

0:00:07.540,0:00:08.375

Welcome, everybody.

0:00:08.375,0:00:11.111

I'm Ogden City Mayor, Ben Nadolski
and you're at the Ogden

0:00:11.111,0:00:14.948

Way Podcast. A place where we talk about Ogden stories
by telling the stories of Ogden's people.

0:00:15.882,0:00:18.752

And today, we're with my friend Aldin Falcon,

0:00:18.752,0:00:21.721

owner, proprietor and hustler at the Ogden

0:00:21.721,0:00:25.125

Barber Company right here on Washington
Boulevard, across the street from the junction.

0:00:25.792,0:00:28.795

And we're going to have a conversation about men,

0:00:29.462,0:00:32.465

the kinds of conversations

that men have when they go to the barber,

0:00:33.033,0:00:36.002

the kind of bonds that we build
when we get to know each other.

0:00:36.669,0:00:37.837

Alton, I appreciate you doing this, man.

0:00:37.837,0:00:40.040

This is our first time doing it remote like this.

0:00:40.040,0:00:41.341

Hope works out.

0:00:41.341,0:00:42.809

Yeah, I know, thank you for this opportunity.

0:00:42.809,0:00:46.212

And I think it's a
I don't know, I've been thinking a lot about it.

0:00:46.212,0:00:50.016

To be able to have this opportunity
to share my experience and thoughts

0:00:50.016,0:00:53.553

along with everyone else's as I shared
yours on the podcast and super inspiring.

0:00:53.553,0:00:55.455

So thank you.

0:00:55.455,0:00:56.990

Happy to do it, man.

0:00:56.990,0:01:00.360

I've, I've always appreciated our friendship.

0:01:01.828,0:01:02.328

It's kind of funny.

0:01:02.328,0:01:03.296

I'm sitting here in the chair

0:01:03.296,0:01:07.500

looking outside, and I see a city crew out there
working on the sewer system.

0:01:08.268,0:01:10.470

But I'll just remember.

0:01:10.470,0:01:12.038

Forget the day I started out there.

0:01:12.038,0:01:14.140

I was brand new mayor.

0:01:14.140,0:01:16.443

Like, all my kind of habits change because we're.

0:01:16.443,0:01:18.545

I'm working changed, right?

0:01:18.545,0:01:22.882

And so all the all the little things,

I kind of had to find new places to get a haircut.

0:01:22.882,0:01:24.751

Cause

I used to get my hair cut over by where I used to work.

0:01:24.751,0:01:26.019

Right.

0:01:26.019,0:01:28.354

And I'm standing out there on the phone

and I looked inside.

0:01:28.354,0:01:30.523

You and Justice over here.

0:01:30.523,0:01:31.257

You were both in here.

0:01:31.257,0:01:34.260

And I just walked in and said, you got an opening?

0:01:34.294,0:01:35.728

You're like, sure, come on in.

0:01:35.728,0:01:35.962

Yeah.

0:01:35.962,0:01:38.598

No, that was,
the fateful day that it all came down.

0:01:38.598,0:01:39.632

It was the day. But

0:01:40.633,0:01:42.869

that's
kind of the day that I first got to know you.

0:01:42.869,0:01:44.971

But then over time, I got to know you really well.

0:01:44.971,0:01:47.941

Just from having conversations in the chair and,

0:01:49.375,0:01:50.543

I know I -

0:01:50.543,0:01:52.712

I like to have a guy for everything.

0:01:52.712,0:01:54.481

I'm one of those guys.

0:01:54.481,0:01:57.217

But I like to be loyal and

0:01:57.217,0:02:00.220

especially loyal to a small business
owner here in Ogden.

0:02:01.020,0:02:03.690

So I appreciate you being my guy.

0:02:03.690,0:02:05.758

Now, thank you for giving me the opportunity.

0:02:05.758,0:02:09.462

Yeah, it was super unique for me as well
because, you know,

0:02:09.462,0:02:14.334

some of those first times, you know, you think,
oh my gosh, it's all going to matter.

0:02:14.334,0:02:17.871

So you kind of have a little bit of that sense of,
I really gotta deliver.

0:02:18.204,0:02:21.741

But, I just found myself
getting lost in the conversation that we had

0:02:21.741,0:02:24.744

and just found how true and honest you were.

0:02:24.777,0:02:28.014

I mean, just so approachable.

