



## Transcription of Jay\_Jones\_Interview\_2015

Jay Jones: How you doing man? How is everything over there in **Macon**?

Shawn: It's good man it's good. I can't complain. It's getting a little hot now man.

Jay Jones: Yes. Yeah.

Shawn: It's getting a little hot.

Jay Jones: Yeah.

Shawn: What part of Georgia are you in right now?

Jay Jones: I'm in Atlanta right now. I'm actually in Clayton County right by the airport.

Shawn: How 'bout that man!!! That actually is funny. My wife's family is like right from round there, the Riverdale area.

Jay Jones: Oh Riverdale. That's; I'm in Morrow; technically

Shawn: Okay. How 'bout that!! Cool, cool.

Jay Jones: Yes sir.

Shawn: Good stuff. Alright, well we are recording. So I do want to welcome you Jay; welcome you to this interview. I really, really appreciate;

Jay Jones: Always my pleasure



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Shawn: The opportunity; it's an extreme blessing to have you on here. I've read about you. I told you that I watched a video about; I almost want to say about 2 years ago.

Jay Jones: Right, right.

Shawn: And it was; I was doing some searching because I was you know looking into personal training myself and wanted to be a trainer.

Jay Jones: Yeah.

Shawn: And I saw this video with this black guy. He was real cool and he was leading all these people you know into you know being healthier. You know like giving them exercise programs and whatnot. But then on top of that he was going further.

You know kind of more sort of like a deeper kind of training. Cause usually whenever I see people training others it's kind of; it to me honestly it seem like it more likely be more like just superficial make sure you eat right; make sure you exercise.

Jay Jones: That's right.

Shawn: But then what I saw with you was like a breath of fresh air. Because like, "okay, he's really concerned about the whole person and really, really getting this issue resolved."



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Jay Jones: Amen.

Shawn: You know the issue with obesity and all that kind of stuff. So

Jay Jones: That's right

Shawn: So anyway let me not go on too much 'cause we gon' find out about some of these things.

Jay Jones: Bless your heart brother man. First I wanna say Shawn I thank you man. I want to commend you my dear brother. I want to salute you right now before we even get started for your; you know your proactive role in trying to be of great services to humanity and your people in particular. You know.

Shawn: Mmm.

Jay Jones: So it was again to use your term a breath of fresh air to have; to receive the information and the letter that I got from you; the correspondence. And it really; it gave me a boost of confidence to know that what we're doing is affecting people. Even if I'm not aware of it.

So I thank you for that. And it's certainly humbling for you to ask me to be a part of today. And I'm very grateful my dear brother.

Shawn: Amen. Amen. That's great to hear man. That's really, really great to hear



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Jay Jones: Yes Sir.

Shawn: Coming from you. Alright man so my first question for you is I've seen that you describe yourself as a fitness minister not just a personal trainer but a fitness minister

Jay Jones: That's right.

Shawn: So what does that mean? Can you explain that a bit?

Jay Jones: Absolutely, absolutely. And it's ironic because we took a lot of effort in making sure that we gave ourselves; I gave myself a title that was worthy of what I was trying to do.

Shawn: Okay

Jay Jones: And one of the; and ministers is just you know they; and teachers in general just spread the good news; spread the gospel. In my; in our instance we wanted to minister to the whole person and not just the, like you said in the beginning, the external part of the person.

Shawn: Right, right.

Jay Jones: Because really the behavior is the last part that we see in the process of human behavior.

Shawn: Mm-hmm.



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Jay Jones: You know the actual behavior; the playing out of the emotions. So when we started training people we wanted to address God's greatest gift to us all. The greatest gift God has given us all is life itself.

Shawn: Mm-hmm.

Jay Jones: So the best way for us to show gratitude for that life is to be good stewards over our greatest gift.

Shawn: Amen.

Jay Jones: So as a person of faith; as a man of faith and I am an ordained minister. And I felt like you know people are motivated by their faith to do extraordinary fetes. Extraordinary acts of strength; of kindness; of suffering you know so;

Shawn: Right

Jay Jones: I know the change in your lifestyle is a hard thing. You know it's a challenging thing. So sometimes we need to call upon our supernatural power in order to get through some of the natural issues that we face.

