

GDL March 3, 2023

No What Scarce and is in complex I'm a bit to my hand So thanks I be get ready get the door I get that away Rich Me Just forget forget me up Oh that's such a good song That's a good day live It's Friday Yeah Finally I actually get sad on Friday Oh because you're not gonna be here anymore for two days So traumatic Michelle Yes it's sunny here in Los Angeles California Let us know we're tuning in from we got the chats Um today is March the third Friday 2023 We're so happy You're in the studio with me Andy Natasha Kyle It's still his birthday week and I'm Michelle If we're just tuning in for the very first time We got the cam looking at the street It is sunny because it was raining for quite some time Yeah it was and I was very annoyed at it Very back to Norm Yes Back to California So Norm Norm this episode is brought to you by bounce curl Listen if you are a girl or a guy with curls this is the brand for you and we'll talk about in a little bit Um But we started the song started the song we started the show with I'm a be our very special guest today is Mr Keith Harris The experience he's a drummer He's a producer He's a Grammy winner and he created the song I'm a beat He wrote it he did it he produced it and he knew that it was gonna be a hit I sent you the video of him talking about how he knew it was going to be a hit And I got chills because it's like so cool when you know like that it's something that you like are destined to do You get excited and I get I'm like that with this show Yeah for sure But when I'm like of all the songs he did I sent you the disco I sent you the whole list the full list I did There's not more than I sent you there I think there like 2030 We'll talk about it when he gets here He worked with Michael Jackson He worked with Michael Jackson He's a drummer for the p like he's just like nonstop can't stop won't stop Um Listen I met um Keith when he was with our friend Sophia um on her show Oh you were there too Sorry we I need to get better at I say I a lot I say a lot So sorry You would think that I was the only child in this situation How do you really feel Kyle pretty good that you want to keep it quiet Um what let's uh what's what are you doing this weekend Uh celebrating the birthday still Um Oh yeah What did you do last night You did that too didn't you With some friends Listen I feel so bad I didn't get to go to your dinner Um I was on my way to a class and I got stuck in traffic for an hour and a half Yeah I asked you where it was to see if I could make it But by the time I got to my place I was just exhausted I was next level And you were very sweet and said like don't worry don't stress just rest Thanks for that You're welcome for that

Pilates is very important You know you got to keep your health up Not one to really guilt trip people for not showing up to places Your mental health is your wealth It is Yeah Um I need to get back in the gym having trouble for me I have to work out if I don't work out at least 3 to 4 or five times a week I mean it's a lot like I have a lot of energy and if I don't like work out my body because I'm working out my mind so much I have to balance it out Yeah the the sunshine helps now that the sunshine is back It's raining It's not that easy It's just not that easy I know the other the people in the other parts of the country you know you're not really uh subject to such good weather as we are But it helps it definitely helps it helps it definitely helps Um yeah I mean listen not everyone has a body like Kyle Trueblood It's true You always make fun of me You're like going to the gym again I'm like yeah because I don't have a body like you not that not that I'm trying to have a body like you But you know what I mean No but you know who was ripped Emily Ford Have you seen her on Instagram lately Oh my God I got to pull this up Emily Ford is so ripped I like I mean like what she's like inspiring people not only like emotionally but like physically too I was on her Instagram page last night and I have to like pull it up I was just like dang girl Like how is that a thing Oh wait is this I don't even know Is this this one No I'll have to pull it up I I didn't save it because I was just like just more in shock I was like how is that possible But she's got like a six pack No she's always in the gym with Jake the two of them Um you know I wouldn't be surprised if she did Um but I can't find it I I shout out to the House of Core Oh Yeah House of Core When are you opening Boris When are you patiently waiting I have been I have been Oh Yeah because you don't want to do Pilates I have been very patient Happily patient Happily Not that I don't want to do Pilates I never said that No not at all I I've told maybe three different Pilate companies that I would try It Really Were you there I was there You know I don't listen all the time I try to listen you're doing your best I'm only doing my best I'm only doing my best That's right Yeah Um but yeah today's episode is brought to you by bounce curl Let's talk about bounce girl You don't have to have curly hair to uh to do to have bounce curl bounce curl has for healthy hair healthy skin Um Listen I've been taking this every day for the past week and I my skin is extra glowy because I'm not sure if it's from the VIP or if it's combination of both Um But yes uh if you need collagen or um bio extra biotin in your body this is the this is a supplement to get um you can go to bass curl dot com whatever whatever whatever they really good I mean they're vegan point for you and they have no pe GS or carcinogens There's a lot of good points What

a pe G is Pe G is a uh let's say let's let's call it a gel that helps you absorb whatever the uh product has in it into your skin Ok Ok And the pe G contains carcinogens Now bounce Curl decided to take those out and make it a more natural uh body friendly product which I can really appreciate me too You know these days you never know what they're putting in their products right You know the owner the owner of Bounce Girl actually is like that's that's her that's her mo she started as like a little girl cutting alo leaves out of her backyard and like the a out that's so cute using that for her face and that's where her treatment started was like boiling flax seeds and like cutting plants out of her her own gardens So we gotta get on the show We do have to get her on the show but I think they're based in Pennsylvania So we'll try our best All right we'll have to get her on the show Maybe when she comes out to L A we'll get her on the show Um Bella is uh luckily representing them in California Yeah And so you got the defining butter I got the defining but I almost ate this I'm like 12 years old Yeah you did smell too good It does smell good smell it What does it smell like you But but actually this is not it but but there's two different thing It was cocoa butter Cocoa butter smells really good Like butter like butter No like butter But your head smells like pancakes And then if you put butter on that smells even better Yes Not a scent that like Yes of course Butter I like cocoa butter better Try saying that five times that I like cocoa butter better I like cocoa butter better I like cocoa butter better but oh it smells so good It is a little bit of defining butter Hey where are you gonna put it on your head Or your face Head hands go for it Let's see definition in my life You know what I'm saying Definition You don't have any definition Take off your shirt You've got definition Don't tell hr I have hr you are hr So get you gonna send you another Can you imagine like getting a note from me to you You to me you know it's not oily either It doesn't leave that like my hands are clammy You're still oh That feels good Can you put it in other places Like a back That really good I've been employed unbeknownst to myself as a masseuse you have you're like yes I would pay you Finish the show This is normal This is literally the case right We'll finish the show Michelle won't say a word She'll just go like this I like you I um it's not that bad I feel a little fun Oh Yeah I do say could you mind like my I'm happy you know I'm a I'm a helpful part of the it's part of the job description is it was in the contract Must be rubbing your co-host this only with you though fyi I don't like that with people like yeah yeah I'm not like random people like coming in like for our special guest co-host I don't like you off this this topic of conversation before like I know you out there Um

