super convinced that I had and still have like a learning disability of some kind. Like I'm about to, it's been put on my doctor's list to think in early April, I'm supposed to do an ADHD test. Because they said, I definitely sound like I could fall in that realm. And it's like, I feel every day that, like, I love to learn, but it's my focus and my attention span. Like, if I still don't understand what I'm looking at, I'm going to have a difficult time sitting there and problem solving to understand it and we get frustrated with myself and beat myself up over it and I can't you know, see the forest through the trees. It's it's a, it's a bad feeling. And I was always told that, you know, growing up, our parents didn't believe in that stuff. But they basically it was rebellion. If you weren't understanding or if you had difficulties in certain learning situations. It was always conditional upon your love, and then also whether or not you're a good Christian. So that's great science. Definitely Mac setup. Um,

J

Julia Avery 18:02

you know, it's interesting about two years ago, my doctor recommended me to a

specialist to get ADHD testing as well. But yeah, I didn't have the budget, I haven't had the budget for a specialists.

K

Kelley Richey 18:16

So I mean, so I'm just going going along my life still undiagnosed for sure. I think the reason I'd like to know is like, if there are ways for me to you know, get over those hurdles, and at least put it in perspective or, or take some medicine to help me focus. I feel like I'm operating at maybe like 70% of my capacity, but maybe not even that much. It's just that I know I could be smarter or not even smarter, but quicker to learn things and retain them. I like no, it's Yeah,

J

Julia Avery 18:53

yeah. And you know, what's interesting is I don't think a lot of us, a lot of people are using Even that much 70% sounds like a lot considering considering, you know, seeing what some people are able to do when they're operating at their best. And then the rest of us, I feel like 70s pretty generous, like a lot of us are operating pretty low or,

K

Kelley Richey 19:18

I mean, there are such exceptional individuals. I don't want to like, give myself too hard of a time because I know I'm smart that I may not be coming up with the world's next big invention, but there are some people who are exceedingly smart and have so much foresight when I, you know, when I see certain things that like Newton was discovering at the timeframe he was discovering it or even the, you know, Einstein and it's amazing. It was just to think about how they were able to come up with that and it be proven like it's astounding.

J

Julia Avery 20:02

Well, and I feel like intelligence is something that we can't pinpoint. Exactly. Because it's so varying. There's so many different types of intelligence and there's emotional intelligence. There's like engineering kind of intelligence people that are great with math people that are great with writing English. So, I mean, none of us should be too hard on ourselves because it doesn't mean just because we aren't operating at the full capacity that we think we should be. Doesn't mean that we're not intelligent. It just I think it's a matter of also health focus. What's going on in your world right now mental being mentally drained. There's a lot of different factors. I don't think it's a lack of intelligence, you

K Kelley Richey 20:47
know? Yeah. Yeah. So I mean, like, we were really, really can conditioned to not only have self doubt But if you took pride in anything, if you were proud of an achievement like something you won, you were always quickly reminded that, um, you know, Pride goes before a fall and any kind of pride equals like, just what is the not just pride, it equals some really bad religious thing but it What am I thinking, Julia?

J Julia Avery 21:27
Well, and also you it'd be it'd be you giving yourself credit because we were conditioned that, you know, it's all Jesus. Yes, what we did, it wasn't us. It wasn't the hard work we put into it. It was all Jesus.

K Kelley Richey 21:39
Right, right. Absolutely. Thank you.

J Julia Avery 21:42
taking pride in our work. It was like don't don't be proud of yourself. Thank the Lord.

K Kelley Richey 21:47
So to caveat that let me just say, before we continue talking about education that I am, the older I get, the more I realized that I am not really Religious I never was religious I have a healthy respect for different beliefs and I think same i i don't buy into any of them I may see some wisdom and some of them and be able to like I don't know it's I think there are certain things of Buddhism that I think are great and I think certain aspects of Christianity or other religions are sound nice, but it's not applicable to my life and I consider myself relatively spiritually open but I do not practice religion at all and I cannot step foot inside the church and not because I'm like Damian from The Omen I'm gonna burst into flames but it could happen. Yeah, it's anything's possible. Yeah, it is. But,

J Julia Avery 22:52
no, I'm the same way like I'm, I'm very spiritual person, but I'm not religious. And there's a difference between spirituality and religion and religions all organized spirituality is being open to the unknown. something bigger than yourself, but I feel like no one really knows anything. A lot of this stuff is man made and it's kind of a comfort thing i think it's it's

comforting for people to grow up with some sort of structured faith with some guidance so that they feel like they understand the world they live in they feel like they understand and and have some element of control over their life because if there's no organized religion, and there's nobody to claim there's a God who's responsible for everything that goes bad everything that goes good then you feel helpless and you're like, whoa. Not me, but like I feel like the general people. I feel like they religion is comforting for some because

K

Kelley Richey 23:58

do you want to know it sounds super stressful. To me, living forever. Ah, gross. Also like, I'm not one of those people who finds death to be that terrifying. I've almost died like three times now. So yeah, I mean,

J

Julia Avery 24:20

you're like a cat you have nine lives. And y'all we're gonna be getting into some in Kelly's accidents at some point. She and she is lucky she has in strong what we

K

Kelley Richey 24:35

call doggy. We're just unfortunate because I mean I could go either way.