Shawn: Mm-hmm

Jay Jones: So I saw the power of our faith and I saw the need for us to be able to become better at taking care of our temple



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Shawn: Right.

Jay Jones: So we decided, my wife and I who started the company with me; we decided that the best way to attack the fitness component was to resurrect people's faith in what they were capable of doing.

Shawn: Mm-hmm

Jay Jones: You know their whole faith of a mustard seed can move mountains.

Shawn: Mm. right, right

Jay Jones: Then we face as a people but especially African-American people; they're not health and wellness. So you know it became a whole ministry that we wanted to again spread the good news of health and wellness so you could become the very best individual and you can walk in the greatest gift that God has given you and that's your health and wellness.

So it became a movement and now it's beginning to build some momentum by the Grace of God.

Shawn: Excellent. Excellent. That's really, really cool. That's like really cool

Jay Jones: Man, I p-

Shawn: And you know like I said I had never seen the term fitness minister before. I was like, "Hmm. That's interesting." And so to hear you explain that like



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that. That's like wow. That's powerful. Again it goes beyond just your, you know, just surface level training you know.

Jay Jones: That's right.

Shawn: Personal level training type of stuff. Alright. So my next question is 2 part

Jay Jones: Right.

Shawn: And I was thinking you know the current statistics in our country say that over two-thirds of our population is overweight or obese which is like quite staggering.

Jay Jones: That's right.

Shawn: And I wanted to ask you like what do you think; what does Jay Jones think the root of that problem is? The fact that the obesity, overweight rate is so high. That's part one

Jay Jones: Right

Shawn: And secondly how specifically does Jay Jones combat that this epidemic that we see.

Jay Jones: That's a phenomenal question dear sir; a great question. And of course it's a complex answer but the bottom line is industrialization. We came off the



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farms into the cities. There we became more dependent on other people feeding us.

Shawn: Mm-hmm.

Jay Jones: And that became an industry.

Shawn: Mm-hmm.

Jay Jones: And that industry of course like most industries are focused on making a profit.

Shawn: Right.

Jay Jones: So these industries are now reducing; we looking into our current society and there's over 8,000 new food items introduced into our supermarkets every year.

Shawn: Oh wow!

Jay Jones: Over 1 thousand new food items.

Shawn: That's correct.

Jay Jones: So these food items aren't coming from farms; they are coming from factories.

Shawn: Mm-hmm





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Jay Jones: So in 1976 there was an introduction of something called high fructose corn syrup into our diet which hadn't existed prior to. Now we had sugar; we've always had obese people.

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Shawn: Right

Jay Jones: but as this industrialization of this new sweetener that became so universally accepted that it was introduced into just about everything we eat. Now naturally we know sweeteners in stuff like you know like soda pop and all that stuff but you know

Shawn: Right

Jay Jones: Now it's in just everything because you know the average American consumes now 32 teaspoons of sugar every day.

Shawn: Everyday!! Oh goodness!!

Jay Jones: Every day. 32 teaspoons and most of it comes from our sugary drinks. Not only the soda pop but the orange juice and apple juice and juice boxes and things of that nature.

Shawn: Mm-hmm.



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Jay Jones: So when we saw this explosion happen in our country of course it affected everybody. But it affected black people disproportionately because we started off from a different perspective. Of course slavery did a tremendous detriment to the way we eat

Shawn: Mm-hmm

Jay Jones: You know we always got the last bit of everything that was coming off of master's place.

Shawn: Right

Jay Jones: So we became culturally associated with eating the worst food.

Shawn: Right.

Jay Jones: You know the soul food was actually survival food.

Shawn: Mmm.

Jay Jones: And now that we've gotten to a point now where we can heighten our awareness and become more aware of how detrimental the food is. And of course the food; even the soul food isn't prepared the same way or grown the same way it was prior to the introduction of high-fructose corn syrup.

Shawn: Mmm.



