

7.18 An Update on Our Cross-Country Move

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SPEAKERS

Jasmine Bradshaw, Carter Bradshaw

- J** Jasmine Bradshaw 00:00
You're listening to the First Name Basis Podcast, Season Seven, Episode 18, "An Update on Our Cross Country Move."
- J** Jasmine Bradshaw 00:15
Teaching our children to be inclusive and anti-racist starts with us within the sacred walls of our home. First Name Basis is designed to empower you with the competency you need to be a leader in your family and a change maker in your community. Together, we will wrestle with hard questions and use the answers to create the world we want, a world that reflects our values of inclusion, compassion, and courage. I'm your host, Jasmine Bradshaw, and I am so excited to be on this journey with you.
- J** Jasmine Bradshaw 00:50
Hello, First Name Basis fam. I am so glad you are here. This is actually the last episode of Season Seven, if you can believe it. First of all, the fact that we've had seven seasons...like what is happening? Amazing! I never ever knew that we would get here. But we want to tell you all about our cross-country move. As most of you know, we moved from Phoenix, Arizona, all the way across the country to Maryland. And I've had a lot of you asking questions about the move. And I've actually heard from a lot of people that you're thinking about doing a big move like this. And so we thought it might be helpful and fun to just tell you how it's going. My husband Carter's here! Say hey!
- C** Carter Bradshaw 01:31
Hey!

J

Jasmine Bradshaw 01:32

â€”and I have collected a bunch of your questions from Instagram, and we'll just answer them here together.

J

Jasmine Bradshaw 01:38

Before we start, I want to tell you, we're going to have a few changes to the podcast. So y'all know I love love, love talking to you. And also we have some really exciting things going on at First Name Basis. So in the past little bit, we've been thinking a lot about where First Name Basis is going and what we want it to look like. And one of the ways that we've been thinking about expanding our impact is by going into schools. We now have a whole program where we can come into schools and do training for teachers, we can help people understand First Name Basis as a whole, and Bite-Sized Black History and Ally Elementary, the different curriculums that we've developed and how to implement them in the classroom. I know so many of you who are listening are teachers, and you've been doing such good work. And you're probably thinking, "Oh my gosh, I really want my colleagues to be in on this. I want my administration to buy in on this." Maybe you are an administrator, and you really want to embrace anti-racism and creating a culture of anti-racism in your school. Well, that is where we're headed. So I'm going to leave the link if that sounds like something that would be helpful for you or your school. We also have opportunities for community groups and homeschool co-ops, just go to firstnamebasis.org/workwithme, all one word "workwithme." I'll put that link in the show notes. And you can explore all the ways that you can have me come to your school or do some virtual trainings or something like that. You can also email us at hello@firstnamebasis.org You can always email us and ask us questions.

J

Jasmine Bradshaw 03:14

So recently, we've been working with a school district really closely, we developed an entire proposal and we're waiting to hear back on whether or not the school board sees fit to move forward with this partnership with us. But it's been so exciting, so thrilling, and so...I guess fulfilling is the right word. Like just this idea of being able to work with these teachers who spend so much important time helping mold our kiddos, our students, into really well-rounded community members. So if we get the go ahead, one of the things we'll be doing is training for teachers. And then we will have them implement Ally Elementary into their classrooms and really dig into conversations about anti-racism with their students. And we will be there every step of the way supporting them. So if that sounds like something that you need in your school, please please please reach out. Go to the link in our show notes or email us at hello@firstnamebasis.org. And because of that, the podcast is going to look a little different. So we are diving deep into perfecting those trainings and putting the finishing touches on them right now. So we will be on break until January 24. And that's when I'll be back to tell you all about Bite-Sized Black History, you know that I've got you, I got your back for Black History Month and all the things that we are going to do to celebrate together. So keep an eye out for January 24. That's when I'll be back to tell you about some amazing Black Americans from history. And so we're going to be moving into a season of First Name Basis that just looks different. We're going to have shorter seasons and they might be a little more spread out. But I was thinking about how some of my very favorite podcasts, like I just am on pins and needles waiting for them to come back. They drop eight episodes, and I binge it. And then I'm so

excited for the next season, right. So that's kind of more of what you can expect from First Name Basis in the future. And I'll give you more details as it gets closer. But we really are hunkering down and figuring out what it looks like to support schools in a really deep and meaningful way. Because I feel like you as families, we have had so much fun together, we have grown so much together. And I just think that it's time for us to expand that impact, don't you? So with that comes a little bit of pulling back on the podcast, but diving deep into this work with schools, and I would love to work with some of your families in your schools. So hello@firstnamebasis.org, or first.name.basis.org/workwithme, and we can work together on this.

J Jasmine Bradshaw 05:48

All right, we have got 10 questions straight from you, everything from how are we liking it here, to have we made any friends yet? So yeah, let's get into it. First, I want to tell you, if you missed our episode about moving in general, you might want to listen to that one. I'll link it in the show notes. It's Season Six, Episode Seven, and it's just called "We Are Moving Across the Country!" where we talk about why and like how it all happened. So let's dive into these 10 questions.

