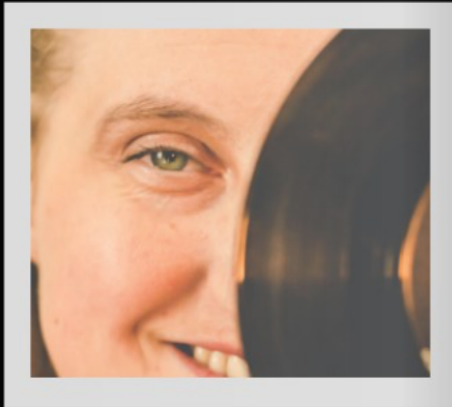


In a world where challenges often shape our paths, I stand tall...both literally and figuratively, despite being only 4 feet tall. My life is a testament to resilience, perseverance, and boundless determination, marked by a journey fraught with obstacles from the moment I entered this world in 1989, weighing just 1 pound 4 ½ ounces (580 grams) when my mom was 5 ½ months pregnant. I was diagnosed with mild Cerebral Palsy, Scoliosis, and Hand Paralysis, which resulted in my earliest days being filled with uncertainty.

Doctors offered a grim prognosis, expressing doubts about my chances of survival. They painted a fatal picture, telling my parents that I was not going to make it. Yet, against all odds, I emerged as the miracle baby of the Westchester Medical Center NICU unit in 1989. My journey was a series of surgeries and medical procedures; each setback was met with unwavering determination. Refusing never to give up, and with the support of amazing neonatal doctors and nurses, I forged ahead, showcasing a resilience that would define my remarkable story. I firmly believe that I'm here for a reason...to make a difference in this world.

My life was riddled with many obstacles. I encountered a challenge at the young age of 7, which made me realize that others considered me different from my peers—I was considered disabled. I was initially denied the opportunity to play tee ball on my local school district's team due to my age and disability. After my story gained news coverage on a local TV station and radio stations, my story gained national news coverage on ABC News and some local newspapers. The district reconsidered its decision and ultimately allowed me to play in the local league. This victory emphasized the power of inclusivity and equal opportunity. This situation marked my first encounter with the influence of media. I realized at that moment how powerful the media actually was and how much I loved being on camera, and I knew that my career path would involve a career in media.

At age 15, I embarked on a new chapter in my life by pursuing a radio career. Starting at a local terrestrial radio station based in the Hudson Valley, New York, which also reached parts of Northern New Jersey,



I discovered my passion for broadcasting. I was inspired by mentors who guided me along the way. Today, I am a prominent figure in the world of podcasting, co-hosting the top-rated show "Shawna and LaLa: Beyond The Mic" with my friend and co-host LaLa Marie.

What distinguishes me in the realm of interview podcasts is my unique interviewing style, a blend of warmth, authenticity, and a genuine desire to connect with others. I've had the privilege to interview numerous top celebrities, including Ace Young, Cheap Trick, Foreigner, Styx, Jessie James Decker, Il Divo, Weird Al Yankovic, Mick Foley, Former NY Knick player Quentin Richardson, Perez Hilton, Scotty McCreery, Adam Lambert, Vivica A. Fox, Andy Grammer, Gavin DeGraw, Fitz and The Tantrums, Jo Koy, Cristal Hefner, Big & Rich, and many others. My approach to celebrities has garnered recognition. I was featured on major networks like NBC and MSG and have appeared in popular publications such as the New York Times, Times Herald Record, and Orange Magazine. In addition to interviews, many artists provided me with press passes to attend concerts and shows, take photos, and write blogs about the experience.

"Shawna and LaLa: Beyond The Mic" is more than just a platform for celebrity interviews; it's a celebration of resilience and adaptability. Our podcast serves as a platform to discuss health issues, disabilities, parenting advice, lifestyle tips, and everyday struggles, offering support and insight to countless listeners facing similar challenges. LaLa and I tackle discussions on health journeys, feature consumer brands, and hospitality reviews while showcasing how individuals with disabilities can lead independent lives with the right support.

Beyond my professional endeavors, I find joy in various hobbies such as traveling and experiencing new places, trying new restaurants, attending concerts, and cherishing time spent with my family and friends. My philanthropic efforts include volunteering for organizations like The Make-A-Wish Foundation, which fulfills the wishes of children who experience life-threatening illnesses.

In November of 2001, my wish was granted by The Make-A-Wish Foundation of The Hudson Valley. My wish came true when I met my childhood idol, Britney Spears. This special, once-of-a-lifetime moment of meeting Britney was featured on "Britney's Live in Las Vegas HBO Special." This experience reaffirmed my belief in the power of dreams, demonstrating that anything is possible and dreams do come true even if you are facing adversity.

My commitment to giving back to my community is very important to me. When contacting brands to review products, at times, we request additional products to donate to a local hospital's pediatric unit and local animal shelters. We also provide giveaways throughout the year to lucky listeners.

As I continue to inspire others with my journey, I stand as an inspiration of hope and resilience and am reminded that no obstacle is unconquerable. I am constantly accessing available resources and information to support my next endeavor. I am presently researching New York State's provision for driving lessons and vehicle modifications for people with disabilities as a reminder that with perseverance, the world becomes more accessible and dreams more attainable.



Social Media:
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Currently, I live independently with my three cats, who are like my children. Living independently is a testament to my unbeatable spirit and unwavering determination to live life to the fullest. My aspiration is to host my own talk show or reality TV program focusing on my life, medical struggles, and triumphs, reflecting my determination to defy expectations.

Through my perseverance, I have not merely survived but I have thrived, leaving a permanent, positive mark on this world. As I continue my journey, I carry the lessons learned from each obstacle conquered, knowing that every challenge presents an opportunity for growth and that every setback is a chance to rise again and be stronger than ever before. In conclusion, my life is a testament to the human spirit's ability to overcome adversity, find joy and laughter amidst challenges, and inspire others to pursue their dreams and not take no for an answer.