J

Julia Avery 24:41

No, no, no, no, I say luck. Okay. All right. And strength

K

Kelley Richey 24:47

Julia Dasha

J

Julia Avery 24:47

luck, a lot of strength. She's gone through some shit. Jesus didn't. Thank you. Thank you, Jesus. Um,

K

Kelley Richey 24:57

but, like the idea of dying And not going anywhere. I would be fine with that. Like

J Julia Avery 25:06
there's part of me that's an introvert so that does sound nice a little bit

K Kelley Richey 25:09
i mean but here's the thing is even if you are afraid of dying and there being nothingness, like what what are you gonna do about it like once you die It's not like you can still be like but I don't wanna know it's done it's over you'll you weren't conscious so we don't know like how how is finality that terrible we don't

J Julia Avery 25:30
we don't know anything and these people that claim you know the people that that die and then get brought back to

K Kelley Richey 25:38
I never saw no light at no tunnel Julia

J Julia Avery 25:41
cat Yeah, you should know you've had three opportunities,

K Kelley Richey 25:44
Julia there was no way and it was just all so close. Okay, so she just remember him. I'm going back to learning real fast. getting an education, learning getting learnt real good. We are from Kentucky. So

J Julia Avery 26:08
yeah, if you're concerned about any part of like our mental state, or like maybe our intelligence like Mitch McConnell,

K Kelley Richey 26:17
or Mitch McConnell, as I call him, he, um, so basically with education, like one thing, I can kind of tie back to the whole thing of having such, you know, I feel like it could either be the ADHD we were talking about. But, you know, my doctor also said that she feels like

my levels of anxiety are so high that my whole life I've been in a fight or flight mode, like every situation is like that. And I until she'd said that I'd never thought about it. But like, the more I've been doing this wonderful headspace app, I'm learning more about how how anxious I truly am like all the time and how I let it rule me when I have the power to kind of take some step back steps back from those thoughts and kind of create some mental distance and realize that as what it is, and it's a thought that I'm having, it's not we take our thoughts as being reality. And in the end, it's not really the case our mind will tell us all sorts of lies, but it doesn't mean that it's true and that we should just listen to it. So kind of retraining the brain is difficult, but like if I do have ADHD, that'll explain a lot, but if it is just anxiety that also explains a lot, but um, like, test taking, I don't know if you had this Julia when you did you take the AC T. Yeah, what you did 23 Damn, I hate you.

J Julia Avery 27:51
Anyways, just just passing it was just some

K Kelley Richey 27:56
minimum, Julia. I did the bare minimum to get get into college but so here's the thing guys. What was yours? Well, it was like 18 just real bad.

J Julia Avery 28:08
No, it's gotta be better than that because I don't think that's the minimum requirement. Well, I was I was raping right by a CT

K Kelley Richey 28:15
or a CT I don't remember the difference. I feel like once the AC T, but like Western Kentucky University I met their minimum requirement to get in and I blame it all on the math section because the way our mom taught was just a little blurb. Good Julia with how did mom teach?

J Julia Avery 28:34
Well, here's the thing. Here's the thing.

K Kelley Richey 28:37
Listen, Linda.

- J** Julia Avery 28:38
She didn't write. So I feel like that might be a little factor. Slow one. She ordered the books. Ah, she ordered the books, but then like, like I got taught how to read and like I was given the same Mmm, treatment. Oh, I didn't. I actually didn't get spanked. If I got the answer wrong, um, but I got m&ms if I got it right. And I just I think that also I'm gonna blame that is where my sugar addiction starts that
- K** Kelley Richey 29:12
way I don't buy m&ms.
- J** Julia Avery 29:14
Also my love for learning.
- K** Kelley Richey 29:19
Like, Chuck. Oh,
- J** Julia Avery 29:23
just kidding.
- K** Kelley Richey 29:25
Well, I'm just kidding. The only reason that I made it through whatever it was a CT or SAP, I don't know is because Janet helped me like she was she's the oldest and she had a very determined like, we would have stayed home and been child bears. That was all women were meant for it where we were raised and we'll get into that and
- J** Julia Avery 29:50
it felt very instilled to this day feels like as the oldest she has the responsibility to be the example Successful. Yeah, yeah. Do I think that really was her driving force?
- K** Kelley Richey 30:05
Yeah, I agree. And, you know, she wanted us to succeed too. And so she, like had me, she helped me prepare for it. And I'd never studied for a single test in my life because I'd never

