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SPEAKERS

Edroy Odem, Emily McKay, Scot McKay



Scot McKay 00:02

Hey guys before I joined my wife Emily for this action packed episode I want to let you in on one of the best kept secrets in the world of men's grooming. When you go to mountain top podcast.com front slash hero soap you'll find all sorts of scents like spearmint woods and cedar wood, charcoal. That sound obviously, like they'll make you smell like a man should. But the one that's going to catch you off guard is lavender. I know right? You're thinking pastel purple, how manly is that? But think instead about the natural essential oil from the lavender plant. The way heroes soap blends. That is so absolutely not what you're expecting. I went ahead and had Lucas really over there, send me some and all I can say is wow. And given the way my wife responded, I immediately emailed Lucas saying he ought to call this stuff catnip for women instead. I just can't explain it. You'll have to experience it for yourself by going to mountaintop podcast comm front slash heroes soap and getting it for yourself. Use the code Mountain 10 for 10% off when you do. And now it's time for a change of pace. Yeah, these are serious times and we've been covering mission critical topics in recent weeks for sure. But sometimes you just got to relax a little bit. take a load off and remember to enjoy life. Especially with the woman you love. This is that show. Enjoy the hell out of it. Gentlemen, here we go.



Edroy Odem 01:33

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now here's

your host, Scot McKay.



Scot McKay 01:46

Hey, everyone, and welcome to yet another episode of The Big Show. My name is Scot McKay.



Emily McKay 01:51

And I'm Emily McKay. And today we're going



Scot McKay 01:53

to talk about something that we've never talked about ever on the show. And you know, maybe we mentioned it in passing, but today, we're gonna hit it with a big heavy hammer. And that's this idea of having a feminine side. If you're a man



Emily McKay 02:10

and a masculine side if your woman



Scot McKay 02:13

Well, okay, let's go there first. We could do that. Let's talk about a woman's masculine side. When does that happen? And what does it look like?



Emily McKay 02:22

Well, let's see. Now if I can do handyman work around the house, would that count?



Scot McKay 02:28

Oh, no, no, I think he looked kind of cute when you're fixing stuff,



Emily McKay 02:31

especially in hills.



Scot McKay 02:33

Yeah, especially in heels. That's more of the French maid kind of thing. You know, I think that turns us on, because you're kind of doing stuff and looking cute while you're doing it. It's kind of the tomboy persona that we've talked about before. True. You like to do guy stuff, because guys like to do it. You're trying to impress the guys, and it looks good.



Emily McKay 02:52

Yeah. Yo, y'all like tough women anyway?



Scot McKay 02:56

Well, yeah, we don't like wimpy women. As a matter of fact, when I was a young man, I was given advice by someone I respected, who said, marry a strong woman. And that was very good advice. So being a woman who is not easily offended and isn't easily damaged, and has some resilience. I'm not sure that's a masculine or a feminine trait. I think that's a human trait that both men and women can possess.



Emily McKay 03:27

Yeah, I guess that would be true. Because you wouldn't want somebody that you partner up with. And you feel like you have to babysit them and do everything for them. You want to be a partner in life. And if they're strong, if we if we're strong, you know that you have a partner in life?



Scot McKay 03:43

Well, yeah, because here it is. Okay. Let's level set this up front for all these guys. We talk on this show all the time about how masculinity and femininity are the building blocks of sexual attraction. Let me just throw it out on the table. And I want you to riff on this Emily, being a strong resilient person. Having self confidence, believing you can do what it takes to get by in this life is not what really contributes to us feeling horny for each other, a man or a woman can be that way. And it just occurs to us simply as someone who's got their act together, maybe a little mature, maybe someone who is higher end than other people. And someone who, you know, is a little higher quality.



Emily McKay 04:34

I guess you could see it more like a characteristic. You know, if you're not strong, you're hard working, you're diligent, you are able to endure the test of times things don't blow you over and knock you down and, you know, you together can fight anything. So yes, but I would say that would be different than let's say physical strength. I mean, when we say strong women, we don't need six or eight pack



Scot McKay 04:59

abs. No, absolutely not. As a matter of fact, most men I know like soft tummies on women



Emily McKay 05:04

know, that little chunky ones?