So we have the chat from let's talk a little bit uh Entertainment Uh oh The Saga continues We need a British accent Saga continues Saga continues Uh Here we go It's a royal disaster in the making The world will be watching May 6th when hashtag King Charles makes his official ascent to the throne But the after party is shaping up to be anything but epic According to reports a long list of British artists have declined invitations to perform at the big bash Find out why Harry Styles and Adele said no I would say no to Harry Styles I don't think he I think he's I don't know I know Well yeah No no she's not Is she Oh Yeah Oh Yeah Yeah Yeah Yeah Yeah Uh uh Harry Styles is English Look at that Oh Yeah Look at that Look at the Brits look at the look at the more of our jobs I thought you didn't want to go I have a theory on why they take our jobs because they are good more specific is because they come from a land of tradition We're too young of a country We don't really have tradition So there's no so that's why they they have like a stronger subtext and that's why they get the acting jobs as opposed to the that's what Stanislavsky says Oh interesting Stanislavsky When did he die Yeah Is he still alive I'm just kidding No he's not No it doesn't it doesn't matter Uh Yeah a little bit I was gonna say speaking of dark but that's a really racist way of like no no no no it's gonna be pretty No no no no no we just stopped Black History Month Don't get canceled No no no no no no no no no I I wouldn't say that Um uh no but I meant like dark as in like uh no dark as in going um off of uh acting as in like closing the curtain Um Gray's Anatomy alum Isaiah Washington announces that his acting retirement Um and that the useful idiots have won is what he said That's kind of dark right The useful idiots have one Yeah he you know he's had a he's had a really tough time with acting um because there was a big scandal with Grey's Anatomy Do you do you ever watch Grey's Anatomy I used to watch it like 20 years ago I can't believe the show is still going strong for 20 years Grey's Anatomy was on when I was in college Yeah And it was like old then Really I'm not kidding I must have had 5 to 6 seasons that I was able to watch when I was a freshman We can Natasha our secret agent on on the line started in 2005 but it started in 2005 When were you in college 2005 to win it OK That you were you were just starting college Well no I just graduated high school and went into college at the end of 2005 because I was a freshman seasons You ready for 19 seasons Kyle This show like I thought you watch something So anyway he had a rough career back to this guy He was in he was in Gray Ok like what was his role Well I think um from what I understand I don't know too much about the story I just know that like Grey's anatomy was tough on

him in terms of like um the environment Yeah like like um OK so here I'll read to you Washington was an original cast member on the popular medical drama but was fired in 2007 after three seasons upon using a homophobic slur against co star Tr Knight He initially denied using the slur at the 2007 Global uh Golden Globe Awards but used the slur on the process of his defense So he so he yeah well he has to say it he's defending himself You wouldn't say like I didn't say I didn't I didn't say the B word and then say the B word You know what I mean No no no no no no no no no no we need more detail Can he possibly I mean it's like saying I didn't say that he was bleep and saying that he was he might have used listen I don't know enough about the story I just saying that he's retired This is a media company not the news people We are on a well I mean having used looking at his language so far I'm sure it's leaning towards he probably said something I think he did Yeah he did he did say a lot of things Um you know it's interesting and one of my biggest fears is to uh be on a plane um that like has to have an emergency landing And Matthew mcconaughey and his wife were on a plane that did just that Did you know that Um yes they were on a flight with uh their seven passengers were taken to local hospitals Uh Matthew mcconaughey has been confirmed to be on the Thank you Lufthansa flight that was forced to make an emergency landing with his wife as they were traveling overseas for work It it was so I mean that's terrifying I don't know what happened They were just taken to a hospital probably because it was emergency landing I'm going to show you pictures that she took um which went viral Um obviously because it's I mean first of all this is her on a plane fy I like how gorgeous is she She's just so gorgeous Right Hopefully everyone's everyone's ok Yeah Look at this is uh this is the plane Look at the turbulence Oh I would lose it I have been on planes before where it's turbulent and it's terrifying where I literally will hold Charlotte and I'll squeeze her Yeah and she's calm and I'm the one that's not calm I'm like I'm not ready I wanna live That's a little too much to look Look at that Look at that Um Yep She goes yep This is the flight we're on That's terrifying I'm hoping that the other seven passengers are ok Um I haven't heard any other updates on that I'm with you That's one of my biggest fears What else is a big fear for you A metal tube and go 30,000 ft upwards But you would jump from one Yeah Wait wait wait hold on You would jump from the metal tube in onto the earth I'm going up there with no parachute but no there are parachutes under the seats that are those like preservers Why don't they have parachutes You know what I like Ad Diy I mean I I'm down for it you know f

of your own maybe a little class before we get on Like stop showing me how to do the seatbelt If you don't know how to do a seat belt By 2023 you don't belong on a plane No God knows how you bought the ticket in the first place Hilarious Actually that's really funny I always say actually that's really funny when things are really funny not meaning not hilarious and not laughing like me Oh yeah love it Hilarious I know I did that just saying the word right I'm spending too much time with you and Andy like what did I say with yesterday I said I said da da da da I was telling a story and my best friend was like I'm sorry what I said I said da da da da And she goes so you start adding music to your story to keep you guys one of our favorite team members and is um he has his own language and so he'll be talking to us and they'll be like well I was at the store the other day and da da da da da And but like what's crazy is that like I've been on the show so much that I know it's almost like you're on the show every day What do you mean so much Yeah same thing But like I understand what he's saying It's like a different language He's like ya yada yada I'm like really interesting What else did he say He's like you know blah blah blah And I'm like no way Get out We talk we talk about language Now We do talk about language Listen it's a lot It's I I got to share this because Kyle shared this with me a while ago This is the truth of the matter But uh Andy Andy walked out So how are we gonna show it I was gonna check something Yeah but no they don't see it So we'll have to you know that's a little sexist though because I'm that way Are you look like me this morning What did you have Like a book bag And then I had like is it a book bag or a backpack That's a good question Book bag Sounds like a 12 year old backpack Sounds more grown than book Both are pretty bad Both are pretty bad What do you wanna call it Then A bag a bag a man bag a it's just a book bag Books Go in the bag Did you have books in the bag Zips You have a book there is a book in there You should probably get rid of that book Burn that one You burn that one That one's bad Ju ju ju ju Smith seus That one's not so good Not so good We're gonna move on Uh Andy come back we need you we're gonna move on baby come back Ok Um Yeah No I know Well that's I do my well I'm I'm doing my homework Uh Andy I want to show the world how Kyle thinks I get in the car and how you think I can probably get in the car This is literally uh gone viral How girls get in the car Look at this look look look look look no we I have so many bags Why is there a look at the look at the coffee drink and the water OK That is so dead on at the next level Look at the shit sneakers and that's that's that's me how I get in the car That's me how I get in the car and that's how I