taken any up until that point. So just imagine guys taking your first test as you're leaving high school. That's great. But I would say Janet's the ultimate hero and catalyst in my life, that prevented me from remaining at home and working at the stables for the rest of my foreseeable future. So I am very lucky in that, but Well, we'll go into more depth on on the topic of mom and school and our lovely legacy on a different date. But, you know, let's establish here and now that our mother was highly abusive, both mentally and physically to us growing up and it is something that we are all very haunted by to this day. It's been the root of many emotional scars and issues which counseling has been helpful and putting some perspective. Yeah, same Yeah.



Julia Avery 31:14

And we'll definitely be going into that more later. It's, you know, this is just like, just giving you like a little glimpse into maybe what drives our passions and drives are our passion for learning and trying to understand and grapple with difficult issues and topics to try to make sense of everything because it's, it's been challenging, it's been it's been a real struggle, but it's



Kelley Richey 31:45

so this makes me want to sing, which I'm not a good singer, but it just made me think of that song from the King and I getting to know you getting to feel free and you're so cute. Oh, thanks. Thanks so much.



Julia Avery 32:03

I remember that we're Suzie. Oh my god.



Kelley Richey 32:06

Yeah. Yeah, we grew up on classics.



Julia Avery 32:11

Yeah. Anyways,



Kelley Richey 32:13

go ahead, Julia. What What you got?

J Julia Avery 32:16
Okay, well, yeah, 33 minutes.

K Kelley Richey 32:20
Okay. So you know what that means? It

J Julia Avery 32:29
means that we have an I have an attitude for you.

K Kelley Richey 32:38
Yay. Nice.

J Julia Avery 32:41
So, so hold on just a second. We'll be right back.

K Kelley Richey 33:29
Welcome back guys.

J Julia Avery 33:32
Hey,

K Kelley Richey 33:34
let's let's watch this up a little bit Julia. Let's have you talk about your your teen experience before mine.

J Julia Avery 33:42
Oh, okay. Awkward years so

K Kelley Richey 33:46
awkward, huh?

J Julia Avery 33:48
I know that's for pretty much teens everywhere though teen years are our hearts very emotional you fall in love

K Kelley Richey 33:59
all time.

J Julia Avery 34:01
So hard

K Kelley Richey 34:02
in love All the time. Yeah.

J Julia Avery 34:05
Even if you have never talked to them,

K Kelley Richey 34:08
especially I never talked to them.

J Julia Avery 34:11
Oh man, and then you can't talk to them. You're like, if I talk to them, I'm gonna ruin this. They're gonna know they're gonna see it. There they are. They already know they see me look at them and they know already and now I'm embarrassed

K Kelley Richey 34:25
or like, Sarah, you just very awkwardly and very obviously take photos of that person to develop later. And you know, of course you're going to get devils right? Why what Sarah and I would we take pictures of our crushes specifically one guy. There were two guys named Sam. Well, that's safe to say, Oh, I remember the listen to that. We would take pictures and we always have the same crushes on the same guys. That was a that was interesting. Um, We'd get doubles, printed of the photos and then we'd say one for each one for you one for me. Yes. It's love. Go ahead.

J Julia Avery 35:10
Oh my god. That's creepy, but endearing. Okay, but endearing. Okay, okay, okay. I had like my crushes lasted a long time. Like I was I was in a committed fake relationship. You know? Yeah, like I had a crush for seven years.

K Kelley Richey 35:31
Oh, yeah, I know about those crushes. I've had some Oh,

J Julia Avery 35:34
brutal and pathetic. Anyway, so Oh, she hears. I. So I did a lot of random things. And it also feeds into all of the random things I want to do. I volunteered at the preschool that was held at our church.

K Kelley Richey 35:53
Oh Ray, just kidding.

J Julia Avery 35:56
I enjoyed it. I was like the assistant to The teacher you know, help these little kids learn their colors, how to write their names, learn letters and numbers and read them stories and it was fun and I'd always get like, I fucking loved when the parents would also include me in like the holidays and stuff. They bring me Christmas presents, like, the little kids would bring up the Christmas present to me is the sweetest thing and I was like, this is this is why I do it.