Which I think made me

0:02:29.149,0:02:31.084

just feel more

0:02:31.084,0:02:33.286

welcome, I guess, if respect to the city, you know,

0:02:33.286,0:02:37.190

because I think at the time

I was only open for less than a year or two.

0:02:37.223,0:02:40.226

So it was kind of a cool thing

that we got to share.

0:02:40.260,0:02:41.327

Yeah. You were

0:02:41.327,0:02:46.566

I remember the place wasn't you were still kind of
doing some work and yeah, you were cutting hair

0:02:46.833,0:02:51.271

all day, and then you were you were like painting
and building and doing construction at night.

0:02:51.871,0:02:54.174

Yeah. No. Absolutely.

0:02:54.174,0:02:56.910

Which I think looking back on that
now that we've been almost gone through.

0:02:56.910,0:02:57.177

Yeah.

0:02:57.177,0:03:01.514

About a year and a half now, I'm so glad I did that
because it's taught me

0:03:01.514,0:03:04.918

so many different things about the process
of becoming a small business owner,

0:03:05.418,0:03:08.421

but also just becoming a better man in the end,
because,

0:03:08.821,0:03:12.692

with some of those acquired,
skills, it's helped me to be able

0:03:12.692,0:03:16.462

to share some of that with other clients
when they're like, doing a little bit of tile work.

0:03:16.462,0:03:20.133

I'll be like, hey, you know, I did a little bit of
it kind of sound a little bit better now.

0:03:20.133,0:03:22.135

So I know that's kind of the

0:03:23.136,0:03:26.139

it's kind of cool about the barbershop.

0:03:26.339,0:03:30.777

At least from a man's perspective,
that I come in here, I get to talk to other men and

0:03:31.945,0:03:33.646

I don't know you always in part

0:03:33.646,0:03:34.814

You're you're all those guys.

0:03:34.814,0:03:37.584

Kind of wise beyond his years.

0:03:37.584,0:03:38.885

Did you know that?

0:03:38.885,0:03:42.522

Some people say it's hard to believe sometimes,
but yes, I'm trying my best.

0:03:42.722,0:03:46.392

I think you do have wisdom
that's beyond the years that you've lived.

0:03:46.392,0:03:48.027

And on this earth.

0:03:48.027,0:03:52.665

And I always feel like I come away from
get my haircut feeling better.

0:03:53.166,0:03:55.201

You kind of feel my spirit.

0:03:55.201,0:03:59.305

Fill my soul and I go out and about in my day
and I'm glad.

0:03:59.305,0:04:05.311

I mean, when I first created this, my idea behind it was for everyone to leave with that experience.

0:04:05.345,0:04:09.649

Like I said, if you leave it there, you leave here with a better perspective on life.

0:04:10.149,0:04:15.088

And I think it's very necessary in today's day and age to have a place for men can go

0:04:15.488,0:04:19.826

and be able to at least talk about their feelings in an open environment with someone else,

0:04:20.860,0:04:23.463

and be able to get some different sides,

0:04:23.463,0:04:26.466

you know, especially with how busy life can get.

0:04:27.734,0:04:30.737

Sometimes we don't get those opportunities, whether we be at work

0:04:30.903,0:04:35.208

or we come home and we don't want to dump
all that stress that we have on our families.

0:04:35.808,0:04:37.677

And so some men will just kind of hold that in.

0:04:37.677,0:04:40.713

So to be able to have a place like the barbershop

0:04:40.713,0:04:46.185

to allow for guys,

just come in on a very casual now

0:04:46.853,0:04:51.090

and, you know, share some things

or be able to experience all the different,

0:04:51.524,0:04:54.527

help them escape from what

their day to day is about.

0:04:54.894,0:04:58.564

I think it's it's

unique to the community, is unique to us

0:04:58.564,0:05:01.868

and to myself to be able to be there for others.

0:05:02.068,0:05:02.635

Yeah.

0:05:02.635,0:05:06.706

It's, it's important

the men have other men in their lives, right?

0:05:07.273,0:05:07.573

Yeah.

0:05:07.573,0:05:10.176

So I guess when I'm coming here,

I'm not just coming here to film.

0:05:10.176,0:05:12.712

I said I'm come here to be a better man. Yeah, I'm.

0:05:14.047,0:05:16.649

I don't know about

that whole talking about my feelings thing, though.