leave the studio Um This has been going viral um which is funny Um Prince Harry's response when he was asked about his favorite smell He said his wife OK You think they're a little a little dependent upon each other Uh Well he is on her I don't know a little a little controlling Maybe you know what your favorite smell was Would you say Michelle What No number one number one why not Can we talk about how Megan has the most pull of all time Yeah For my God What's wrong with that That's that was a positive statement Oh It was oh most control of all time You know she was the most oats Kyle I can't listen to everything you say It's a talk show and I'm the only one here Ok Wow Listen to where is the paddle We're gonna say we're not married or maybe we should just say we are married at this point so people can actually either tune in or tune off Maybe we'll get more than one view Just kidding Um yeah there's so much more that I want to show you but I'm waiting for the powers that be that can do that Um What are you up to this weekend In the meantime you asked me this question Oh Yeah Yeah Yeah you're partying But you know people are tuning in tuning out like you know I I'm gonna celebrate the birthday a little bit I have a lot of work to do what you gotta do a lot of editing Um Yeah that you know we'll see How about you Um I'm probably gonna go dancing You ask me questions and then you grab your phone and start basing on it I am OK You have work to do What are you doing this weekend I was invited to go dancing with Adam Fried and have sushi before he even said I should invite you Yeah because you didn't get a chance to go to his play He said why don't you invite uh Kyle T to sushi and dancing Sounds fun Yeah So we'll just mix up the parties Do you not want to go We'll just get Adam and his friends to come to my birthday thing What's your birthday thing You have another birthday thing Yeah When my friends are throwing one for me this Saturday I thought you were going to a wedding on Saturday We'll see I probably not gonna go to the wedding Wait I'm so confused What your plans are So last minute we have been through this with that What do you mean It's just like on the spot you gotta be ready on the spot She's just like waiting for you to have a plan She's assuming assuming that she's gonna be to have a plan Uh God bless Yeah lots of love Lots of love expecting me to have one Expect the unexpected one Kyle Trueblood but expect that he will have a plan That's the thing you told me you were going to a wedding I said I could go to a wedding Wait what friend Kevin last minute was like hey I'm getting married tomorrow Do you want to come to the wedding And then I was gonna go hilarious But um it kind of sounded like someone dropped out of the wedding and he needs to fill a spot

and I'm like oh are you plus one No I think his wife is his plus one Wait somebody just in the one getting married and it's last minute like that Literally text me last I'll show you who you are Like you know what she's last minute Wouldn't I do something like that Last minute Hey Bud Do you wanna come to my wedding or Kyle K planned my friends know that you're gonna get married like that last minute So we weren't talking about getting married Last minute We were talking about inviting people last minute to the wedding What what about invitations and like rsvps Yeah Yeah 100% all that can happen But you're still gonna invite you like oh my God I forgot that person Let me call him up I'm getting married tomorrow You're getting married in a bar You know they say men get along so easily This is why I don't have a problem with it And I wanna ask I wanna ask Andie Natasha this question Kyle got an invite last minute to a friend that was getting married on Saturday He texted me Thursday night and he was like you wanna come to my wedding on Saturday No problem right No he's a guy This is why this is why you would go that's it We're gonna go to that Wait So you I just like there's no wait I'm so flabbergasted Natasha Would you be shocked if your friend was like it's a boy thing It's a thing It is Thank you She's smart How smart But I mean what kind of wedding would you be going to Huh I'm I'm sorry I'm like yes thank you And then last minute wow I would never even on the show and she heard the whole story and got every special she's part of the show What are you talking about it I got it It just sorry I'm gonna say it's tacky He didn't plan the wedding last minute to me Do you think do you still think he planned the wedding last I would not reach out to a person last minute to invite them to a wedding that I had planned a year in advance So I'm gonna jump on the bandwagon here So did come across Tacky So I was like uh no you have to get a gift You know you don't just show up Of course I gotta I gotta basically like get a gift that's worth my plate within 24 hours The 2 5300 No I'm sorry No I'm not No you didn't have the decency But you said you gonna go It was it was an option It's an option All right Probably not gonna happen though Wow I couldn't I would be so offended Well my buddy hit me up and he was like you're coming Saturday right I was like to what we got you don't say the location on national television But I'm not I'm just embarrassed for your friend I think it's the one that's getting married I'm a little embarrassed also But it's fine But um then my other friend was like we're throwing a party for you for your birthday this weekend I was like oh really What we told you Christian I don't know this friend I don't know any of your friends Maybe I should just like

start off with that I don't know any of your friends you know I don't know if anyone else was like this Like I don't you're hiding me you know you're not proud of me as a friend I don't have like one group of friends I have like I must have like 50 people that don't know each other at all You know what I mean Like there's little pockets literally like so many little pockets of friends friends I have more than that but they don't know each other which is the point where do you meet 50 friends You know you don't meet you kind of just like the world kind of just like pushes you together and you like bond and that's it I don't know I I the the whole like you I was asking you like what are you up to And you're like oh I might go to a wedding this weekend I said I'm sorry what You're like you might want to go if you if you wanna go if you're available you asked me I was like uh no one you get a plus one too I thought you're joking I texted you this morning I was like what are you up to this weekend You know I was like I told you about the plan and I was like oh well you know she knows about the plan now she can come if she wants I text you that because uh Adam Fried invited me to go to sushi and dancing And I was like do you wanna come all these plans Look at us we don't have any plans We have three different options together birthday party wedding or your plans Three options Look at us look at that uh go out together or work well together Maybe I don't know I'm not quite sure Wing man You wanna help me find a dude Really That's what good friends do Our friend just said just three plans Just three hilarious What Just three plans So do you want to play a game Oh actually let's pull a card first for the weekend Yes I do Ok I don't have the card What They're right there I almost said they're right there Babe I'm spending too much time with you guys I remember the other day in the studio How funny that was you call me babe And I was like babe and and it was a domino effect Everyone was calling each other Yeah That's right That's right Everyone was like you know what let's just all adopt Kyle Kyle practice It was so funny and weird I just spent so much time with you babe just slips right out I I literally never ever would call anyone Babe You're the first person I actually call do people I uh endear you know you endear me I feel like you hate me sometimes That's why I guess it's like a step back Sometimes Michelle's going 1000 MPH Let me not get in her way Let me not slow her down Let me just step back I I call homeless people Babe That's hilarious You might wanna be careful about that Amazon customer You might be a little Can I look at it first Jesus Yeah You might be a little careful about that What's in store for me and Kyle this weekend Are we gonna hang out Not after you just told me not to look over there We're not gonna hang