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Jay Jones: So of course now we got corn being the main dominant source of food for our animals. We're really [00:08:20] negative aspect of diabetes, cancer. And the total of all of this is [00:08:30] but the reason why 80% of African-American women are overweight or obese [00:08:35] go way [00:08:40] feed their families on a budget. So of course those budgets dictate that we kind of spend our money where we can the most bang for the buck.

Shawn: Mmm.

Jay Jones: And it was the industrial food; the factory food was cheap; they make it from the factory and [00:09:05] they can be creative.

Shawn: Right, Right

Jay Jones: So you know to be honest with you Shawn when I see somebody that's overweight you seeing somebody that's starving

Shawn: Mmm. Mmm.

Jay Jones: Starving. You know I see somebody [00:09:21] vitamins. So you know we have to retrain the way we think and I think that's how we got here. But the best way to get out of it is to heighten our awareness. Remember we can never solve the problem at almost the same level the problem was created. You feel me?

Shawn: Okay.



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Jay Jones: So we got to heighten our awareness to become more aware of how to take care of our food. How to grow our own food, you know. How to prepare healthy food. You know what I'm saying. How to prepare it in a way where you don't feel like you're obligated to go out and have your food prepared for you by somebody else.

You know it cheaper to eat healthy which is you know people don't people don't believe it's cheaper to eat healthy, but you know greens and broccoli and spinach and Kale

Shawn: Mm-hmm

Jay Jones: I mean that's like a dollar a bag. You know what I'm saying

Shawn: Mm-hmm you're right

Jay Jones: You can steam it; you can cook it in a; you can blend it; you can juice it; there are thousand ways that we could get it inside our bodies; but we have to heighten our awareness. We've got to get more intelligent and do the research. And of course we can't blame anybody we got to be proactive as opposed to being reactive.

Shawn: Mm-hm.

Jay Jones: I think that what's this faith is involve with because you know we been praising for a long time but now it's time to put their faith in action.



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Shawn: Mm-hmm. Mm-hmm that is excellent. Gosh, man... I'm telling you like no lie like you're all up in conversations that my wife and I have had.

Jay Jones: Beautiful

Shawn: One - about the number that true; the number that slavery did on our people. That kind of thing. You know eating the leftovers and all that kind of stuff you know.

Jay Jones: That's right.

Shawn: And then two of course you know talking about how we have gotten to where even all these years later we are more so letting what we eat be dictated by you know big business; all those kind of stuff

Jay Jones: That's right

Shawn: And you've made me think of a worksite I have to share you later on. I want to say it's called old ways or something like that. But it talks about our culture you know and how Africans brought over so many different crops and stuff like that.

They brought over stuff like okra and peas and you know. You know they had gardens and stuff like that. And I feel like we definitely gotten away from that but that's another conversation man. That's really good stuff.



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Jay Jones: Yeah, that's good man. I'm glad y'all discussing that down there man it's important that we continue this dialogue. And of course this starts with your family. You know you and your wife and your family and children goes out. And we each one reach one and now to the point where we got to reach a 'hunnid (chuckles)

Shawn: (chuckles) right

Jay Jones: We got to move forward

Shawn: Right man. You telling the truth man. Gracious.

Jay Jones: So

Shawn: Yeah Alright so. My next question is I noticed on your website which of course I'll have you mention that URL later –

Jay Jones: That's right

Shawn: that you train clients online. As a matter of fact you actually train them through Skype which we're using now

Jay Jones: That's right

Shawn: So how does that work?

Jay Jones: technology is amazing. And what we wanted to do; most people find they really need somebody just to hold them accountable.



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Shawn: Mm-hmm

Jay Jones: You know its instruction and accountability is one of the top two reasons that people want to hire a trainer – is instruction and accountability. So we can provide instruction the same way you and I interviewing one another right now.

We're talking to each other via Skype of course and all you need is a internet connection or a Wi-Fi connection and you good to go.

Shawn: MM-hmm.

Jay Jones: So a friend of mine who's a medical doctor.