0:05:16.649,0:05:19.018

I'll be honest. Just

0:05:19.018,0:05:19.886

Hey, we have to.

0:05:19.886,0:05:23.489

We have to, you know,

I mean, that's honestly how we kind of connected.

0:05:23.523,0:05:25.525

That's how I feel, the connection with you.

0:05:25.525,0:05:29.262

I mean, I almost, like, treat this as a first day
when I'm coming.

0:05:29.262,0:05:34.334

Somebody new, you know, I want the person to leave
just as much, or I want them to understand

0:05:34.334,0:05:37.537

and know a little bit about me
as much as I know and understand about them.

0:05:38.104,0:05:41.407

And I think in order to do that, sometimes
you have to open yourself up a little bit,

0:05:41.774,0:05:43.009

share a little bit of emotion,

0:05:43.009,0:05:46.446

share a little bit of that connection
to be able to build that bad relationship.

0:05:46.446,0:05:47.480

Right?

0:05:47.480,0:05:50.717

Turn this off me up on trying hard.

0:05:50.750,0:05:51.250

I don't know, man.

0:05:52.685,0:05:55.688

I, I actually think that men share their feelings

0:05:56.689,0:05:58.524

kind of different than people probably realize.

0:05:58.524,0:06:00.560

Yeah, we're pretty casual about it.

0:06:00.560,0:06:02.128

We're kind of

0:06:02.128,0:06:04.997

sometimes we share our feelings just by,

0:06:04.997,0:06:07.333

frankly, just by talking shit to each other. Right?

0:06:07.333,0:06:07.967

Yeah.

0:06:07.967,0:06:08.768

Yeah, absolutely.

0:06:08.768,0:06:11.604

Just sort of two in the fat and

0:06:11.604,0:06:13.172

I don't know, I some days

0:06:13.172,0:06:16.142

I come in and I feel like I'm

just sort of taking a break from the day.

0:06:16.275,0:06:16.743

Yeah.

0:06:16.743,0:06:19.712

Some days I come in
and I feel like I'm sharing my day,

0:06:20.580,0:06:23.649

or some days I come in
and I feel like I'm sharing your day, right?

0:06:23.983,0:06:25.585

Yeah, yeah.

0:06:25.585,0:06:29.322

Not every conversation is always the same one,
which I think is

0:06:30.423,0:06:32.191

just like life, right?

0:06:32.191,0:06:36.963

Life has absent flow, so we can't just adjust
the conversation to whatever the person's feelings.

0:06:40.066,0:06:42.168

Yeah.

Absolutely, absolutely.

0:06:42.168,0:06:45.171

So speaking of talking crap, how's your golf game?

0:06:46.205,0:06:47.173

Still suck.

0:06:47.173,0:06:49.776

You still suck. Triple putt.

0:06:49.776,0:06:50.410

Don't we all?

0:06:50.410,0:06:52.712

Yeah.

0:06:52.712,0:06:57.450

So it's cool because I actually just went on a golf

0:06:57.450,0:07:00.686

trip this weekend with some friends

for my friend's, bachelor party.

0:07:01.421,0:07:05.458

And, oh, boy, golf is like life.

0:07:05.458,0:07:07.059

You have the highest decision. Hole one.

0:07:07.059,0:07:09.429

And then you delve and you're like,
all right, here we go.

0:07:09.429,0:07:12.231

So it's pretty good analogy.

0:07:12.231,0:07:14.300

You just got adjust. He's got it.
It's a mental game.

0:07:14.300,0:07:17.603

You know I mean I can usually you can
usually count on me for one good shot per hole.

0:07:18.871,0:07:21.841

But that one good shot
is worth every terrible shot.

0:07:22.642,0:07:24.210

And you know that feeling you get. Yeah.

0:07:24.210,0:07:25.411

When all come together.

0:07:25.411,0:07:27.313

Oh, absolutely. On the greens.

0:07:27.313,0:07:28.347

Because it is kind of like life.

0:07:28.347,0:07:30.583

You got all the failure failure, failure failure.

0:07:30.583,0:07:32.218

And then you finally break free. Yeah.

0:07:32.218,0:07:33.719

And then you fail fail, fail. But

0:07:34.720,0:07:35.221

no. Absolutely.