Scot McKay 05:08

Well, you haven't quite got there yet. But I mean, even if you did, I still adore you. But no, I don't know many men at all who prefer six pack abs on the women in their life. I mean, if she has it, and she's in shape, obviously being healthy is one of those features of humanity. That is part of what I call being connectable. Everybody wants a partner who's healthy as opposed to sickly. Now, of course, you know, we agree to be with each other in sickness and health. And if sickness happens, we battle through it together. And we're a team. That's what love is all about. But do women need to be bodybuilders? I mean, that's almost a caricature, in the eyes of most men. I mean, if she's into that, I mean, you got into Krav Maga for a while. It didn't I and women who can defend themselves are kind of hot, but it's because they're strong because they have character because they're resilient. And that weird. I don't know. For a lot of guys, it's weird. But some men, as we've talked about, on this show, don't understand the concept of tomboy being different than being butchy.



Emily McKay 06:20

True. Like I can go camping and roughing it and getting my hands dirty and muddy, going out fishing and actually baiting my own fish or actually baiting my hook to be more exact,



Scot McKay 06:32

you beat your own fish in trouble. painful. First, if they're big ass fish, like a shark or a Marlin or something, I don't know,



Emily McKay 06:38

I will leave that up to you boys good eye touching that.



Scot McKay 06:42

Well, fair enough. But strength, the ability to go out and have a little fun, get some dirt under your fingernails. That's endearing to us as guys, because you guys want to do the cool stuff. And guys tend to do cool stuff. I mean, if guys want to net and guys want to sit home and be domestic and all these, perhaps unfairly stereotypical female roles. I mean more power to us. But you're never going to see a tom girl. In other words, a man who likes to do what the women like to do, who's going to be attractive to women?



Emily McKay 07:19

Right. I can't picture being attracted to a man who likes to sit on recliner, with his two little knitting tools



Scot McKay 07:27

and his Chocolate Martini watching oxygen channel with you



Emily McKay 07:31

knitting this awesome little sweater that he expects me to wear in the wintertime for you know, the ugly Christmas sweater contest.



Scot McKay 07:41

I once encountered a guy who hired me to coach him briefly just on online dating stuff, and I read his online profile. And what he was attempting to do was attract women by being more feminine. Like for example, he jokes people tell me all the time I'll make someone a great wife someday. Oh, boy. brutal, right?



Emily McKay 08:02

Yes. I mean, I've been had friends that joke about you know, I'm their house has been because I helped them fix their house or I'm the RV has been because I helped fix the RV. That would have been me.



Scot McKay 08:15

I don't like fixing the RV for some crazy reason. You like fixing the RV?



Emily McKay 08:19

Well, yeah, but I even have a friend with an RV and I went and helped her out with hers. So now I'm called her her RV husband.



Scot McKay 08:27

Okay. Well, that's probably because the guy who we both know, by the way, for those of you listening, this is a friend of the family. This couple is a friend of ours. I don't blame him, I wouldn't want to touch the RV either. I'm like he is right, you know, the whole sewage RV thing. If you want to handle it, you handle it. And I'm not sure that makes anybody more feminine or less masculine. It's just what you like to do. And I'm comfortable with letting you do it, you know, makes us a team. Right? I mean, there are things I like to fix, like the cars and the bikes and the oil changes and this that and the other and I feel like a guy when I do that, but I certainly don't feel threatened because you like to do other quote unquote technical things around the house.



Emily McKay 09:11

And I love that you do that because I don't really have an interest in touching that stuff. And I don't do I



Scot McKay 09:17

know you don't and see that brings it back full circle here that has absolutely nothing to do with femininity and masculinity. It's just stuff we do. It's not who we are at our core. So masculinity, we provide protect preside with strength, confidence, boldness, dominance, if you will, which isn't a dirty word for those of you who are listening. Emily just got bright eyes and nodded.



Emily McKay 09:47

Yeah, yeah. Singing dominance in a really good way. In a horny way.



Scot McKay 09:52

Yes, yes. Those are the things that make women horny, but they have to be in a woman's best interest and what is that best interest allow A woman to be feminine. Joy, comfort, fun, I would dare say freedom. And you know, I've never uttered that word relative to femininity. But you know, it's amazing how men free up women, to have fun to have fun and extend the freedom of expression and emotion and thought to us as guys, you expand us by being feminine. And we love it. We crave it, we eat it up. And yes, just like that dominance if you will makes women horny. It makes us as men horny, when you give us those feminine gifts. When you bring joy fun comfort even Damn it for most of us guys a social life at all. to us. We love you for it.