K Kelley Richey 36:32
That's not right.

J Julia Avery 36:34
I felt special. I felt like I was making a difference like the kids didn't hate me. You know, I was like, they they remember me you know they don't run away when I look at them. I was like, I felt like I was part of something better and it was nice to get presence and confirmation that I wasn't a total dork. But I'm still am I remember I still get the Valentine cards. So cute. Oh man, sorry,

K Kelley Richey 37:03
you're fine. I'm

J Julia Avery 37:05
taking me down like Miss Soulja, like, memory lane. Just getting lost up in here. Oh man
Good to see you need to get tested for this ADHD about you know all over the place yeah
so volunteer preschool volunteered at the horse barn like me and Kelly were talking about
earlier like, I would also work for lessons would go to horse shows travel for weeks at a
time. No parental

K Kelley Richey 37:36
goodness No, just my fucking gray despite the fear that was instilled inside of us.

J Julia Avery 37:43
Like I was so afraid

K Kelley Richey 37:45
I wouldn't even wear like something as simple as like a tank top of spaghetti straps
because my mom says it was slutty. I wouldn't even do that in private, like, out of war show
when when I was told like, you know, you could you could wear this and I'm like, you No.
So scary.

J Julia Avery 38:02
It's like she's watching. Yeah, she's she's a shot to be watching.

K Kelley Richey 38:06
I wasn't as much afraid of Jesus as I was mom like she's Yes. She's saying all the

J Julia Avery 38:13
Yeah. Agreed. Yeah, so did that and then, um, was part of a program called teen court
which was, it's, it's pretty interesting thinking about it now, but back then I never wanted
to be part of it. It was something I was forced to do. And I had to sit through all the

trainings and events from the being age seven to 16. I ended up moving out. It's basically where teenagers get to be part of real juvenile cases they get to be the jurors, the prosecuting attorney, defense attorney clerk bailiff, but there's there is an official judge so teens aren't being the judge. It's being presented in like a real court, but I'm the handle real teenagers. have committed, like misdemeanors. So drugs traffic violations, stuff like that. Some of some assault stealing.

K

Kelley Richey 39:12

Yeah, true and see.

J

Julia Avery 39:14

Yeah, stuff like that. So, um, it's pretty cool because if the the defendant ended up completing the sentence that they were given completely in on time and everything, the whole, the whole event of the whole situation would just be expunged from their records. So it gave them an opportunity to have a clean slate which looking back now I'm like, that's that's a great program. But if I didn't want to, that's one thing I don't want to be is a lawyer. Now,

K

Kelley Richey 39:46

I do not like I had to do it to a teen court and mom said I had to circulate and do every single role in teen court and I was like I i to this day. I don't like attention. I'm relatively introverted. And like stage fright such a big thing. So I, it was like the worst crushing fear ever to have to stand up there and be. And I don't remember if you know this, or I don't know if you remember this Julio, but do you remember how like, defense attorneys, if you had to be an attorney, you'd want to be the defense attorney because you could kind of have everything pre written.

J

Julia Avery 40:28

You know, I was prosecuting attorney twice

K

Kelley Richey 40:32

and you have to like stand up and think on your feet and it's like, I'm a kid.

J Julia Avery 40:37
Oh, so my first case that I was a prosecuting attorney for um, Julian's

K Kelley Richey 40:44
the guy huh jewelers the case.

J Julia Avery 40:48
Oh, for sure.

K Kelley Richey 40:54
Don't swear to god Swear to me

J Julia Avery 41:00
Now so it was a theft case where they they stole something from, like pair of jeans from a store and I went to that store and I got the security footage that showed them doing it. And I played it for the jury for everybody in the jury. He refused. The defendant refused to look at the TV to acknowledge himself. He refuse to look at it

K Kelley Richey 41:26
literally. That's a great visual aid. I never had any of that.

J Julia Avery 41:30
I was like, I want to do something nobody's done before here. So I went and I got the security footage, play the tape, and shows him picking it up in the guy had like a long ponytail. Like it was definite like even if it was shitty footage like you. It was definitely him. And this wasn't a matter of whether he did it or not. But like, you know, I thought I was going to get the answer I wanted when I asked him and you knew this Wrong, didn't you? But you know that stealing was wrong, good and shooting he went. No. It fucked up the rest of the questions I had set up to like, drill into him how terrible a decision this was. And then I was like, I just made me stumble in. I was like, your I went your your Mom Never Told You.