Shawn: Mm-hmm

Jay Jones: Introduced me to this concept because she works with patients all over the world in medical operating rooms and in emergency rooms via Skype. Now they have a secure network that she uses so it doesn't cut out; you know what I'm saying. It's secure but it was amazing and it's called Remote Medicine right.

Shawn: Mm-hmm.

Jay Jones: So I said, "You know what? This would be an awesome way for me to introduce the program to my clients." And then last year I had an



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opportunity fall into my lap because my wife who is on a television show for Tyler Perry had to come to Atlanta from Los Angeles.

Shawn: Mm-hmm

Jay Jones: So I decided I wanted to come with her because I'm from Georgia and I wanted to visit the family and everything

Shawn: Mm-hmm

Jay Jones: So I was gon' have to leave my clients in Los Angeles and two of my clients said, "Why don't we just get on Skype and we just do it that way?"

Shawn: Mm-hmm.

Jay Jones: So I said alright. When we gave that a shot. I gave them you know couple sessions just to try out for free; just to make sure the connections would work. And then the Skype sessions became almost tougher than the live sessions.

Shawn: (laughs)

Jay Jones: Because you know you got. You don't have any distractions you get what I'm saying

Shawn: Oh yeah





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Jay Jones: The clients' there; I'm there; they're focused on the computer screen you know so. You know how people get when they focusing on their computer they zone everything out.

Shawn: Yeah.

Jay Jones: And that's how it was with the workout sessions. So all we needed was a big enough space. You know I get to give them the accountability that they need because you know we have a schedule time to meet

Shawn: Yeah.

Jay Jones: And of course they get the instruction that they need. I get to see them they see me. I hear them. They hear me. I can make whatever corrections that are necessary, and it's a lot cheaper because we don't have to worry about the consumption of gas in getting anywhere in particular.

So the price point is attractive. The accountability and instruction is on par as if we were there live and in person.

Shawn: Mm-hmm

Jay Jones: So it became something where I feel; felt like we can build a business model around it.

Shawn: Mm-hmm, mm-hmm.



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Jay Jones: And that's exactly what we're doing. I'm back in Atlanta like a mentioned to you prior; before we started recording. And I have all my clients still here with me, and we're actually cultivating new clients every day. You know what I'm saying.

Shawn: Mm-hm.

Jay Jones: So we're still able to spread the good news, so to speak, of health and wellness. And we can now do it in leveraging this new technological advancement that can give us an opportunity to be of greater service. So you know this is a no-brainer and I think everybody should at least give this an opportunity.

Shawn: Mm-hmm. That's cool man. I'm really moving it to the present age. I never heard that of anybody using Skype to train before. And the fact that you been using it and you have clients. You know and you're getting clients. And you're able to help people do better.

You know you said like, focus here in the privacy of their own home.

That's really cool man. That's excellent.

I have to admit you kind of giving me some. You know some ideas man, you know.



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Jay Jones: Aye you'd be a fool not to do it. I'm telling you Shawn, this is the way for the future brother

Shawn: (laughs) you right man. You right.

Jay Jones: Yes sir.

Shawn: I'm on it man.

Jay Jones: Yes sir.

Shawn: So I want to ask you also what is new on the horizon for Jay Jones at this moment? What's going on with you right now?

Jay Jones: At this very moment my dear brother I am so grateful to say that we have a brand new book coming out.

Shawn: Wow.

Jay Jones: We're designing the cover and all the finishing touches on it. The name of the book is ***"A Little bit of Something Beats a Whole Lot of Nothing – Your 30 day guide to a new healthy habit"***.

Shawn:

Jay Jones: And we gon' walk you through a lot of the same things that we talk about in our actual online live sessions with. We put them in a book. It's actually a workbook



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Shawn: Okay.

Jay Jones: So you get to exercise every day; know how much is a little bit of something beats a lot of nothing. Because that's what most people do – a whole lot of nothing. You know; so

Shawn: Mmm

Jay Jones: If you just do a little bit of something every day to develop the life you desire and deserve. Just you know walk in 5 minutes out 5 minutes back in your neighborhood that's a 10 minute walk that's better than a no minute walk. Get what I'm saying?