J Jasmine Bradshaw 06:18

Okay, first question. How are you liking the East Coast? And what differences do you notice and appreciate?

C Carter Bradshaw 06:26

I love the East Coast. It's been really wonderful out here. The weather is an immediate difference. Arizona is famous for its heat, and it's all year sunshine.

J Jasmine Bradshaw 06:38

But it's a, it's a dry heat. Yeah.

C Carter Bradshaw 06:42

I mean, I think I liked that growing up as I've, now that I'm really old, I can't handle the heat anymore. And I really love the cooler weather out here and the rain. And the fact that it just changes all the time, that the weather is constantly changing. We got a tiny bit of hail yesterday, like really tiny, like grains-of-sand-sized ice falling from the sky, and it was magical and beautiful. And I loved it. I love the weather out here. And I love the diversity. That was something really important to us. One of the big reasons that we wanted to move. When we started First Name Basis, we said, "Look, diversity is important to us." There's not enough of it in our neighborhood and our, in our schools exactly where we were in Mesa, Arizona. It wasn't, it wasn't reflective of the diversity that we wanted to see in our life. We've moved out here to a neighborhood and a community that is more diverse, and we love it.

J Jasmine Bradshaw 07:41

Yeah, oh my gosh, like the diversity is. It's like mind blowing. Like, I've never been in a place like this where just everybody is so different. And everybody is able to live in their culture and in their tradition, and like it's embraced, and it's celebrated. And it's just really, really cool. And I think yeah, like you were saying, like, when we first started First Name Basis, I mean, the biggest question we got was like, "Okay, I really want to like live a life that is more inclusive and anti-racist, but like, I live in this really segregated area, where there are only white people," and we like kind of twisted ourselves into knots trying to figure out, how do you do that? Like, what does that look like? And the conclusion that we came to was like, honestly, like you, you just, you just have to move. Not really, because we understand that that's not feasible for everyone, we understand the privilege that we have to move, but the fact that like, like if it is one of your deep family values, and moving is something that you could consider and could look into, like, I highly recommend it, because it's just been so different for us here. It's amazing,

C Carter Bradshaw 08:49

Short of moving to improve diversity in your life that you can get active and in, in your community and, you know, visit churches outside of the one that you regularly attend and get out of your comfort zone.

J Jasmine Bradshaw 09:03

Yeah, definitely. I mean, we've spent lots and lots of episodes talking about that. Yeah, so it's not like it's impossible certainly, just saying like, if it's one of your super top family values like it is for us, it just, it makes sense.

C Carter Bradshaw 09:17

Yeah, we just enjoy living here where it just exists in our neighborhood. And it's been nice,

J Jasmine Bradshaw 09:25

Yeah. And well and thinking about family values, too. Like, like for example, my friend Alex from Ditto Kids magazine " which her magazines are on sale, just a quick plug, dittokids.com She does an anti-racist magazine " And she, one of her family values is like being multilingual, like everyone in her family being able to speak another language. And so she really like works super hard to make sure that her kids can go to a French immersion program, which means that they don't go to the school down the street from their house and she like is driving them and like really having to jump through a lot of hoops in order to make sure that they can be in those programs, and I think that's amazing. And also, like, that's not a family value of ours, and I want our kids to go to the school down the street. So it's, I'm not saying

like, you're a bad person if this if you don't move because you live in an all-white area, I'm saying, you know, think about your family values and think about what that looks like in your life and how you want to live them out. Does that totally? I don't want to sound so harsh.

C Carter Bradshaw 10:27

We're not suggesting that that everybody has to move. It just, this was definitely the right move for us.

J Jasmine Bradshaw 10:33

Yeah, I love that. One of the differences that I've noticed that I don't love is, and I mentioned this a little bit on Instagram, that like colonialism is like the theme. Like, I don't know, it's very weird to me, like, very kitschy, almost like, romanticized. Like, I don't love that. And like, there's just a ton of obviously, like, history, because so much happened here. And so I just feel like it's everywhere. Like, it's like patriotism, but in a different form. Like in Arizona, the patriotism is very aggressive, very in your face, very much aligned with white supremacy. And I feel like it's very similar here, just like toned down like almost like, hello, why do you not see that this is like, gross? Like, when we were trying to figure out family photos, because I don't know anyone here who was a photographer, my friend Molly, she actually lives a few hours away from us. And she was going to come take our photos. And she's amazing. But she her kids got sick, and so she couldn't come. And so I was looking for a new photographer. And this one woman was doing, like mini sessions, and she was doing it at this farm. And was it called a plantation or was it just a farm?

C Carter Bradshaw 11:49

I don't think they use the word plantation.