out now Really I blew it Boy Like you you get to look over there I can't
divinity I like that one What does that mean Number 20 Number 20 Is she
prego What Huh No Oh it's the dress Oh my God No not pregnant It's a
poopy dress Not pregnant Thanks for me Questions That are not nice That's
what pregnant isn't bad but I'm not pregnant It's a white poofy dress I poofy
dress that do Ok Unless you know something that I don't It's the second
coming of Jesus If you're not nice we're gonna ignore Ok Ok Number 20
That's a scary question You are a divine love and carate Whenever your
question know that love is the source the question and the answer drawing
this card invites you to proceed with love over fear no matter what your
situation in relation proceed only from a place of unconditional love and
understanding meditate when you want to feel more love in its purest form
and to connect to others in a more heart centered way Yeah we need more of
that Kyle Wait what I mean Like we need more of that Yeah because you're
kind of mean sometimes Yeah sometimes Yeah No not mean I think you're
just intense Hm Wow What does this dress make me look pregnant No Now
if I was mean I would say yes I mean like the other dress that I had
somebody thought I looked pregnant and I like poopy dresses Yeah Yeah
Yeah I'm a poofy dress girl Um but I think we should pull another card Ok
No no good We'll pull that one I didn't mean mean I meant intense with lots
of love I can come off as controlling So definitely work with that Ok Am I
pulling or are you pulling Uh you well you uh whatever is not controlling
you can you can pull Thank you I thank you I'm not fat I like I'd like to
believe that gratitude Oh I have gratitude for you Do you You just called me
mean I said intense I took it back I didn't say I didn't mean mean you can't be
a deep honoring give and feel great Thanks now for whatever blessings have
arrived or are in routine Now drawing this card invites you to share your
devotion or to outwardly express gratitude to someone or something for its
presence in your life I always get for you Sorry I don't know Do you wanna
see the birthday video again It sounded like you were upset because I was
mean you didn't you didn't sound very grateful I was here just two seconds
ago I'm grateful that you're in my life every day in every way Where's the pal
We're not You would think we are in couples therapy to create a gratitude list
for all that you are thankful for in your life You know I've never created a
gratitude list What Never I I do it often I say it but I've never written it down
Yeah you should There's a devotional candle You can have a candle Candles
have long been used to light a room or path or even a cake They're often used
in magical rituals memorials and to honor sacred passages in life Apparently

you can use a candle to show gratitude and I thank you and like a hug Uh Rosalinda says take a breather Kyle Lol happy happy fry Yay Kyle Michelle Ebony and Ire are having a little tip Ricky Ricky Can you imagine what the show after show would Look like if we actually lived together what would that what would it be like You guys have to follow us follow us at under at Good underscore Day Live on Instagram and Good underscore Day Live on on tiktok And you can see uh the behind the scenes of me and Kyle we're actually we actually get along much better when we're not just sitting across from each other where we actually have to sit and talk to each other where you're forced to talk Um Thank you Rosa Linda Thank you Thank you Thank you Thank you You don't use social media What's crazy Crazy Who doesn't use social media Um You all two are fun and hilarious Definitely entertaining Oh thank you so much We uh we like to uh we like to bring in the fun and make sure you stay along for the ride because we got Keith Harris the experience Um A drummer exec producer um and Grammy Award winner for the Black Eyed peas He created the song I'm a be and a ton of other songs So make sure you don't go anywhere Ah um You guys don't use social media Well if you want to use social media you can follow us at good underscore Day live on Instagram and go to underscore Day live on tiktok and I love that you guys are all connecting with each other on the chat OK What do we got today We have the best friend game that you can get on Amazon This is a really fun game Um let's let's play What was the name of the first boyfriend or girlfriend How many wait what is the name of the of your first boyfriend or girlfriend Your first boyfriend or girlfriend Oh that I don't know Your first you have had so many girlfriends haven't you got like 6334 Sammy Sammy was number 20 then who was the first one Rayna Ricky is stalking people Apparently Rayna I've never heard you talk about Rayna I'm stalking multiple people Hi Jennifer What's the name of Everyone's first significant other My first significant others name was Dave Wells Look at you I don't I've never heard of Rana Have you heard of Rayna Did she get milk Did she get milkshakes II I use my meal blocks Oh your your meal points Hilarious your meal points Uh on a scale from 1 to 5 How much do I care about My social media image Five being the most to write it down Ok What we think the other person thinks Oh shot in two and three That's what I think about Kyle Wow that's pretty up there Four out of five Me really I just started getting into social media I think it's I think you're a very interesting uh social media user because they do it for business only No you do it for pleasure as well But you don't really stress at all about the number

of likes followers or views when I have when I have more followers I'm like excited over like 3.5 followers It's like it's adorable because like honestly people that have 17 million can care less about 100,000 people liking their stuff more you know but like you care about every single one I love I love my friends How many bracelets do you have on uh between the both of you Oh that's a good question I have one You have three right I have two bracelets Basically 10210 I thought that was ok I thought that was I watch three bracelets between me and Kyle True Blood Um Michelle one day on your stream You should do a fun all summer dress and clothing show I would love to do that I I talk well not on this show but I would love to uh um and have them in your carousel I would love to do that We can do um all fun dresses and shoes and um all the fun things that I enjoy I can like accessories Like this bag you can get on Amazon but this bag is so cute How cute is this bag Look look at this bag This is the cutest It's so cute I get so many compliments on this bag Something on it There's something on it What Oh man So are you pregnant Because I'm definitely following you if you are not pregnant That is not fun That's not fun That's not fun to talk about Um Oh that's so sticky Cute Thank you Rosalinda I think so too Um and I have red shoes that match too but you can't see it Gosh I am not putting out there that I'm pregnant That is terrifying Um what musical artist am I ashamed that I use No Should it just be never Have I ever Ok Is that ok Um and Kyle can rate all the dresses so he doesn't get porn Kyle used to be a personal shopper at No Did you know that back in the day back in the heyday Um it's it's a poopy dress Not pre oh my God That's terrible It's poopy It's poopy guys Look it's got tears See I'm very tiny I'm super tiny Mostly tiny What what what look at the poof I can't believe like oh what the heck hilarious It has poops It has three layers I'm like a cupcake I'm like a cupcake I don't know I love the dress Looks cute on you Thank you Rosalinda I appreciate you Um how is your Friday going this so far And what are you up to this weekend Kyle Am I pregnant You'd be the first one to know right That one uh driven to a different town We have Easter dress Yes it does have like an Easter feel to it Oh yeah Never have it We're playing never have it ever now because we want you guys to get involved Can you be all right Have you ever driven without a license Has anyone ever driven without a license Have I Yes that's a yes Have you driven without a license before Uh when did you drive You have to get your license updated my friend Ok When did you drive without a Oh I mean um oh he doesn't have a license Um I forgot the my license uh at home one day Ok Ok You mean like without a without a no for