Emily McKay 10:50

Ah, so you like it? When I make you go to all those wonderful couples dates that we do together?



Scot McKay 10:57

I'm gonna say yes. For the sake of the show. Although the introvert in me has an egg timer.



11:07

Okay.



Emily McKay 11:09

Yeah, so that was about the women. What about you guys, you know, your, your feminine side, your, you know, feeling like you could feel for us or you have the softer side?



Scot McKay 11:20

All right, well, you know what, let's throw that on the table.



Emily McKay 11:22

Sure. So let's talk about guys in them getting in touch with their feelings. Before I



Scot McKay 11:27

ever met you. I watched even a laugh at this, the guys who are listening, the ladies who are listening, whoever you are listening are gonna laugh at this. I've watched Saving Private Ryan, on a date with a woman. And if you've ever watched the first 15 minutes of that movie, although it's extremely moving, and it absolutely level sets us in terms of what the world war two generation dealt with and the bravado of our troops in that context. It's not exactly a date movie, okay. And I remember the woman I was on the date with after we watched the movie, I'm paraphrasing, but her sentiment was you boys are just crazy. You're stupid. You love to just go out and get shot up. And you'll run right into a hail of bullets and get killed. Because you just love war and guns. And I'm thinking to myself, those guys who storm that beach were fearing for their lives. They had real actual emotions that morning. They weren't heroes. They faced fear and did it anyway, as we talked about a lot. And I think a lot of women, perhaps erroneously See, masculinity is devoid of that feeling. And it goes back to the old adage that men are logical, and women are emotional. And I think that is absolutely untrue. And I've said it before, okay, if you watch me pre COVID, of course, but if you watch a bunch of men in an NBA game or an NFL game, when their team scores, they get very emotional.



Emily McKay 13:10

Oh, yes. And when they lose, they get equally



Scot McKay 13:13

emotional in the other direction,



Emily McKay 13:14

right? Stay out of his way. He's gonna be Moody, right.



Scot McKay 13:18

And meanwhile, in the other direction, all of us have seen a mama out in public with a toddler who's misbehaving. She gets rational really quickly with that a little motional child, look, either you're going to stop doing this, or they're going to be consequences. So I'm not so sure men are the reasonable logical ones. And women are the emotional ones.



13:43

Yes, sometimes we're Sergeant mom, Sergeant mom, sorry.



Emily McKay 13:48

Straighten up. Stop doing that.



Scot McKay 13:51

We're gonna get it. I've seen that around the house. I've been like this before, you know?



13:58

Mom's coming through,



Scot McKay 13:59

right? I mean, emotions versus logic. It's not really a male female thing. So that muddies the water a little bit, doesn't it?



Emily McKay 14:09

It sure does. Maybe we should call it a human thing.



Scot McKay 14:13

Yeah, emotions. Women need to start thinking, Hey, you know what, man can be emotional. We do have a heart. And you know what, guys? Women have a brain. They can be logical. They're not going to be subject to you playing tricks on them to throwing a pickup tactic, Adam,



Emily McKay 14:32

whisper three things in our ear. And we'll gladly open up our legs because we don't have a brain Of course we have a brain.



Scot McKay 14:38

Yeah, well, you know what you mentioned obviously marketing, aimed men to get women easily into their bed. But a lot of these guys who are listening don't know. And meanwhile what a lot of you women who are listening do know is that the other side the other genders, dating advice does the same thing. Whisper these three Obsession Phrases into a man's ear and he'll give you his credit card, stop looking at porn, never see another woman again and just be obsessed with you and only you and give himself to you and commit.



Emily McKay 15:12

They see, we're humans, and we both have feelings. We both are strong individuals. And in some cases, sometimes people aren't strong. So whatever the case is, we're all human beings, and we don't resort to that kind of tactic.



Scot McKay 15:26

Well, all right, so let's talk about real femininity and real masculinity. We've kind of defined it here, and you would agree with me?



Emily McKay 15:33

Absolutely. We talked about what it is and what it's not. It's really down to character, and characteristics and traits.