J Jasmine Bradshaw 11:54

Well, what happened was it was like a battle site. That sounds right. Yeah, it was like a battle site from the Civil War. And I was like, "Okay..." so then I started to look into it more. And then it turns out there was like a farm on this, like, on the battlefield, basically. And I'm like, "Okay, well, were people enslaved at this farm?" Like, this is Maryland, like, there were enslaved people here, right. And so then I look into that more and realize that like these people who are like, quote, unquote, "heroes" from the Civil War, even though they fall on the side of the Union, like they were enslavers, and enslaved people were part of the farm and like, helping them with running the farm, and I was just like, "This is not where I want to take my family photos, like, I don't know, like, definitely not." And like the fact that like, that is the option that she's like, "We should take pictures on this battlefield." Like no big deal. It just felt really, I don't know, like, flippant. So, yeah, the colonialism is like, maybe it's just so ever present that people are like used to it. But it's kind of like, it's almost been like a shock to me. I don't know, it just feels like a different flavor of patriotism that I'm not, not into y'all know? Like, the patriotism that I'm into is like, we really need to challenge these power structures so that the people who are in this country can thrive and all of that, like, that's my flavor of patriotism. And we went to

this, like talk with Nikole Hannah-Jones, who created the "1609 Project," and she had a really good, like, somebody asked a question specifically about patriotism. And she was like, people of color, like if you want to be patriotic, like you totally can, and you get to be, but you get to decide what that looks like. So I understand that most people aren't gonna like, feel the same type of patriotism that I do. But I don't love, I don't love the super loud, like gun, flags-on-the-back-of-pickup-trucks patriotism of Mesa, and I don't love the like, quiet, dignified, quote, unquote, "dignified" patriotism of like, "Let's take family photos on a battlefield of Maryland," you know?

C Carter Bradshaw 14:01

Yeah, when I think about patriotism, I think about the best of American ideals and I think it is patriotic to insist that we live up to those ideals to, to make good on the promises of "all men are created equal" and "equal protection under the law" and "liberty and justice for all." Like those are good things. And I think rather than pretend like we've perfected those already, I think it's patriotic to keep working on on getting that right.

J Jasmine Bradshaw 14:28

Yeah, and that means like taking a very honest look at our history and you know, all the things that we've been doing here at First Name Basis for years now. So yeah, good differences. Interesting differences, differences that I don't love, but definitely different.

J Jasmine Bradshaw 14:44

Okay, question two. Have you fallen in love with all of the trees yet?

C Carter Bradshaw 14:48

Oh, before we moved here, yeah. When we when we visited here, that's one of the coolest things. I find myself getting lost because I can't pay attention to where I'm driving. I'm just staring at the trees and the vines, and then they changed colors and that was incredible

J Jasmine Bradshaw 15:04

Fall was like mind blowing. I've never really seen fall before and I, I don't know how to describe it. It was almost like a spiritual experience. Like it was so, so beautiful. And it just made me want to be outside all the time just being in the trees. And like, I don't know, just seeing it all.

C Carter Bradshaw 15:24

And it lasted! Like in Arizona fall is a week and a half event. And it was months here it was so, so great.

J Jasmine Bradshaw 15:33

And the colors are like nothing like in Arizona. I mean, the bright red and yellow and orange. And it was like, it was like it looks like a painting. Yeah.

C Carter Bradshaw 15:43

And in our neighborhood. We, we're really lucky. We live in this neighborhood that's right up against this protected area where they're not allowed to build or develop. So it's just, there's forest, like right down the street. There's this nature walk, we love to go do and we get to go see the deer just hanging out. It's really fantastic.

J Jasmine Bradshaw 16:03

Yeah, and there's like a little creek, like you walk through the trees and there's like this running water and you walk over this bridge and there's deer all the time, which we have to be careful about, like we've talked about, like, are you supposed to slow down? Are you supposed to speed up? Or are you supposed to like, what do you do like, when a deer is right in front of you? Like we've learned the actual reality of deer in headlights.

C Carter Bradshaw 16:27

Yeah, that's like it's super weird.

J Jasmine Bradshaw 16:29

But Carter loves to get up in the morning and look out our window and see if he can see the deer just munching on the grass outside our house. It feels like it feels like a movie like a fairy tale. I don't know. It's just weird. And awesome.

J Jasmine Bradshaw 16:44

Okay, number three, what is your favorite thing about your new home? So y'all know that we bought our house like, not sight unseen because we saw it on YouTube. Like our realtor, we've been working with him. We love him, Mac McCord, if you ever need a realtor in the DMV, like, let me know and I will give you his information. But he would go into the houses and make YouTube videos for us, like very thorough tours where he would like zoom in on like the hot water heater and tell us how old it was and all that stuff. So we saw like a, probably like 15-minute-long YouTube video of the house. But it's just like completely different actually stepping into it and being home. You know?

C Carter Bradshaw 17:27

—

That was pretty wild. I mean, like you said not sight unseen, but never physically been here before we bought it. And so that was a, it felt like a risk. I guess even though we we put a lot of trust in our realtor and yeah, for good reason. He's awesome.