your at home without a license Have you driven without a license Uh yeah
How old were you 14 Wow Where did you go We went across town to visit
some friends uh when we were freshman in high school and my friend took
his mom's car um and we all drove it Wow Wow Wow Me Melinda
Melanie Are you watching Melanie Are you watching Kyle's mom Melanie
is gonna come on the show uh in March We March When is she coming on
We never took my mom's car but did she know this story She might not Well
yeah Kyle I don't get it either Um let's play it let's ask another card Ok let's
ask another question Um make sure you like play in the chat with us You
never know we might have a giveaway So make sure you hit that follow
button Um we've had some really great giveaways in the past Um maybe you
shouldn't tell the story Hilarious What do we got all of these We can't talk
about wait why not why why not here Read them out and let me know if any
of these we can actually talk about No I can read you can read that Ok Has
anyone hooked up with someone and kept it a secret from their friend Yes
Yeah But then I I was embarrassed Why was I embarrassed because the guy
was weird What friend did you keep it a secret from me Yeah But then I told
her you know the guy Oh yeah Was it her brother No I never Why would I
hook up with her brother That's so weird I was just thinking like why would
you my brother why would you keep it a secret from money He was because
uh I don't know I was embarrassed His name is David and I'm not gonna who
was not good at sharing and if you know who you are I'm sorry sorry Um
being caught dancing in front of the uh naked in front of the mirror I don't
like walking around like that Do you have you been caught dancing naked in
front of the mirror Have you been caught dancing naked in front of the
mirror I haven't been caught but I've definitely done it What Omgong What
if David Is watching if David is watching Hi David I hope you are Well we
did not work well together Rosalinda's like Michelle What are you doing I'm
an open book The pregnant thing scared the crap out of me though I'm not
gonna lie Um no way Ok cool Um let someone take pictures of me Uh not
with clothes on That's a negative Wait Really I feel like that would be a yes
for you I don't know where those pictures are gonna end up You can't do that
I took and I tuck and dance in front of the mirror all the time I'm sorry It's so
funny Worn a wonder Bra Kyle What have I worn A wonder bro I will say
yes I will say yes to that question Um uh call the number graffiti in the
bathroom Oh that's weird No Oh coffee being coming in hot Thank you so
much 000 ok It's so far so close so close so far dated someone because they
had money dated someone because they had money No I never dated

someone because they had money But um it was a nice perk that they did have a nickname for my special parts Ok No Ok We getting we're getting too Yeah Yeah Yeah Yeah Yeah Listen don't go anywhere We've got a very special guest Mr Harris Oh wait Oh wait not yet Oh I got so excited one time I just wanna get Ok Ok Ok Ok Ok So as you can tell this is a live show So thank you so much for tuning in for the chat Um with someone is part horse is part horse You just never know what you get on a Friday right Um let's see what else do we have Um ok So you've been taken away from a bouncer had Ok I did I did I did I did this is a funny story Um I was in college and uh uh I had an ID made and even though I'm not like a big crazy drinker I just wanted to go to this bar with my friends They all had fake I DS made and my ID was a California ID believe it or not And like I remember showing it to him and I must have looked like I was like 12 because like he looked at me and he was like yeah no he looked at me and I was like no no no no And I was like what I'm from California and he goes really What part And I was like the sunny part the sunny part I didn't get it and he took it away that \$50 No Was it being a smart ass I was just so part is not a smart ass answer No I was because I couldn't I didn't know what part it was I didn't know I didn't know California very well taken away Too because I couldn't remember the birthday You can remember the birth of my fake ID of your fake I day And what was it 9 11 Oh no that was the that was the birthday How could you how could you forget that birth No Uh these questions are PG now Well we want to keep them PG Kind of um I went out one night with 1000 bucks in my pocket It was totally crazy That sounds totally crazy Yeah Um Michelle you were supposed to say um I should read them first and then Oh yeah Yeah Yeah Yeah I should read Oh I don't expect anything is gonna be bad Yeah I know I know I I listen I listen to you I do have to be careful What other questions do we have Can you put this in there Sure Question the moon landing No but you do because you're I only question it because it's become like a big conspiracy theory Has anyone else questioned the moon landing One of the theories is that if you Google like the actual actual suit of the astronaut you can view the bottom of the shoe Really The soul of the shoe does not match the actual picture of the the footprints in the moon The footprints in the moon have lines going across the boot print and if you look at actual astronaut boots they don't have lines going across their boots And that's a that's a very big thing Like it's like how to answer that Rosa Linda has questioned the moon landing Who else has questioned the moon landing Capricorn one No I've never seen that Have you seen Capricorn That's a

moon landing movie J Simpson made it stop it He's in it That's awesome That's so cool I did not know I think he's been in stuff before Like apparently the um whatever that was What's the name of it I don't know You're acting you just you're talking like you've seen him and stuff Well I feel like he is Oh she goes Oh no not OJ Yikes Yeah he's in he's been in a Ford apparently a Bronco I'm just kidding That's not a funny joke I can dig it So that's why I questioned the landing All right What else have we got I'm taking a bite You want some more Never ever have I ever created a fake account to stalk another person on social media I 100% have done that I've never done that Really Was it a what I've never created a fake account Really You know what does it do Well my ex my ex that was a really really toxic dude I I wanted to check out the ring So the for his new girl and so I did create a um a fake account on Instagram but I realized that that was very immature and I deleted it instantly Have you you never Wow no reason to no reason to anything fake We got Keith Harris the experience and you love the black eyed peas You will love him He's incredible drummer producer Grammy winner writer don't go anywhere We're so excited to talk to him and learn all things music and um exciting stuff Don't go anywhere It's so exciting A AA A AAA So here is our Jari Unbox It you wanna get it charged up You use this fantastic charger over here This is the output over there and it has an extra cable like this with the ability to charge it in your car So that is really cool So we have it all charged up It has here you can press on the display you can see now that it is not drawing any power it is not bringing in any power and it is 99% charged which is cool So as you want to use all your separate things you can turn on the little lights and it will show you as you can see there that now you can draw power out of them or you can turn them off just like you would at home if you do if you wanna leave something plugged in but not having a draw power there you can turn it off So let's have some fun and see what our Jay can fire up So in the past we have used the Jari to light up our lives with go We have charged our cell phones and we have done a few other things But oh we've even lit up the Arrow Garden How amazing is that that we were able to light up the Arrow Garden But today we're gonna push the Jari to the limit and uh we are gonna take a look at the this works What's this This works That car vacuum Awesome Very cool And we could even take a look at Tabi used it And uh how amazing is this Oh my goodness You can just keep on going and going and going You can get into every little look and cranny in your car with all of this How awesome So this is what we're gonna do We're gonna stick it into our Jari I just do it this way so you guys can see what I'm