Scot McKay 15:41

Well, character, is Mia a good decent, high quality person who does the right thing, even when nobody is watching lives by code of ethics and honor, and I believe in it.



Emily McKay 15:54

And that's not gender specific.



Scot McKay 15:56

No, it absolutely is not. And I want to make sure that's absolutely underscored this idea of men being providers, protectors and providers, you know, we take care of everything kind

of at the bottom of a mess, lobby and hierarchy. If you're unfamiliar with Maslow's hierarchy, it basically outlines the urgency of needs in life at the base of this pyramid, if you think of it as a triangle, okay? is oxygen got to breathe? I mean, if someone throws you into a swimming pool with 50 pounds, cement shoes, you're not thinking that you could really use a hamburger.



Emily McKay 16:31

No, that's true. The first thing I want is to break down



Scot McKay 16:34

a threat. So food, then safety, right then sex then self actualization. And Funny



Emily McKay 16:43

enough, I'm sorry, but sex has to be at the very bottom of that list before oxygen for oxygen. Oh, boy.



16:50

Just I can go. I can go a minute and a half without oxygen.



Scot McKay 16:56

I have a very, very high maintenance wife, ladies and gentlemen. Yes. Well, speed is not a virtue, says the most interesting man in the world on the do psyches commercials. I couldn't help myself. Yeah, no. It's all in the name of comedy.



Emily McKay 17:10

We Exactly. Yeah. So guess right?



Scot McKay 17:15

At this point? All right. So masculinity, provide protect preside. We're taking care of the base of that pyramid. All right, women bringing joy fun. I like conference, right. That's what we all live for on weekends, that's higher up the pyramid. So in other words, men are

making the world safe for women to provide femininity. femininity, is what we all live for. On weekends, it's the higher calling, and I've said this on feminist radio shows before where I felt like, Hey, you know what, I'm going into this show, and I'm being set up for a trap, and I'm gonna go on anyway. And indeed, it disarms the hosts. Because they're like, Alright, well, you know what? I'm listening. Right? And then you say something, like, I know what women want. And they're like, well, what is that? You know, they're kind of snarky. And laughing at your front. A woman wants a man to hold her, tell her everything's gonna be okay. And be believable. I've never had an argument.



Emily McKay 18:17

I totally agree with that. I mean, I've had times where I break down and cry, I just need you just to hold me and tell me it's gonna be okay. And know that it will be and it makes the world wonderful and feel safe again. And I do enjoy those things. I mean, I do appreciate that. Because sometimes it's good to have reassurance and comfort from somebody who's strong, sometimes stronger than me.



Scot McKay 18:42

All right. So here it is. The masculine role is the leadership role. Because without what the masculine provides, the woman isn't safe and feeling that feminine D can be bestowed. This is why, and you've been a single mom, Oh, yes. If you're a single mom, you have to take care of all the masculine stuff.




Emily McKay 19:03


At that point, I don't have time to break down and cry and feel sorry for myself, I have to stay strong on and on and on. I don't have the opportunity to go into a man's arms or a friend's arms and relax and cry and just have someone tell me it's going to be okay, because at that point, I'm the one who's carrying both the feminine and the masculine role of being strong and not allowing myself to relax into the emotional aspect of life.





Scot McKay 19:28


Well, that's a double edged sword. First of all, you're so busy taking care of Well, let's just throw out on the table, the foundation of that pyramid, okay, that masculinity is historically responsible for safety, security, feeding your kids oxygen, I guess, I don't know.

 Emily McKay 19:47
Right? They do depend on me to keep moving


 Scot McKay 19:49
Well, you know, make sure the smoke detector batteries are fed, you know, there you go, right. There's not any time left to be feminine. And if you don't have a guy in your life you have to be the guy. And even if you are a single mom and you do have a guy in your life, you can't expect him to just show up and carry the whole family that would be unfair. So a single mom understands this very valid tension between being the man of the house, figuratively, and still having this yearning to be feminine. And what I tell men who date single moms is, look, take care of everything. Take care of all the details. She has a babysitter. She's out of the house. She has a couple hours with you tell that woman I'm taking you on a two hour vacation, and she will basically drop her panties.

 Emily McKay 20:38
We will melt at that. Yeah, right. Which is why spas are so popular because we love the opportunity just to relax. Enjoy life, as you said freedom.