J Jasmine Bradshaw 17:44
But the most expensive risk we've ever taken for sure.

C Carter Bradshaw 17:48
Definitely. But we love it. We love the house.

J Jasmine Bradshaw 17:52
What's your favorite thing?

C Carter Bradshaw 17:54
I love that we have a third story. When Halloween was over, we threw the pumpkin out the window.

J Jasmine Bradshaw 18:01
Oh my gosh, I was not here for that. I was not here. I was on a trip and I got a video of them smashing the pumpkin by throwing it out the window. But yeah, it's super cool. We live in a townhouse which I actually really, really like. Like, I wasn't sure how I would feel because townhouses aren't as common where we were living in Mesa, but it's awesome. I like how close everybody is like, I love that we don't have to take care of the yard. It's so great. And my favorite thing about the house is the windows. We have windows everywhere. Like the light, the natural light that fills our home is it's just amazing. And because it's not a bajillion degrees, like we can actually keep the blinds open. It's my favorite favorite coming downstairs in the morning. Like opening all the blinds. I really feel like I can't believe I get to live here.

C Carter Bradshaw 18:50
Same

J Jasmine Bradshaw 18:51
Okay, number four. Is there anything that you miss about Arizona besides family? Of course we miss our family so much. I miss my sister. Just last night I like texted her. It was midnight here and I was really really sad about how much I miss her and I texted her like, "Please call me." It was Saturday so obviously she was busy. But I just Yeah, I know you said besides family but

that's...I just miss her so much, and of course like all the nieces and nephews and Carter's siblings and of course his parents we miss. But I think, I mean I really miss In-and-Out. This might seem like so silly, but In-and-Out is my favorite ever, like we did not have them cater our wedding but we considered it because it's really my favorite ever. And I've always lived really close to an In-and-Out like in college my apartment building was within walking distance, like you go out of the parking garage and across the street is an In-and-Out. And so I just feel like it was like very comfort food for me, like it was just anytime I had like a big test or a celebration anytime I was sad or happy, or it was Monday, Tuesday, Wednesday, Thursday, Friday... Like I love In-and-Out so I just really miss in and out I also really miss Salad and Go. If y'all live by a Salad and Go, please enjoy it for me. My favorite thing ever is their Sangria lemonade. It's just lemonade, it's not alcoholic or anything, but it is so good and their chicken caesar salad is my favorite. And I really looked into like franchising it. I'm like, "Who can I convince to go in on like a Salad and Go franchise out here? But they do not do franchises. So yeah, I guess the food. Also the Mexican food. We haven't found super good Mexican food here

C Carter Bradshaw 20:33

I think I miss Taco Guild in Phoenix, one of the best...Oh, that cherry steak taco. If you happen to be in Phoenix ever you have to go to Taco Guild and get that taco. It's so good.

J Jasmine Bradshaw 20:45

Yeah, the Mexican food is nothing like it was in Arizona.

C Carter Bradshaw 20:48

That's true. We found a few good places, but...

J Jasmine Bradshaw 20:51

Not the same.

C Carter Bradshaw 20:52

No, not the same. I also miss the Phoenix Suns and the Diamondbacks and kind of the Cardinals. They're having a tough year but, and I miss seeing saguaro cacti. They don't grow very many places in the world. But they were kind of all over in Arizona. And that was pretty cool.

J Jasmine Bradshaw 21:15

Yeah, I mean, obviously food is an important but not the most important thing. I think one other thing I miss is the prices. It is expensive to live here. I mean, it made sense for us housing-wise, because the housing market is actually very comparable. But everything else is...Like the

groceries. I'm like every week I'm like, "Oh my goodness!" The cost of living is a lot. I mean, it's amazing what you get to live around. I can't believe we're like, so close to so many cool places. But yeah, it's a lot. All right, number five, what has been the hardest thing?

C Carter Bradshaw 21:52

I had a hard time on Halloween night. We had a good Halloween. It ended up being really fun. But the like one of the first houses we knocked on, I took the kids out to go trick or treating. And I kept waiting. I mean, they'd been anticipating, we've been talking about what are you going to dress up as and there was all this excitement. And then we dressed up and got really into it. And so they were excited all day long and just waiting for the sun to go down so they could go trick or treat. So we're just like, gearing up for this. And then I'm looking out the window and nobody's outside. And I'm like maybe they go later around here. And it felt like maybe we're gonna be the only ones and I was like, but I'm gonna, I'm gonna try like I'm going to take them out. So we went. One of the first doors we knocked on, someone answered and was like, "Oh, I forgot that was today. I didn't, I don't have anything." And I was like, "Oh my gosh, I'm so sorry to bother you." And I was like what do I do? Do I just take the kids home and so we kept going. We, there were a few houses in the neighborhood that like had Halloween decorations up. So I was like maybe that's an indication that that we're okay to go ask for candy at their house. And we did and ended up being fine. Like more than fine. It was fun. There were a lot of, a few trick or treaters ended up coming out. And so we weren't the only ones and we had a good night trick or treating. But it was just I did feel just a little bit of...that was maybe the sharpest moment that I felt like, "Man I miss going trick or treating at Granny and Grandpa's neighborhood and all the kids would have, there would have been a lot of people out. And so I felt a little sad that they, that was just different.