doing Turn it on it's a little light and the display have gone on because we are about to fire this up Thank you Mr Jackie There we go That is cool So let's see what else we can fire up today I mean that you can I mean that is just so cool You see powerful vacuum Jay fired it up Let's have a look at some of the other things that we can um fire up today Let's see Yeah we got it So let's try the LaVoy Air purifier I mean this is a high power drawing eye Item I think I would imagine So It's not something that you would generally plug into this little power port here Amazing if this works you know how incredible this must be So not only is the Jari used when you are camping or exploring the world in your RV or your car the Jay can also be your backup power source for a disaster Um You know disaster preparedness The Jay is definitely something that's a good day Listen I'm very excited today and if you're not getting that inside joke you're gonna find out very soon I'm Michelle Murad along with the lovely Kyle and we have Key Paris How are you How are you I am great Thank you for coming in a very busy schedule I try I try to stay occupied uh Over here Yeah So you are a producer a writer a drummer um known for incredible songs Like I'm a be there's a List Meet Me halfway like oh my God And then you work with Michael Jack like II I don't I'm almost like in a lost for words because I remember IAB when it came out and I was like I'll be like this and like I just like just like it was catchy and it was so fun and like what does that feel like for you know so I did a little a little stalking stalking googling not looking you up Um And just like just so impressed by what you've done But you knew that IAB was gonna be a hit Absolutely Because that was the name that was the name of the session the original session when I did the music I named it hit You know it's like uh I just got a feeling from it that um it was very different from anything the piece had done Um and I got inspiration actually from um I went to Snoop Dogg CD Release CD right CD release concert back in the day And that's why I got inspiration to do that song came to you It just came to you Yeah Love me You know what I'm saying It's that bounce that's the L A bounce I had to put in there but you're not from L A originally Where are you from Chicago south side of Chicago And when did you know that you were good with music Like when did you um I've been playing music What it'll be 30 37 years Uh I started playing at the age of 10 in church and um it all grew from there going to a performing arts high school in Chicago off to Berkeley College of Music in Boston And then you know getting the Black Eyed Peas gig and I've been with them ever since 2003 So this is my 20th anniversary Incredible I mean my big theory is we know as Children

what we want to do or what we're like drawn to because we're such a we're such a clear vessel of of just like inspiration and things And I used to have my own talk show when I was seven So it's called the Michelle show It was not called Michelle and Kyle because they didn't know Kyle yet It's called Michelle Good Day Live with Michelle and Kyle So cool Yeah I have so many questions So you go I'm gonna tap you It's your turn No I was I was really interested in uh the fact that you came from the south side of Chicago is that area just uh prone to having just amazing world changing sound producers and and sound sound engineers I would say Chicago is a nice uh culmination of both coasts you know uh we're not right as you know gangster as the east coast Well we're not as laid back as the west coast but I think it's a nice mixture of a lot of blues gospel soul mixed in all of that So that's why we get a lot of feel good music coming from Chicago and that sonically kind of translates That makes sense That makes sense Absolutely Wow Ok That just answered every question That's great That's great And you did know at an early age I was told uh when I was a kid right So they would watch I don't even know because I don't remember this So my brothers and sisters say like yeah we would watch TV Right And you would be nowhere to be found Right And then so as the commercials would come on I would run to the TV because it was music on my brother said that's what I used to do all the time And as soon as the commercials went off I ran away Like I don't wanna watch this So um I think from them watching me being a kid they knew that I was inclined to music and then like I said being introduced to church and having you know access to instruments because you know I you know we wasn't rich enough to get keyboards and drums Um You know they um saw my talent and they kind of invested in that They're like hey they would open the church just for me and my friend to go play Um and literally uh for me to go to college one of the members of the congregation cosigned for me to go to college So it was a very like strong community Yes Yeah So who's your biggest inspiration I would have to say well one of them I would have to say was my mom God bless herself Mom passed away before she got a chance to see any of my success on that But she invested in me um big time you know she saw it the talent Um my mother didn't like to drive on freeways or anything like that Right So um I lived on the south side of Chicago where I used to take piano lessons It was all the way on downtown Chicago So it would literally uh a 20 minute trip would take 45 minutes to an hour because she would take the streets But it was just that dedication that she saw that like ok I need to invest in my child because he I see something

special and she would even go out of her comfort zone to to help me achieve my dreams And at a young age you do realize that then she was going out of her comfort zone And then when I got old enough to drive she would make me drive There you go There you go I'm not taking the absolutely amazing That's so cool Oh my gosh that's so cool So she has a affinity for the mother stories as well Oh yeah I lost my mom um a few years ago and she didn't get a chance She saw the progression of things like going more like but she didn't get to see any of the real like she didn't I created a show and then she didn't see like she she said to me she's like make sure you finish that show Um And then from that show uh it opened me up to all these incredible actors and and then um next thing you know I'm on a set with blood and we have our own show and now we're talking to you and meeting all these incredible people So um yeah it's unfortunate but I do know that she's very much every part of this journey And um there are moments where like I was talking about her and something fell in the studio the other day So it's like I know that she's watching and she's very much part of the journey I want to know like so you you playing playing music at 10 Did you ever think that you were ever gonna be like with just like where you are now Like just you know honestly incredible artist only thing I wanted to to do was play drums right I didn't know anything about touring I didn't know anything about making music I just like playing drums and literally that passion for playing drums and playing music opened the doors to a lot of other things because you know I I didn't grow up around a lot of music producers because that was kind of still new like in the nineties you know doing synthesizers and computers like oh my God and Yeah Yeah Yeah I really tell my age right now But but yeah you know so a lot of that that journey just came from the passion of music and you know wanting to play and you know from that it spawned you know being able to travel around the world playing music going through about three or four passports playing Super Bowls World Cups White House a lot of pivotal events in history and um winning Grammys So that's amazing What does it feel like to win a Grammy It was kind of like the trifecta for me because it was like we were nominated and we won and then we actually played no I actually won We were nominated for that I won a Grammy for best urban alternative performance for a song I vocal produced for Chris Michelle and the Black Eyed Peas won a Grammy for best pop album That's amazing And I was a producer on that That's great What do you ever like have to like go back to 10 year old Keith and be like you got that like good job or like you know what I do I do because I like to