- K** Kelley Richey 42:26
Julia is wrong, interrupt you, but I can see you on the Skype call and you have like a piece of something in your teeth.
- J** Julia Avery 42:36
It's probably one of the herbs from a
- K** Kelley Richey 42:38
dinner, Kevin. I mean, I know. The audience can't see it, but I just thought I'd tell you because it's huge.
- J** Julia Avery 42:49
Oh my god.
- K** Kelley Richey 42:50
You're welcome.
- J** Julia Avery 42:52
Wow. Wow. So how did it How did you not say anything for so I just saw it. I'm sorry. texted me, Julia.
- K** Kelley Richey 43:01
Hi.
- J** Julia Avery 43:04
Check your teeth.
- K** Kelley Richey 43:05
Okay. All right, so continue learning what else happened with your teenage years?

J Julia Avery 43:14
Okay, um, so I spent a lot of time with my little with our little sister Skylar. Um, we want a punk. I love her.

K Kelley Richey 43:26
I know I do, too. Are you kidding me? I love her. She was a scallywag

J Julia Avery 43:33
Oh my god, she was a bully. I said today, we are great friends today. Now like, today, I look back and I laugh. But when I was a kid, it was so terrifying. She was so mean to me. She was a bully. She like pushed me around and she would lie about things that I did wrong and like lie to tell on me. To mom and stuff, and I'd get spankings. I'd get in trouble for things I didn't do because she just offered me for not playing with her. I was like, Oh my god, I had some

K Kelley Richey 44:10
real manipulative shit. Wait, Isn't she a Scorpio? She Oh, wow, there you go.

J Julia Avery 44:18
Um, but now so she's she's hilarious. She's great now.

K Kelley Richey 44:22
She is fantastic. She is a lovely little human being.

J Julia Avery 44:27
She's so hard working. She is.

K Kelley Richey 44:28
Bust her tail. So get it girl. We love Yeah.

J Julia Avery 44:34

We love you. And your little terrorizing days are funny now. Okay. Wow. That Yeah, so I grew up I spent a lot of time growing up with Skyler while everybody else was like moving out of the house going away, saving themselves. Um, and while I was with Skye left with Skylar, our parents were going through a divorce and Mom was like holding up this huge case in court about keeping us kids. And there was a lot of stuff that we'll talk about later that was going on. And I had to like write a secret letter to the court basically pleading with them to let us go with that. And I had to do a lot of like secret behind the scenes things communicating with dad because she would monitor our phone calls with them to make sure we didn't tell him what she was doing. But she didn't know I knew how to Clear browsing history on the internet.

K

Kelley Richey 45:33

Oh, I just learned how to do that like last year. We like that. Just a little too late. That's been very helpful.

J

Julia Avery 45:56

I'm sure

K

Kelley Richey 46:00

Man.

J

Julia Avery 46:01

Now I learned that so I could watch porn when she was out of the house and clear it out but I infected our computers so badly. Yeah, man, Damn, I'm sorry that was a sidetrack but yeah, so got us to go with dad got so Skyler got to go to school. We when we went with dad, he got her in school. And she's, she's frickin smart. She was given a chance to shine and really, like academically proven herself and have a structure. So that was great now, right at that point, I was halfway through my Eric was senior year. Yeah. So I at that point, I was like, I'm just gonna finish it out because I already have my stuff planned out.

K

Kelley Richey 46:53

And we don't want them to really know how far behind I am seriously

J

Julia Avery 47:00

No, I didn't want to mess up everything I had been working for and then halfway through the last year, suddenly do something new like that and, and get thrown off guard and maybe not pass. Yeah. So, uh, yeah. But then, you know, Dad was, was really great, you know, I'd tell him what I was doing. But he was also hands off like, he didn't teach me. And he was working, you know, but like, he'd come home for lunch. And, and, you know, he'd see me at the table with my stuff. And I'd be like, Yeah, I just finished doing this and this, about to get started on this. And so he was aware and he would ask what was going on so, and he made sure I got I went both me and Skylar went to a testing center to make sure we weren't behind. And they said that we were actually really good off and that we both were excellent in English. like writing and stuff, so I was a relief for me. I was like, Okay, I felt validated. has like I've been busting my ass trying to teach myself and I feel so stupid and I had all these insecurities that I still have to this day. So it was like, we got to have that testing and then I took the a CT and so that pretty much sums up my teen years you

K

Kelley Richey 48:25

want to know something I think that might have made the difference for you. What I think you and Skylar, were doing that online learning course like towards like when I was in college, you guys were doing some kind of online courses. And I feel like that maybe give you a better idea of structure. But I could be totally wrong.