Shawn: Excellent

Jay Jones: Doing 10 pushups; you know 6 squats; whatever you can do to move your body in the direction that you want to have it then that's better than doing nothing.

Shawn: Mmm.

Jay Jones: So the book galvanizes that we give you 30 days of exercise. We give you quotes to help motivate you and then what we do that's very unique is we offer what's call a ***Fitness Footnote***.

Shawn: Mm-hmm.



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Jay Jones: And the ***Fitness Footnote*** is something that I do in all my live and online sessions. It's almost like our little mini-sermon

Shawn: Okay

Jay Jones: After every workout. And to help galvanizes your mind-body connection you know. So that at the end of every little exercise we give you a Fitness Footnote. And then there's a part of the book where you journey your journal. Where you get to write down; we ask you some questions and sort of help you put the paper to pen or put the pen to paper.

Shawn: Mm-hmm.

Jay Jones: Because we feel like if it's not written it's not real.

Shawn: Mm-hmm.

Jay Jones: You know our mouth can say anything.

Shawn: True; true.

Jay Jones: You know; but when you start writing your goals down and you're able to go back and then affirm what you've written and you've promised yourself;

Shawn: Right.

Jay Jones: Then you'll be getting hold yourself more accountable.



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Shawn: Very true.

Jay Jones: So the book will be out man by September.

Shawn: Okay.

Jay Jones: On my 43<sup>rd</sup> birthday, September 24<sup>th</sup>, the book will launch.

Shawn: Cool

Jay Jones: And of course I'll have online copies. You can buy the eBook you can download the eBook. There'll be physical copies. And of course we're going to continue speak as often as we can. You know I'm working as a presenter with the American Diabetes Association.

Shawn: Right okay; uh-huh

Jay Jones: We do a lot of work in churches. We do a lot of work in community centers at different health fairs. So in August in San Diego California there's a huge maybe 3 or 4 churches have come together to put together; which I think is extremely vanguard - A Fitness and Faith Symposium.

Shawn: Oh wow!

Jay Jones: Yes sir. Which I think is tremendous.

Shawn: Mm-hmm



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Jay Jones: So this is a part of; something that we'll be a part of in August of this year. So the book is coming out in September; this big Faith and Fitness symposium in San Diego will be in August. And of course we're still working on cultivating as many new people as we can get on Skype every day.

Shawn: Excellent; excellent. I hope anybody who listens to this hears what Jay is doing. Of course you know you hear about the book you know. And what he's putting into that. And you just hear bout; hopefully you hear the passion that is in this like the true vision you know to bring the church, bring the community into better health and just living better overall.

Jay Jones: That's right.

Shawn: You know I mean this is excellent man. This is so good. This is really, really good stuff man.

Jay Jones: Thank you bro.

Shawn: And so okay you say the book comes out in September. Where is it going to be available? Is it going to be available on your website?

Jay Jones: Absolutely. We're going to have it on Amazon. It'll be in your; you know all the online channels. But you can certainly go to Jay Jones Fitness and it will be at my website.



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You know we gonna do a little launch thing so may even have a little video attached to it to help promote it prior to the book coming out.

Shawn: Okay

Jay Jones: That would also be at Jay Jones Fitness which is the hub for Jay Jones. Everything Jay Jones you can kind of go right to Jay Jones Fitness although we do have a Facebook page Jay Jones Fitness. And of course Twitter is - Jay Jones INI.

Shawn: Mm-hmm

Jay Jones: And the Instagram which we put a lot of energy into because we're kind of visual with it. So the Instagram is At the Fitness Minister

Shawn: Okay. Great, great, great. Okay and so y'all gonna have to make sure I get those because I want to; with this interview I want to have those links so that everybody can find them. Whoever comes can see exactly where to find you

Jay Jones: Absolutely, appreciate that.

Shawn: So after we're finish this interview I'm gonna get those and write them down so I can remember myself and everything.

Jay Jones: Beautiful. Thank you Shawn





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Shawn: So yeah man anyway; I guess that would conclude our interview man. I really, really appreciate it. Like I seriously appreciate the time. Like you said that the honor was yours but I feel like the honor really is mine.