J Jasmine Bradshaw 23:35

Yeah, I think I think it has to do with the diversity, which is funny because it's one of our favorite things. But like, people just don't celebrate Halloween, like some people who...our neighborhood and just where we live, like there are a lot of people from other countries, which is so cool and adds to the richness and also like they don't celebrate Halloween. So there was just like a lot of like, dark houses. And I was passing out candy, so I was able to see like the kids more, but it took a really long time for them to get going. And it was raining too. So I wonder if that had something to do with it. But I was like sitting out on my driveway like with my little candy bowl thinking like, Oh, this is what like everybody's gonna sit out on their driveway, everyone who's participating, but I was the only one sitting out there. Maybe I was just the only one dumb enough to sit in the rain. But I had my coat on and it was fine. And I got to see a lot of the kids in their costumes and stuff like that. But it was just different because yeah, like I would say, probably like a third of the neighborhood was participating and like two thirds weren't so it just made it a little bit harder.

C Carter Bradshaw 24:36

Yeah, it's not that it was a bad Halloween. It just was quieter than we were expecting.



J Jasmine Bradshaw 24:42

Yeah, and like, you know, we both grew up with neighborhoods where everyone is outside and there's tons of music and tons of kids in costumes and just different. We've also talked about like maybe in other neighborhoods, like it would be a little bit easier just because we live in a neighborhood full of townhomes. And they all have like a lot of stairs to get to the door. So I think if there was a neighborhood like the neighborhood next to ours is mostly single family and they have like, street-level doors. So, but that's way more than you need to know about our Halloween. But that I mean, I feel like that's kind of illustrative of like, the bigger like things that are difficult. It's just like, with the diversity, as exciting as it is comes like changes.

C Carter Bradshaw 25:27

The kids got their candy, though they're still working through that.

J Jasmine Bradshaw 25:31

I'm ready for it to be gone. I think the hardest thing for me is just like figuring out a new place. I mean, you don't know anything. Like you can't listen to a podcast while you're driving somewhere because you have to be so focused on figuring out where to go. Like, the first time I was able to drive to the grocery store without my maps, I just celebrated. I literally got on Marco Polo and was talking to my friends about it, because it just feels like everything is an effort, you know? Whereas in Arizona because we'd both been there for so long, and we'd lived in our house that we were in for such a long time, it was like, you don't think about where you're going or what you're going to do. It's like, do you want to go to the movies? Okay, I know how to get there, do you want to... you know, anywhere you're going, you pretty much know how to get to. And so I just felt like, it was a lot of effort to go anywhere. And also, like, for example, our dishwasher was broken when we got here. We thought it was like we could fix it. But it just ended up being like gross and broken and having like water pooling in the bottom, it was so bad. So we needed to get a new dishwasher. And we went to Home Depot, and we're like looking at all the different dishwashers. And I saw the dishwasher that we had in our old house. And I was like that's the one I want. Like, I want the same dishwasher. I know I am very particular about the dishes and how it's loaded and everything. And I feel like I found the very best, most efficient way to load this dishwasher and like so I was just like, I want something to be the same. I want some semblance of sameness. And so that I got it in my dishwasher. And I was so relieved. But it's just hard going to a new place where you don't know anybody and you don't know where you are like, that's tough.

J Jasmine Bradshaw 27:10

Number six, how many boxes did you end up packing? I don't know.

C Carter Bradshaw 27:15

I don't know either. It was a full pod. We filled that pod. Maximum efficiency. Pretty proud of the work we did.

J Jasmine Bradshaw 27:23

Yes, Carter worked super hard to fill the pod like Tetris. But we so we just got one pod, you know where they like, drop it off at your house, you fill it up, and then they come and pick it up and then meet you at your new place. And we got one and we told ourselves, we cannot get any more, like we're not going to try to get another one at the last minute. Like whatever fits in this pod is coming with us and whatever doesn't is staying so we have left a ton of stuff behind. We left our couches and chairs and beds, like there was just so much. We did bring our mattress, but we had to get new lots, we got to get new, lots of stuff. And then there was like a furniture backorder. So it did take a while to get all of our furniture in. But now that it's here, it's like, feel so cozy and homey. And I think we're so, I mean, we're so lucky that when we got married, so many people gifted us like hand-me-down things, but it made it feel like someone else's style. And like now in our house, we got to choose everything. So it feels like ours. I don't feel like I even knew what our style was until we got to pick stuff out. So that's been so fun. And cool to kind of see it all come together. And apparently our style is very bright and colorful. We got like teal couches and pink rugs. And it's fun. Yeah.