J

Julia Avery 48:50

Yeah, so are the homeschooling group did some classes. Some of the classes was like biology, but it was college level biology. It was so intense, especially since I'd never been taught science before. And then suddenly I'm in a college level class. I was like, Holy fuck, um, yeah, but there was an English class. And she really helped me figure out, it was like, one, one Tuesday, every Tuesday the classes every Tuesday for like, one for a couple months, like half a year, half a semester, whatever. So I did that. And the English class really helped me get an idea for how easy essays can be to write as long as you get the right outline and structure in place and then, you know, set yourself up and then boom, and before I was like, trying to figure out okay, where do I start? I don't even know I you know, I wouldn't know to do the essay prompts. Yeah, but that that class right there. Really helped as far as English goes, but everything else still a fucking challenge.

K

Kelley Richey 50:06

Yeah, well, I I remember like, like my teenage years were you know, of course I've been working at the bar and I worked at the stables until till I graduated air quotes. And I mean

I was just there every day like I was barely doing school on the side in my spare time even though it should be you know the other way around. But um, like I I know that I've always been super driven and I mean, like the whole experience of going to see our godmother in Kansas City and, and seeing Lord of the Rings as it came out the part one it really changed my life I decided like oh my goodness, I'm super I always was very creative and drew both of us always drew and we're very artistic but I'm like I knew That's what I wanted. And I, Lord of the Rings like also introduced me to the love of my life, Elijah Wood who, you know, he? He may not know I don't exist yet. But can I also just say that his podcast visitations is so beautiful, it's wonderful and the people they interview and they have such thoughtful conversations. Like I would highly recommend you listen to the moment gear, Guillermo del Toro and I think also Richard Stanley, those were two of my favorites. But um, being a film nerd. Um, I, I didn't know too much about like moviemaking at that point. But Elijah Wood was like my early obsession. I had like posters and collectibles and I had like a little shrine to him in the closet, remember?

J

Julia Avery 51:57

Oh, yes, yeah, but she She Kelly had this her closet you'd open up the doors and plastered on the inside of the doors were all of these pictures and it was pretty bad printouts because our printer didn't have like the besting. And so they'd be these shitty pictures of Elijah Wood taped up everywhere and these hearts you've right on. I still have every single thing that was in my closet. Like in a bucket. I have it saved all of my visit that someday Yeah, I'll have to pull it out. You have like magazine cutouts from the Lord of the Rings stuff. Oh, yes. Like Yeah, you were you were real.

K

Kelley Richey 52:40

I still think Okay, um, even though I even though I love my boo, my boo Thomas. I still feel like alijah just doesn't know what he's missing. Oh, he just said I really don't have no clue. Yeah, we're a match made in heaven. But you know, heaven doesn't exist. I decided like at that point I wanted to pursue, pursue that. filmmaking. And both mom and dad were against the idea. You know, Dad always wants us to be practical. And he's like, that's not a real career. And you have to have all these connections, you'll never make it. So while mom disagreed more or less, because she thought, you know, the film industry was filled with nothing but like sin and secular worldviews. So, you know, Danger, danger.

J

Julia Avery 53:30

Also,

K

Kelley Richey 53:31

I mean, my whole teenage years were spent at the barn. So that's not an interesting story at the moment, but um, none of us were really allowed to date not even really, we weren't allowed to date period growing up. I secretly went on a few dates with a couple of boys I met at the barn, but like, it's, it's not even as exciting as that sounds. And I was very future oriented like even as a teen and taking unnecessary risks like sex. And even kissing was like, I just couldn't. It was I was too afraid. I just never wanted to be in trouble. And like, I felt like if I messed up, I would be locked away in a room and never let out and no one would ever hear from me again. So that fear drove me to behave. And I mean, even I went through my one big rebellion was plucking my eyebrows to remember that Julian who I was removed from every social thing like, which was church related. I had to call our youth minister and tell him that I could no longer come to youth group because I was in rebellion. I couldn't even I wasn't even in the out mama standing right there, but I wasn't even allowed to tell him like cuz, sure my eyebrows, but um, I was tired of getting made fun of, you know, for that unibrow. Um, but, you know,

J

Julia Avery 54:53

blows my mind Isn't that amazing?

K

Kelley Richey 54:56

But I am I also hadn't quite come to terms you know, the fact that I was by Sexual and like, I was deeply infatuated with a certain female in my life. But you know, when since we grew up in a very homophobic community, the things I thought and felt were nothing short of like simple to them and worthy of an eternity and health. So I suppressed that guilt like it was my job. Feeling that constant guilt and

J

Julia Avery 55:21

so I didn't feel guilty because I'm also bisexual. Like my first girl crush was Kate Winslet when we were watching Sense and Sensibility. She was my first girl crush and I was like, I'm in love. Yeah, but I just I just knew not to say anything. I just didn't say it and I just you know, when I would draw my fashion stuff like we would both be drawing fashion designs and stuff like I always emphasize the boobs.