Jay Jones: Bless you brother.

Shawn: because you know I mean even with us talking for this short time here like you help me to; 'cause sometimes when you're trying to encourage people

Jay Jones: Yeah

Shawn: It feels like people may not really hear the message that you're trying to convey. And sometimes trying to get your message together is a task. But seeing what you've done and the kind of life you lead and encouraging others that way it like that's' something worth aiming at man.

Jay Jones: Bless you brother; well I appreciate it man

Shawn: I really appreciate you time. I will be in touch with you. You know because I consider you definitely a role model. And this will all be on the; on my blog you know.

Jay Jones: Beautiful.

Shawn: And I encourage everybody who listens to this contact Jay. Look at the links that will be in the blog post. And look him up you know. You know I



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even encourage you to train with him you know. Because he is; he is the real deal.

And I'm sure if you look on; as a matter of fact you have testimonies on your website right?

Jay Jones: That's right.

Shawn: So don't take my word for it; don't take his word for it; take their word for it.

Jay Jones: That's right; that's right

Shawn: But anyway man; like I said.

Jay Jones: I want to encourage; I want to encourage everybody to absolutely subscribe to Shawn's blog. It is exactly what you need to get inspired and to be educated about how to get into a healthier frame of mind and a healthier body

Shawn: Mm.

Jay Jones: It's very important to support this brother because this brother is a vanguard. You're the tip of the spear good sir.

Shawn: Hey I appreciate that.

Jay Jones: And I'm telling you man the people in your community are blessed to have you there. They're blessed to have you there. So I'm absolutely looking



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forward to continue cross-pollinating with you because the future's only gon' be brighter for you and I when we work together good brother. And I trust that

Shawn: Amen, man. Amen... I really appreciate that man. That's good stuff man.

Jay Jones: Oh yes sir. Because I'm a subscriber. I subscribe to Shawn's blog as well.

Shawn: Yeah. Appreciate ya doc... man. You know see what I'm saying. That's real. He's the stuff y'all. So God bless you man. That's awesome. That's really awesome.

Jay Jones: That's right.

Shawn: Alright man. Well that' all I have for you man. Again I appreciate you. I hope you and your family you know enjoy your time in Atlanta and everything. And oh can you kind of just briefly mention something about your wife so that people can kind of understand how God is blessing you guys.

Jay Jones: Man I would be remiss. My wife is also my business partner. Her name is April Parker-Jones; April Jones. Her stage name is April Parker-Jones.

Shawn: Mm-hmm



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Jay Jones: But God bless her. She is now on season 2 of her television show. The name of the show is, "If Love You Is Wrong"

Shawn: Right

Jay Jones: It comes on the OWN network. It's a Tyler Perry production and she plays the role of Natalie on "If Loving You is Wrong". So by all means check your local listings. It's on the OWN network. Please support Natalie – what's the brother's name? I just; Tyler. Please support Tyler and support Oprah.

Shawn: Yeah.

Jay Jones: And of course what's important you'll be supporting me and my family as well. (chuckles)

Shawn: (chuckles) Amen man. Cool, cool, amen. That is. This is good stuff. I just really pray; I sincerely pray that God continues to bless you

Jay Jones: Thank you

Shawn: Your wife, you know your whole family as you know you guys you know help people and do your thing man. It's just a beautiful thing to see man. Like seriously. So



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Jay Jones: it's a blessing for me again brother. I'm telling you I can't; I can't express my gratitude to you enough. And I'm proud of you and your family. Y'all continue and I pray nothing but blessings and peace upon you and yours my dear brother

Shawn: Appreciate you man. Appreciate you. Have a good one man I'll be talking to you.

Jay Jones: Excellent. And I'll forward that information for you so you have it in your email.

Shawn: Okay sounds good; sounds like a plan I look for it sir.

Jay Jones: Alright thank you so much Shawn. You be blessed good sir.

Shawn: Bless you man. Alright.

Jay Jones: Alright brother