look at the journey like I have I I'm like a documentarian of my family because my grandma was that person She had old like uh Kodak film and all this stuff So I'm like oh so that's where I get it from So I go back in my pictures I'm like man I remember when I first joined the band I remember my first show I remember my first rehearsal I have all this stuff on tape And um I'm like this is it it's been really cool to to write these things down in college Really I was like OK I wanna do this I wanna do this I wanna do this And over my 20 year career I've accomplished just about everything that I wrote down So now me as the old man it's like ok I gotta write down some new goals you know because you never really as a young for her to think that you're going to do all of these things because it comes by so fast But when you get there and you look back you're like oh man I got to get some new goals Wow So what is what are on the new goal Oh we have a question One of the questions is Fergie still part of the black eyed peas Congrats to your 20 years Many many more to come on your journey Love that song I'm a be well I can't answer for Fergie I don't know I love Fergie death That's my sis I think honestly just life happens You know she has a kid you know a family and all that stuff and um I've never seen a pregnant woman to her Was she pregnant Was she toured No that's the point pregnant woman with a kid Like come on guys Like so you know life happens So if she ever decides to make a decision to come back on stage that's totally up to her I'm sure that would be um um you know embraced by all parties So cool How did you how did you how I was like trying to figure out like how did you get like the peace find you how how did you find the peas Like how did that Let's go back and so let's take a journey back in time Ok So 2003 Ok So what is Keith Harris doing in 2002 2003 I was a organist for my church in Boston He also played in a cover band in Boston but I lived in Brooklyn New York where I was doing most of my music production One of uh Puffy's hit man His name was uh Richard Young Lord Frierson So Keith Harris would drive to two times a week from Brooklyn to Boston once That's four hours one way and that's on a good day There ain't no traffic and no weather right So I would drive four hours to play for church for one hour drive all the way back Right Then come Friday And the weekend I play with a cover band called Felix Brown Love My Brothers So we would play all over New England So it would be Rhode Island It would be uh uh you know different spots uh Connecticut So wherever that gig was I would have to drive from Brooklyn to wherever that is play those shows Sunday morning drive back to Boston to play for church No church closer to you It was decent You know I just had that I'm a faithful

loyal guy I got he's giving you a hard time I appreciate that We would be in Vermont playing a ski gig But come six in the morning I got to drive to Boston because I got to be on the organ body level And then after I played for church Sunday service then I have to drive back home So I have to drive back to Brooklyn to go to my house We spoke when listening to you It's a ton of success and it happened really fast for you Were there any setbacks Absolutely What was like a what was the one that sticks out in your head that actually propelled you forward I think one of the biggest setbacks for me was the passing of my mom right Because like I said earlier she never really got a chance to see that But even during that time I had a really bad relationship that I was going through and that relationship was really holding me back from doing a lot of things because like I said I'm a loyal guy So I'm like man I'm gonna leave your ass behind Like I I wanna do stuff Yeah Yeah No no be with me So it was like fighting She was fighting for attention that I had to give my career but she wanted that It was kind of like a jealousy thing you know And um because my mom passed and a situation happened between me and that person that opened my eyes to be like you know what this is not good for me I gotta get out of this and ever since I made that decision it was straight up Yeah So ok so your mom did your mom pass when you were going back and forth for church Like when did she uh she passed after that Ok So yeah she saw all of that stuff So she and she and my sister would come and visit me in Boston in New York You know I treated her like yeah y'all come put her in the wall off Astoria You know what I'm saying Yeah because I'm coming to America I'm like yeah I want you to stay in the finest of hotels I wish I had the motorcade I didn't have I was like yeah y'all stay here I'm gonna show y'all a good time and back then you know Puffy was hidden So I would I would uh do dinner at uh Justin's That was his restaurant back Justin is back You gotta go back in time So you were so OK so I'm trying to follow the trajectory So you were playing at a church When were you When did you when was your big like moment It was it wasn't really a big moment It was more so like hey um a friend of mine from college introduced me to the the former musical director of the black eyed Peas Prince board Prince Boy lived in L A but he was in New York doing a show for another group So my guy Adam introduced me to Prince was like yo this is a drummer I need a drummer for the show So I hooked up with him did that show in New York with Prince Boy So we can in contact He went back to L A You know I'm still doing my thing in New York and Boston and then the original drummer and bassist of the Black Eyed Peas uh moved on

So when that happened he called me and like hey you wanna do this uh tour with us for the summer This is 2003 Wow this is when you're driving back and forth to church So it was to the point So the back story to that with the church side of it So the pastor was getting upset at me because I literally didn't live in Boston So I didn't miss a service I was at rehearsals handled my my issue with you He still had a responsibility Well issue with me traveling because he wanted to forfeit my pay to do other things for the church You know what I'm saying So when I come back and I'm just like oh there's a lot of TV sets around Yeah Yeah Yeah Nice By the way the spinning the spinners Yeah I wanna know Do you remember where you were when you got the call to like go and play for the black in my car driving naturally So I literally got that call I met with the the black eyed peas manager Seth Friedman He lived in New York So I went there to his condo met him He gave me like about five C Ds worth of music to learn I'm like oh how am I gonna learn this So literally learned it in the car Trevor I never really got a chance to sit behind the drums I just listened to it and my music retention was crazy back then because I was always listening to songs So um you know uh learned the music they flew me to L A um had a rehearsal with the peas for like five minutes They showed up like oh ok he's cool They left I'm like OK I guess I'll hear the songs and how it goes at the show and they still do that to this day They don't have And then sure enough my first show with the P was Coachella in 2003 It's awesome Your mindset is so profound Um I was listening to Samuel Jackson talk today and it kind of reminded me of you He was saying you know every artist starts out with huge aspirations as I'm sure you had when you were traveling between Boston and New York because that's why you were doing it Right Right But then you know as an actor I can say it's like oh I'll get I'm gonna get a movie and you don't get the movie Ok Ok I'll get a TV series Ok I'll do a soap You know what I could do a soap you know what all I need is one beer commercial and that would be just something and then it gets down to something And he said he said after I gave up the even the dream of the beer commercial that's when I got real serious about my my art because it was just about doing it It wasn't about the accolades and all that So did that happen for you Because I heard you speak earlier and you were like I just love playing music And so that's what really helped me So how how can you um give advice to the artists out there that may have that a little misconstrued right there Yeah I mean it's it's very tough in this uh social media area where you see a lot of things and a perception is not what it really is You know everybody wanna put their best moments to be

glorified to think that's normal But um it's the stuff that's behind the scenes and you know for anybody that's a winner or or accomplish a lot of things in their life they gotta have a passion for it because it's what you do in the dark That's where the passion comes in to practice and people didn't see that for all of my college years in the practice room a little hot box with my drum set in there when the radio playing along to songs reading sheet music making sure my left hand is a strong my right hand and making sure five different things at once going to school getting the education learning music and knowing what I'm actually doing and not just you know just being educated and learning my craft and it's a lot of time and work and money and effort that was put into my success right But I had to have a passion for it Not for the spoils the the spoils is the sugar on top So you were in that hot box right Playing and no one knew you weren't thinking to yourself Oh this is what's gonna get me the accolades You were just doing it because you loved it I was doing it because I love it and I was doing it because I had to because because I was surrounded by around a lot of excellent musicians So it couldn't be you know half ass you know I had to compete with the marketplace Where did that necessity come from That have to because didn't have to But you you had to but that was your own that had to come from the people that invested in me from my church OK So it's like I couldn't fail because they gave me a lot of support They gave me too much for me to be like oh you know I'm gonna f off and just do what I wanna do and just around like no people literally went to debt invested for me to be successful But you were like oh let me go get these accolades for them You were like let me just work hard Let me just be passionate because these people could have been my passion Yeah And because I love drums you know and I didn't really at that time like I said it wasn't no social media So everything was relative to my surroundings So I had a lot of peers and stuff that was going on tours and playing for big artists like Usher and Atlanta Moore said like a lot of different people But um they put in the time and the work and you know I'm like always like man when is gonna be my turn and I just OK I just got to keep practicing So when my time comes I'm ready there is no denying that I'm more than qualified for this job That was my next question Like how like you was you made up made it up in your mind that you were more qualified I deserve these things These things have to come to me I just need to do the work the necessary work to get my part to get there But I'm already destined to be there Is that a spiritual thing is that something your mom instilled in you or did you just innately have that kind of a belief system I think I'm an