K

Kelley Richey 55:50

I would be punished if I drew

J Julia Avery 55:52
mom would have me erase them every time Yeah, I remember, but still do it. I'd still make the cleavage marks and I was like There you go, listen, make the clothes you have to do, I guess from I really love the female body so I would draw it. That's where I would focus my attention was drawing my fashion designs in and that surprise mom didn't pick it up. Maybe she did. I don't know. I mean

K Kelley Richey 56:24
I don't know that whole thing of feeling constant guilt and self loathing and fear. It's a part it was wasn't is a part of my daily life. But I see that our upbringing in a Christian like Bible Belt, super, super crazy, right wing environment really is the root of that root of that. And I don't have anything positive to say about modern religion and dogma. I think it's poison and does not bring peace. More fear, guilt and insecurity. That's all I learned from it. Other people go to religion for comfort and for the feeling of like a clear right and wrong and a path, but I just found it constricting and made me feel like not worthy of anything. So I don't I don't see that as a good thing.

J Julia Avery 57:22
No. So last thing I want to add to my teenagers before I think, you know, we basically try to tie this all together so it makes sense cuz I know I ramble.

K Kelley Richey 57:36
I was all over the place makes it but um,

J Julia Avery 57:39
the the silver lining for my teenage years was my friend Emily. She, yes. So our relationship was very closely monitored. I didn't have a lot of friends. A lot of people I was led to hang out with and we were monitored like most of the time. She was with me at our place. So mom You know what we were talking about doing but it was just she is a ray of sunshine. I haven't got to talk to her in a while but like she was the the light at the end of the tunnel for me growing up as a teenager because she's just such a great person.

K Kelley Richey 58:17
Yes. So

J Julia Avery 58:19
Emily,

K Kelley Richey 58:20
shout out and she is forever immortalized in my student video my student movie. Ah, yeah. And so she's a star. You would have a hard time finding it on YouTube, but it is there. No, I'll find them. I know but like, I'm just saying for the average person that types in BGP. You they're not going to find it. But um, we'll link it to the website because it Oh, yeah, it's golden. Um, I just a little preface for that. I feel like that's a great thing to just say that I this was for college and it was like a there were different. Things, different shots we had to have in it, but we could take creative freedom and make it whatever we wanted. Um, somehow when I screened this movie, I had no realization that I had just made a lesbian love story. But I asked your subconscious like it

J Julia Avery 59:18
right there

K Kelley Richey 59:19
people that were watching it in the class, were losing it. They thought it was hysterical. And I was like, oh, now, I was humiliated. I was like, That's not what I meant. No, no.

J Julia Avery 59:34
I think it's even better because of it. I think thanks. Now that that plot twist is like,

K Kelley Richey 59:40
Well, I think it's just how, you know you guys delivered your lines. You know, you guys being such a untested acting professionals like delivery man. I was like, Oh, well, we want to resolve.

J Julia Avery 59:57
We wrote the script on the spot, and we thought I don't know what we thought I don't know what we were thinking Julia

K Kelley Richey 60:04
but you you shine real like a bright star

J Julia Avery 60:08
like a diamond like a diamond.

K Kelley Richey 60:11
Shine bright.

J Julia Avery 60:13
Um No I'm the what I am is a diamond in the rough.

K Kelley Richey 60:19
Me I prefer diamonds that way when they're all polished and perfect they just look so boring I like I also was I sold jewelry fine jewelry for a long time you guys and I can honestly say that like rough cut diamonds and imperfections and all the imperfections that kind of make it look cloudy or I love how I love them. perfections are really love it. Well like emeralds with Yes, me too. I love natural emeralds with their imperfections. Anyway, so basically Yeah. You're a diamond you're Diamond

J Julia Avery 61:02
things. Um, so that's just a little glimpse not even in that, I know that you probably feel like you've been taken for a ride, but that's not even it.

K Kelley Richey 61:15
But that's it.