C Carter Bradshaw 28:41

And just a quick shout out. And thank you again to everyone who helped us pack those many, many boxes.

J Jasmine Bradshaw 28:48

Yeah, for sure. Number seven, how are your kids doing?

C Carter Bradshaw 28:53

They're doing great. Violet is loving preschool. They are thriving. Yeah, she's made a lot of good friends. And I'm thrilled about that.

J Jasmine Bradshaw 29:02

And her preschool class. Oh my gosh, like I was just organizing photos and her classroom last year versus her classroom this year. I mean, the stark difference of like, literally mostly all white children in her class outside of her and maybe one other kid and her class this year is just like, every shade you can think of from all over the world. It's so flippin cool. I love it. And she does too.

C Carter Bradshaw 29:27

Yeah. And Holly, our two year old, she loves it too. She does this thing where she repeats adjectives. So she pretty frequently will look around and just say I love my new new house.

J Jasmine Bradshaw 29:39

Yeah, it's so cute and so sweet. And yeah, she's doing good too. And she loves outdoors. Like she loves the look at the leaves and the bugs and just it's so fun. It's so cool. And they really have adjusted so well. I'm so grateful because I was so nervous. I think something that I am a little nervous about though is we are going to Arizona for Christmas to celebrate with Carter's family and with my sister. And I'm a little nervous about, like, leaving Arizona to come back here. Like, at the beginning, they didn't have really any idea what it was gonna be like here. And now they do know what it's like. So I'm just scared. They're gonna be like, Why do we have to go back?

C Carter Bradshaw 30:17

I don't know. We'll see. Yeah, it'll be interesting.

J Jasmine Bradshaw 30:21

Number eight, have you made friends? And if so, how?

C Carter Bradshaw 30:27

I don't think I've made a friend since like eighth grade.

J Jasmine Bradshaw 30:31

You're lying.

C Carter Bradshaw 30:33

Just kidding. We have made a few good friends. And mostly thanks to Jasmine being an extrovert and being intentional about trying to make friends and inviting people. And so I really appreciate that.

J Jasmine Bradshaw 30:46

So yes, the "how" of it is that I'm a creep. No, I'm just kidding. So basically, at Violet's preschool, like all the moms and dads who pick up the kids will, like line up outside of the classroom waiting for the kiddos. And so over the course of a couple of weeks, I went around and was asking the moms for their phone numbers telling them like we, I would love to set up a playdate with your kiddo, like Violet talks about them. And we'd love to get together. And so I got all of their numbers. And then after a couple of weeks of doing that, I like put everyone into a group chat and just said, "Hey, I would love for us to have like a preschool parent group chat. And if you're interested in getting together, maybe once a week, we could go to the park or go

to the museum or whatever." And I told them, like, "Let me know, you know, offline, like one on one if you want to be taken out of the group. But if you're interested, I'll just leave you in. And we can just always post here, wherever we want to go or do something." And so it's been so fun. We get together every Thursday morning. And it's just a really fun group of kids. And mostly moms who just we go to the park, we go to the library, we've done so many cool things together. So I mean, it's not like it was like effortless. I am an extrovert. But I was nervous. Like putting that text together. I definitely my heart was beating kind of fast. I was a little bit like, what if they're like, "Oh my gosh, this creep girl who like I gave her my number. And now she's like giving it to everybody else." But everybody was so excited. And everybody has come to the different things. And afterwards, I had people saying, "Thank you for putting this together. Like I've been kind of in a funk since the pandemic and I really wanted to get back into doing like a playgroup." And so it's just been, it's just been so fun. And then like, even on top of that, there have been people in the group that I've connected with, on a deeper level. And so I've like invited them to go and do things more one on one, and it just feels like we are like intentionally making this really cool community. And I love it. I saw this thing, like going around on Instagram or Facebook or something. And I was like, I want to live in a neighborhood where you ask for eggs and share sugar and watch each other's kids and stuff. And I was just thinking, like, I think most of us can live in that neighborhood. We just have to try. And I think a lot of people, especially if you're plugged into like a church community, a lot of people get that that way. But if that's something that you're not into anymore, or that you're not doing right now, it's it's a lot of work. But it's also exciting that like you get to be that person to bring people together, right? Like there might not be this common place that you meet, but maybe that place can be your house. Or maybe that place can even be the park by your house. Like, I don't know, it's just been so fun for me to be able to reach out to people and to learn more about, like who they are and where they come from and what motivates them. It's just I I love it. I love it. I love it. I love it so much and making friends is scary. So don't like think hear this and think like it's, you know, the easiest thing in the world. I think it is easier for me because I'm an extrovert but it doesn't mean I don't get nervous doing it. You know, two podcast episodes that I want to recommend to you if you're thinking about making new friends even if you haven't moved. There's one from my friend Monica Packer, who hosts the About Progress podcast is called "The Science of Making and Keeping Friends As An Adult with Dr. Marissa G. Franco," and I'll link that in the show notes. And then another one, my friend and business coach Sarah Dean who hosts the Shameless Mom podcast, she did an episode called "Secrets to Cultivating Better Friendships with Cat Veos." So I will link both of those they have really good tips but I think the key to making friends is just putting yourself out there and honestly, making time for it like setting aside time every week knowing like okay, Thursday morning is when I'm going to see this group of people and I can also invite them over on the weekend if I want to but just having like a regular touch point with people is like, I don't know, I think that's how you kind of get deeper in and like, I mean, we started out just like, "where are you from" and "tell me about your siblings" and "blah, blah, blah." And now we're into like, "Oh my gosh, you guys like, I just am struggling so much after having this baby like, I don't feel like myself and my clothes don't fit." And you know, like you get into those deeper root more real, meaningful conversations of like, I'm a human, you're a human, thank goodness, we get to do this together type of thing. The further you get in, I think a lot of people will be like, "Well, I hate small talk." And I'm like, "You can't just skip over it." Like I do you feel like that, like you hate small talk?