 Scot McKay 20:48
Okay, so if a man has a feminine side, well, you know why beat around the bush, okay? My feminine side is a lesbian. Okay, I just have an urge to do guy stuff. I want to be a hero for you. I want to be a hero for this family. That's what turns me on in terms of motivation.

 Emily McKay 21:15
So that that make you the lesbian tomboy.

 Scot McKay 21:19
Wow, you're getting really deep. That's really a matter of you, you know?

 Emily McKay 21:25
To help myself?



Scot McKay 21:26

No, you can't because you're looking at me with those eyes already. Huh? All right. So Meanwhile, I live for your giggle. I live for your joy, I live for the healthy reaction, you have a bringing so much value to this entire family, as a woman, of a strong woman, a powerful woman, a smart woman. I'm not intimidated by any of that at all. Because you bring happiness and joy and fun. And just this presence of what makes life worth living. And it is my honor. Literally, literally, it's my honor to make the world safer than in the world being this microcosm of this household, and indeed, the kids learn from the kids respond powerfully to it. Dad's making the world safe. Dad's making sure everybody's headstay together when the whole rest of the world is losing theirs. Rudyard Kipling if right?



Emily McKay 22:30

Or even when I'm losing my right, sure you betcha.



Scot McKay 22:33

And you don't take that as insulting, or an affront to you as a human because you understand my intention. My intention is to preside, protect, and provide. And I do it. And here's the key in your best interest in the kids best interest. It's not selfishly, because I'm going to take all the money I made and buy a new truck or something. It's because I want my family to thrive. I want my family to feel love. I want my family to feel safe. And when you feel my arms around you, and I tell you, everything's gonna be okay. And you believe it. What comes from that? Everything that makes my life wonderful. Everything that makes John's life wonderful, my son, everything that makes Sara's life as wonderful as it can be. All because you and I are in synchronicity with our masculinity and our femininity. Does that mean I'm never going to do something nurturing? Does it mean I'm never going to do anything that promotes fun? Or joining this family? No. Does that not mean that there will ever come a time where, for whatever reason, I'm not able to stand in the gap and be the provider and protector? And you fill in for me?



23:51

Absolutely.



Scot McKay 23:52

Yeah, because we're human. But at the baseline, you're a woman, I'm a man. Not only

does that design work, but it continues to make us horny for each other for 15 years. And beyond



Emily McKay 24:04

and beyond. Exactly. We've been together for so long. And it doesn't feel like it's been a long time that girls listen to how he talks. And it's every bit the way it is in our life every single day. He you know, it's wonderful to be with somebody who loves and appreciates you, and you can hear it in his voice and you know that every decision he makes is for your own good. You know that when he makes a decision, you know, you're not going to suffer. Oh, great. Now he spent the money here. And now we're gonna have to figure out what to do with that or this, you know, we didn't have enough for the house or we don't have enough for the car. Those are awful things to worry about and someone who do those things or someone who does those things, isn't looking for your own safety and security. They're being selfish. And when you're with someone who isn't selfish, she was truly always doing what's in your best interest and your family. You're able to relax and you're able to share your feelings and Your emotions and be a team, then you don't really mind doing things together or stepping up and taking certain roles as partners. You don't have to worry about giving up yourself as a human being.



Scot McKay 25:14

Yeah, you're a team. It's literally the two of you adding up to more than the sum of your parts. Exactly, yeah, one plus



Emily McKay 25:20

one equals four or five, they always say your better half. If you're both the better half, how awesome is the two together? More than 100%?



Scot McKay 25:28

Agreed? And what an incredible example to the children. Yeah, you know, I want to share with these guys that a lot of times masculinity is coming under fire, that it doesn't matter, that it's toxic. There's virtuous masculinity. And then there's the shadow of that there's the perversion of that toxic side. Right. And that goes true for femininity, too. If there's a woman in your life gentleman, who is taking your good intentions for being a provider, protector, and provider, and weaponizing, that against you, you're not doing enough, you should do more, I don't owe you anything. That's toxic femininity, that exists, right. And

guys, if you are making your wife and children live under a regime of fear, and you feel good about that power, you hold over them, you're being toxic. The way this works, in essence, is men are doing what's in the best interest of their wives and their children. And women are gladly bestowing the gifts of joy, comfort and fun to those men and reward for their heroism. Men just want to be appreciated. Women just want to feel safe.