J Julia Avery 61:18
Yeah, just skimming the surface just highlights. So, um, just so you have an idea, okay, so where we're coming from, um, why some of our passions or our where some of our passions have come from and, and why it's all kind of coming together now and how we're going to focus this into our podcast and we're just so excited. Yeah, just start, you

know, having a structure to learn, like, you know, every week we're going to be doing this podcast and we have to do our research we have to show up and it's, it's,

- K** Kelley Richey 61:54
it's awesome. I'm so excited. I am to the next one is going to be I think even more telling And in a very more structured way, but can I just tell you guys before we go off air that this will air much later than this is happening but tonight like as we speak Bernie Sanders is debating sleepy Joe Biden right now and I have it recording but I really need to see it because I just got an update on my phone from Bernie because I donate lots and lots just saying Bernie is on fire and I want to see the fire. Me too. Please guys, I don't want sleepy Joe. Let's not Hello, can we just like immediately hear this where people huh?
- J** Julia Avery 62:45
I'm looking at that quote. I have to look that up the Biden poor kids quote.
- K** Kelley Richey 62:50
Okay, so um, we're gonna close this out with our favorite stupid things that Joe Biden has said. So if Julie if you're ever Like if you're ever on my shit list and I'm really really mad I'm gonna say Julian you're a damn liar. A lion Dog Face pony soldier
- J** Julia Avery 63:15
that's him That makes no sense what he said I know it's it's a like from the 1850s
- K** Kelley Richey 63:21
that's why Juliet because
- J** Julia Avery 63:24
here's here's one of my recent favorite quotes of his Ken so poor kids are just as bright and just as talented as white kids. Oh, nap. Yeah.
- K** Kelley Richey 63:43
I mean

J Julia Avery 63:44
he was trying to make a positive point but like his white man just seeped down

K Kelley Richey 63:48
was racist stole Batman is there is there's footage that of course the news is not going to cover or resurface. But there was some kind of event When Biden and Obama were running, and he was speaking to a crowd of minorities mainly, and pretty much saying that the AIDS epidemic and things that, like, still, AIDS is their fault, and they have to, they have to figure it out and fix it and be proactive. It's super, super racist and just cringy to listen to even Obama kind of had to shut him down. He was like, making like, motions with his arms to be like now just just no, Joe, Joe. No, please. No. Oh, my God. Please don't tell us about what's his name at the at the pool. You know what? He was a kid. He said, uh, he had to like put the SmackDown on when he was like a lifeguard at the pool.

J Julia Avery 64:51
I have no idea. Then

K Kelley Richey 64:57
we'll I'll send it

J Julia Avery 64:59
side notes. As we close this up is, um, with all this learning that we were doing. Yeah, does that mean we get chocolate?

K Kelley Richey 65:07
Yeah, I have some chocolate. Sorry guys, we like sweets. I quit drinking entirely this year. So I could have more sweets, basically because it was going to be one or the other that I had to give up and it definitely wasn't going to be sugar. So on that note, let's go eat some cake.

J Julia Avery 65:31
Thank you for whoever sat through this car like this car ride with us this this. rode along with us and listen to this whole thing. You're a star. Thank you so much. And we're grateful

for you.



Kelley Richey 65:49

And one last thing. Yes. Julie is going to give you our social medias. please do join our family and follow us all that good stuff. But I have Quit all social media. So Julia is in charge of that. But if you have questions you would like to email us. I will definitely remember able to comment. I still do email. But I don't do any of the socials, for my own mental well being a smart



Julia Avery 66:17

thing about doing it too. But yeah, not only questions, but if there are, if you come from like, a similar background, or even a different background and have different points that you'd be interested in talking about, like, give us some topics, let us know and share your stories. Yeah, we'd love to hear from you. And we'd love to learn with some chocolate. And basically, this isn't just about us talking about ourselves. This is our intro. But um, it's all about learning and you got to talk about you got to talk about your past. You got to talk about it and you got to you gotta learn, learn from it. So we're excited to talk to us and you can reach us multiple places where we're First off, we've got email, you can reach us at the family ties podcast 8792. at gmail. com. We also have our Twitter handle, which is at the family ties, TC. So we have our Instagram handle, which is the family ties podcast, 8792 f, Facebook, Family Ties podcast. I'm sorry, they're all different names, but none of these guys, platforms would love to get the name I wanted and I could never get the same one to connect them all together. So we'll have all these links on all of these different platforms. So if you get confused, or get one



Kelley Richey 67:52

when our website, the family ties podcast.com and it will list all of the Social they're



68:03

like some really embarrassing black



Julia Avery 68:06

photos from us. Oh my god. Thank you, Kelly. You know what I am? That you really tied that together nicely and I have to rework my outro for tonight's gonna change and yes, I

will say more. It will have to it'll hit me. Julia will say something that makes me think of something and I'm just going to start singing you'll know we both lost it if I can. If I start singing with you, it's gonna be great.



Kelley Richey 68:37

Okay, well she just called me crazy. So I think that's a good place and



Julia Avery 68:41

I feel like we both are crazy. We're just, I'm pumped. I am I've got Yes you do. All right. Well, we love you guys like family. Come join us. Join the family.



Kelley Richey 69:01

yeah bye