Carter Bradshaw 35:30

No, I understand the frustration with it. But I think it's a part of the process. So I get it.

J Jasmine Bradshaw 35:36

Exactly. Like, I don't love small talk, either. It's not like they're, I mean, maybe there are people who love small talk. But I think most of us would prefer deeper relationships. And you just have to recognize that that takes time. But my one goal was like, I really want to have one friend who would like call me a friend back by Christmas time. Like, I want to have one person who I can say if I said, "Oh, yeah, that's my friend," they wouldn't be like, "What? I'm not your friend," you know what I mean? Like, people don't say that. But you know, thinking it in their head. And I feel like I have that, like, I'm so relieved. Because I I am really grateful too because we had a couple of friends coming out here. So we were able to, you know, hang out with them and see people that we already knew, which has been the best thing ever. But like making one new friend, like someone I had no connection with before. And now like, I know her and I really liked her. And I would totally hang out with her one on one more than we even do now. And so it's just, it's great. It's fun. And also I go to a book club, and that has helped to like, first of all, it's gotten me back into reading. And I'm loving it. But also like just really good intentional conversations with like, super smart women. Women are freaking brilliant. So it's fun. Okay, number nine, how do you find things to do that are aligned with you?

C Carter Bradshaw 36:54

Jasmine introduced me to a website called Meetup, where you can basically type in any activity and your area and find a group of people who are interested in it. I've been looking at a rock climbing group. I would have to figure out our budget, because it's kind of pricey. But that is something that is really interesting to me. And I am considering.

J Jasmine Bradshaw 37:17

Yeah, a lot of the things we've done are outside, which has been really cool. And so I mean, that feels aligned just because we like to be outside and be in nature. But then the other stuff that we've been doing is like going to the city and going to museums and like I don't know, that feels super aligned too because I'm we're all really curious about history and learning more and, and like one of our favorite things we did was on Violet's birthday, we went to the...which one was it?

C Carter Bradshaw 37:47

Natural History Museum. Yeah,

J Jasmine Bradshaw 37:48

Yeah, the one where they have all the dinosaur bones. And like, it was just it was magical. I wish that I had gotten on camera, like our kids' reaction to seeing, you know, the bones all put together like the skeleton, it was so cool. They were in awe, and they couldn't believe it was real. And I couldn't either. And, yeah, it's just been really cool to be in a place that like has so

many cool learning opportunities, but like it doesn't feel so like stuffy, like learning opportunities. You know, it just feels like cool things for us to do. Yeah, the other thing, I think, I mean, we talked a lot at the beginning about family values, like people around here have money. Like people have money. I mean, people had money in Arizona too. But the thing that I've noticed is that like, I didn't care about the stuff that they bought with their money, if that makes sense. Like, I don't want a boat, I don't want a quad. Like those are the things that people in Arizona were buying with all their extra money. And I was just like, I don't want those things. That doesn't matter to me, like no shade to people who do that. It's just not something I'm interested in. And so like out here, people are spending their money on like travel or like a lot of people here send their kids to private school. And so it's been something that I've just thought, like, I found myself thinking like, "Oh, do we need to do that? Like, should we be looking into private schools?" And then I'm like, "What? No, no!" Like, just remembering what your values are. And like my value is that I really really want my kid to go to the neighborhood community school. That is so important to me. Of course I want them to get a good education. And also we're lucky enough to live in a place where the school system is really really great. The public school system is really really strong and the teachers are amazing. So they don't need to go to private school just because other kids that you know, they hang out with, are going to private school. So circling back to like finding things that are aligned with you, just like reminding yourself often of what your values are and then trying to stick to it even though...like I mean the the other weird thing is like when we got here, so we got here right at the beginning of August and apparently that's when everybody travels. Like in Arizona August is when people go back to school, but here everybody travels in August because they don't get out of school till June. So we got here and like as soon as we got here everybody was like leaving on these amazing trips like going all around the world. And I was like, "Oh, that looks fun." And I'm not saying travel isn't one of our like values, we just can't afford it right now. So it's just like understanding like where you're at and like what you can do with the place that you're in and the time that you have and, and the values that you hold dear. Right. Alright, the last question and this is a biggie. Do you think you'll move back to Arizona?