Emily McKay 26:50

And all together, we feel wonderful and happy. And as a result, you know, everybody benefits from this, right? No one wins and somebody loses.



Scot McKay 26:58

Right? No one is in charge. No one is lording it over the other that is the essence of having two people in a relationship really aren't equals,



Emily McKay 27:09

and nobody's losing, either. We're not losing a piece of ourselves, or, you know, if I give into this person or this man, well, I'm just making myself weak. I'm, you know, given up a little bit of myself, just because you know, he's in my life. That's the social construct,



Scot McKay 27:26

not the masculinity and femininity itself. Exactly. Right. So yeah, to kind of boil this all down, I said, half jokingly, my feminine side is a lesbian. But I think there's this perversion going on where men need to be more feminine, and women need to be more masculine. And I think the reason why that comes about is because it's considered a power play, as if men somehow have the power and women don't. But when this is all done by design, actually, women have the power, because they're bringing what we love to this world, and men are merely the enablers. So if you think about it, why would women want to hijack the enabler role, and men be the ones who bring all the joy and comfort to the world? Well, I think it's because of a perverted sense of where the power is, you know, and that comes from men having perverted that power. But a real men wouldn't do that to begin with. So the whole fallacy falls apart at the seams,



Emily McKay 28:25

right. And I can see where women feel this way. Because there's been a lot of guys out

there who have really done a lot of damage.



Scot McKay 28:32

And there's been a lot of women who have really done a lot of damage saying to guys, Hey, you know what, because you're a man and the patriarchy and this not the other. You're the one who did everything wrong. I can't do any wrong, because I'm a woman. I'm inherently blameless. And that's where things get dysfunctional, isn't it?



Emily McKay 28:49

It sure does. Just remember, there are a lot of bad apples on this planet. There's a lot of men and women who don't know how to be kind to one another. Really, that's what it boils down to. And so you have these toxic human beings perverting either the masculine side or the feminine side, because we can hijack either one, but just because you have been around a lot of toxic human beings. Does that mean that there's somebody out there who knows how to demonstrate true masculinity? Who doesn't know how to demonstrate true femininity in a way that benefits everybody?



Scot McKay 29:24

But hey, you know, what is absolutely, positively true. And I think this is a great way to close this out, is when you have a woman who loves her femininity, and you have a man who loves his masculinity, and they understand how this dance is danced and the value of both sides contribution. You have really a very good foundation for a great and very horny relationship.



Emily McKay 29:48

Yes. I was gonna say that. There's a lot of excitement in the bed. Yeah. But then there's a lot of excitement in life outside of the two.



Scot McKay 29:57

Well, yeah, absolutely. You and I are best friends and we are Or each other sexually? Yeah, there's this component of masculine feminine polarity that really just drives something special between us. And then there's the fact that we get each other and we adore each other, regardless of the sexuality. And that's just an amazing combination. What a wonderful gift in life, isn't it, especially to our children. You betcha. Ladies and gentlemen,

if you want to learn more about who we are and what we can do to make your relationships better with each other, whether you're a man or a woman, if you're a guy go to mountaintop podcast.com. If you're a woman, go to Scott and emily.com. My name is spelled with one T, by the way, front slash podcast. So Scott and Emily got conference slash podcast. Whichever website you choose to go to, you can click on the red button in the upper right hand corner and talk to us for free for 25 minutes, perhaps we can put together a coaching program that will get you in touch with who you are the kind of partner you would like to have, and make that happen in your life. If you're already in a relationship. This is something we do not talk about nearly enough in this show. But we have actually worked with two new couples within the previous week at the time that we're recording this, both of whom signed up for our 10 Plus program. We absolutely do transform the fortunes of couples who are seeking to grow together in life love and unity as men and women of purpose and who love each other and want to do right by each other. Whichever site you go to mountaintop podcast calm or Scott and Emily conference slash podcast, click on the red button in the upper right hand corner and talk to us we'd love to hear from you. Absolutely. And with that, we're gonna close this show from x&y communications in San Antonio, Texas. My name is Scot McKay



Emily McKay 31:54

and I'm Emily McKay be good out there and have fun.



Edroy Odem 32:05

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