old soul Um I think because of Chicago is kind of like a blue collar Like you don't get nothing unless you work for a type of place Um so that was in me but it was more so too just knowing my own setting my own expectations Where did that come from It just really just came from me wanting to be successful in whatever that is And I feel like you know it's all relative right I I didn't know about touring I didn't know anything about that I was successful being a cover man drummer I was making thousands of dollars a week Wow that's awesome That is awesome Like I said some perspectives perspectives that success But I always knew that I wanted something more right Because I was just like man I don't want to be 50 playing that No you know club in Boston you know and that's the the age old story of really talented musicians that get caught in a predicament that they can't get out of you know what I'm saying They're like oh you know you're one of the greatest drummers ever Why am I seeing you on at the corner juke joint playing You know because a access you know so I'm at Berkeley That's what you pay for is the access right And the network of people that you meet So even to this day I know people in very high places in their career we went to school together so I could just call them like hey I wanna do Xy and Z So it's that access to you pay for And then they also inspire you like they say iron sharpens iron So you playing on your drums and then you get off and you walk out your door and it's a whole row like 12 practice rooms And you could just walk right over and listen to the next guy You're like damn it it just dawned on me The first film I ever shot was in Brooklyn And uh we we just we had to stop we had to cut because we heard these drums playing in the air in Brooklyn We were near the botanical gardens and like I was gonna ask did you ever were you ever part of those those like huge drum circles in the park there No because I was playing for church They kept me up they kept you out the street they kept you out the streets I like it The street hilarious That is So that is I mean it's just it's just so cool And I mean I I hate asking this question because like but what's next You said that you wrote everything down What's next for Keith Oh But our our producer So we have a really uh good friend who's also co-host sometimes Um dr she I know you can't speak up on but she's obsessed with Josh Do you know she probably if she's watching she's melting right now I I have to I have to share the story She has because it was shared on the air She saved a fork from the restaurant that she that she used to work at He didn't I don't think he ate with the I think he picked it up and like she was like she was like I guess in high school when this happened she she blocked it and then they then they threw it somebody

threw it away and she was like she was like we were like why go for She was like it's an embarrassing story So we have to share that story Yeah Don't tell Josh I'm sure I'll feel like he's safe She's amazing What's that Oh what's that Oh ok So we got our producer saying he he said he's a good friend of yours I mean literally Josh and Fergie first met when we were on the road and he was an actor on Vegas So that's how long ago that was And you know they hit it off and you know he's been a friend mine ever since uh you know we've played shows in his hometown and things like that and he's a really cool guy I always been a nice great father We talk about our kids and stuff Like how many kids do you have I have two boys two boys What are their ages Eight and four What are their names Caleb is the youngest and Christian is the oldest Caleb and Christian What are what are two boys Like energy Lots of lots of energy Are any of them um inspired by what you do or are they into music Absolutely So when I have some shows in L A or some you know like close vicinity I'll bring them with me Um Actually my youngest son played a gig with me I had him on my lap when I was playing I got a feeling it was like the last song of the show So I was like bring him on stage So they roll a stroller and I I started grabbing the drumsticks trying to play while I'm trying to play I'm like I'm still at work So I oh that's great But that's going to be good for his brain Oh man his great memories And then my oldest son he would sit behind me all the time with his sticks and watch me play my gosh That's so sweet and did And I don't know if I heard this correctly You met your wife thing for the piece Is that right Absolutely She toured with me So she was a dancer for Fergie I love how everything is so connected Absolutely I just feel like when when you're on your path Things should come onto your path and not deviate you left or Right Right The courage to stay on your path Can you speak on that Just a little bit It's tough It's tough Uh especially nowadays like I said man I really sound like an old guy but if I had as many distractions with my phone 20 years ago oh my God I don't know My life might be way different It's it's just a lot of things that can infiltrate your focus And back then it was literally cell phones that just come out and you had a pager on No I no I I started with a nokia That's as far as distractions went you know So man it it it's really I would say it's really like commendable for kids nowadays that really find something they're passionate about and they can you know sift through the noise and really focus on what they want to do I think it's amazing And I think also too they have such a uh um a trove of information that they can use to accelerate their learning as well that we didn't have So literally I had to pay for all the knowledge I had to get Now

you could just go on youtube youtube engineering one on 1 \$80,000 That's true That's so true It's all about balance it's all about balance Um How do you balance your life That's a good question Um yeah I it's it's to a lot it's tough It's tough because you wanna give everything priority in its proper time because as a father I don't wanna be the guy that provides a really nice life for them But miss moments and they were like dad he was there But like but I got you a jet They're like no I don't even care about that you know I just yeah exactly So that's one perspective and then my wife making sure we have time as a married couple our wedding anniversary is next week Monday 12 years which is like about 50 in like I was not dating How long is it It's on ac No no no it's actually I joined this Uh I was the last member to join uh this family and I did because it is a family So do you feel that way Uh with the black family It felt that way Um You know the the guys will and um they are like brothers to me they've kept me around all this time and um you know it's nothing I wouldn't do for those guys It really is like family They probably feel the same way about you and you gotta be the GG everything together So wait before I want to know what they're doing for the anniversary we're getting we're like we're over the time that we're actually come on I love that Ok so I just want to read some of these I love your endurance and motivation to keep going You must be a Capricorn When's your birthday Oh no I'm a Virgo and Beyonce share the same Oh amazing It's striving for more and more and don't give up a dream until it becomes a reality Um and then there's something about the restaurant that you talked about Um but yes they they love your music We love you and and your story and would love to have you back Um we'll make sure leaves the home I bring my wife Yes Oh my God I would love that We love we are obsessed with that We are looking forward to meeting you Harris The experience is amazing having you on um where can people find you Keith Harris experience everywhere Um IG blah blah blah Yeah Keith Harris experience as you heard it here blah blah blah yada yada That that's what our producer does all the time You got to have music involved with Thank you so much for watching I hope you guys have a great day and um we will see you on Monday Enjoy your weekend Bye everyone Amazing Yeah you gotta get your wife off We have we have a best friend game which is like the newlywed game So we get to ask like you know like play games I don't know like oh a chance good morning and I with greater scarce and is in the want to be