C Carter Bradshaw 40:29

I don't think so. I don't have any plans to.

J Jasmine Bradshaw 40:32

No. Giant no. Giant lit up flashing sign that says "No." Not that like, you know what? Yep, I'm just going to be so honest: Arizona was not a good place for us. It wasn't a good place for, I think it's a really hard place for Black people in general, like, and people of color and lots of marginalized identities. And so being in a place where people don't care, like people do not look at us, when we are like holding hands walking down the street, nobody bats an eye, like, I feel so much more anonymous, I feel like so much safer. I feel like I can go to the grocery store and nobody's going to be looking me up and down or asking me if I'm the nanny, or making assumptions about my kids, like, it's just so much more like, I can breathe easier.

C Carter Bradshaw 41:26

And I'm sure there are people of color who have good experiences in Arizona, and every neighborhood is different. And every individual is different. And so that's cool, too. But this feels

like a better fit for us.

J Jasmine Bradshaw 41:39

Yeah, and y'all know that my parents moved here with us. And I'm Black-biracial, my mom is white, and my dad is Black. And they both feel similarly. Like, it's just so much more comfortable here and so much more welcoming to families like ours. And so we just feel so grateful to be here. And the thing is, if you're thinking about moving, and your reasons are similar to ours, like, please reach out. I would love to talk to you, because it's really been absolutely life changing. And we're so happy and relieved. And also, like, I have friends who have done something similar to us, and it just hasn't been, you know, as smooth sailing for them. Like they have a similar-looking family. And they're just in a place in their lives where maybe it wasn't the right time for them to move. So only you know what's going to be best for your family. But like we said in the episode where we talked about moving before we actually did it, like we have been planning this for such a long time. It was over a year of planning, research, preparation, figuring it out. And so we feel like that really paid off, and we live in a place that we absolutely love. And I was saying a few weeks ago, we were at the park just after dinner. And I was just looking around and I said to Carter, "This is how people in our old neighborhood must have felt." Like they, I realized now that other people felt this way about Mesa, like probably mostly people who are holding privilege in Mesa and people who Mesa was made for, right? But like, they feel this way about Mesa and that's why they don't get it. That's why they didn't understand why we were having such a hard time. And now that we live in this place where we feel super safe and comfortable and excited and happy, I understand better where they're at, if that makes sense. So yeah, we freaking love it here. Maryland is awesome. Like I almost feel like I'm like falling in love. Like when I see the Maryland flag or like when I hear on the radio like them talking about Maryland like, I don't know, it just it's very weird feeling. I don't know what it is, but it just feels like it just feels like happy and sparkly and great.

J Jasmine Bradshaw 43:48

All right, y'all. Thank you so much for listening. And I hope we answered all your questions. I hope that if you're thinking about moving that you seriously will reach out, email me or you know, send me a DM because it's been the best. But okay, wait, one more thing. I do have to say, my parents are here. So like, if my parents were not here, I don't think it would be this peachy. Like, I am obsessed with my parents, like, you know, you've heard them on the podcast, like they live down the street from us, walking distance, we see them almost every day. So if we didn't have that, it would definitely be way harder. So if you're going and you're going to be totally by yourself, that's a totally different situation than us who, like we were able to bring my parents along with us and see them all the time. Like we're only able to do this because my kids are at my parents' house right now like playing so that's something to consider.

J Jasmine Bradshaw 44:40

Okay, my friends, I will talk to you on January 24 for Bite-Sized Black History. And the awesome thing is that you can find me on Instagram @first.name.basis. I'll be sharing tons of stuff over there still. I mean, there's so much that we've talked about that I want to keep sharing about

and you can always listen to old episodes. Yeah, there are over a 130 of them. So if you haven't, like if you are one of those people who hasn't missed an episode power to you, but if you've missed some go back and listen because there's some real gems in the archives.

J

Jasmine Bradshaw 45:13

My friends, thank you for being here. I hope you can feel how much I believe in you, and how deeply I know that when we work together, we can make real change in our communities. Any of the books or podcasts or articles that I reference will be linked in the show notes. If you are looking for more detailed notes, be sure to head over to our Patreon community. On our Patreon site I provide all of the outlines that I use to make the episodes and everything is linked there so you don't have to take furious notes while you are listening. And don't forget to join us over on Instagram @first.name.basis. If you're interested in partnering with First Name Basis or doing some kind of collaboration, please email us at hello@firstnamebasis.org. All right, have a great week my friends, and I will talk to you again soon.