0:07:35.221,0:07:38.658

I mean, we had a guy
that was in the group that he was brand new to it,

0:07:38.925,0:07:42.662

and we decided, I'm like, all I'm going to take

is one shot for you to get hooked on this.

0:07:42.662,0:07:46.265

And sure enough, you can almost see the moment
when they connect with it and boom!

0:07:46.265,0:07:48.201

I was like, what? I'm saying?

0:07:48.201,0:07:53.873

I was good, and sure enough, you just see
in his face he's like, oh, I like this right here.

0:07:53.873,0:07:54.807

Yeah, same thing with like,

0:07:54.807,0:07:59.512

you know, we just go from moment to moment
and some of the moments that stand out the most

0:07:59.512,0:08:02.982

are the ones that we really shake it to the left

0:08:02.982,0:08:05.985

or we just bomb that drives.

0:08:06.953,0:08:07.920

That reminds me, I was a

0:08:09.388,0:08:10.957

reminds me a story about my daughter Millie.

0:08:10.957,0:08:12.325

She's our 14 year old.

0:08:12.325,0:08:15.328

You know, Millie

0:08:16.529,0:08:19.532

I think it was like pre-pandemic,
or it might have been during the pandemic, but

0:08:20.766,0:08:22.235

we built her a bike ramp.

0:08:22.235,0:08:24.670

She really wanted to learn how to do a bike jump.

0:08:24.670,0:08:27.673

And so she would,

0:08:27.707,0:08:29.742

go all the way up the block, come down,
get as much speed

0:08:29.742,0:08:32.745

she could, and then try and get air on her bike

0:08:33.546,0:08:34.680

just really young.

0:08:34.680,0:08:36.249

So that was quite a feat for her at the time.

0:08:36.249,0:08:39.151

But she. She did it.

0:08:39.151,0:08:40.453

I bet a hundred times.

0:08:40.453,0:08:42.288

Fail, fail fail fail, fail.

0:08:42.288,0:08:44.390

And she just kept going and kept on grinding.

0:08:44.390,0:08:47.627

And that was the first time

I knew that she had kind of it.

0:08:48.261,0:08:50.930

Yeah, but I remember when she finally did it
and she got her back

0:08:50.930,0:08:53.933

tire off the ground
because she, like, just went all in

0:08:54.934,0:08:57.770

and she was so happy that she cried.

0:08:57.770,0:08:59.972

She must have been eight years old.

0:08:59.972,0:09:01.874

And,

0:09:01.874,0:09:04.877

that was the feeling of her putting in the work,

0:09:04.944,0:09:08.881

her failing and trying again
and never losing faith herself.

0:09:08.881,0:09:10.182

Right. Tiny example.

0:09:10.182,0:09:14.620

But I did it at such

a young age to finally break free and feel success.

0:09:14.620,0:09:17.056

It feels good, right?

0:09:17.056,0:09:20.059

Just like it feels good to get that shot.

0:09:20.693,0:09:23.496

Just like I bet

it feels good to have steady clientele

0:09:23.496,0:09:26.499

and to see your business

kind of take it off, right?

0:09:26.866,0:09:28.034

Yeah, absolutely.

0:09:28.034,0:09:31.070

I think, a couple weeks back,

I was just kind of sitting here.

0:09:31.070,0:09:33.472

I was listening to a podcast.

0:09:33.472,0:09:36.475

I was talking about something similar to that,
you know, like how,

0:09:37.810,0:09:39.312

you know, it's almost like that first time you eat,

0:09:39.312,0:09:44.183

like a really sweet candy bar
where it, kind of forgets,

0:09:44.183,0:09:47.887

you know, the struggle, what you might have
of what it cost to buy that candy bar.

0:09:48.521,0:09:52.024

But it was, it was interesting
because that morning

0:09:52.024,0:09:57.196

I walked into my haircuts, and then there's

this lady that walked in with her son,

0:09:57.797,0:10:00.533

and she shared with us, she's like,
this is so amazing.

0:10:00.533,0:10:02.735

Like, I love this.

This is what I've been waiting for.

0:10:02.735,0:10:06.472

And I was like,
that is so crazy that I would just like that.

0:10:06.472,0:10:07.840

If I if this wouldn't have happened,

0:10:07.840,0:10:11.310

where would she have gone or where
would she be able to go to get that experience?

0:10:11.811,0:10:14.580

So that's a unique thing for me to be able to.

0:10:16.649,0:10:17.950

I don't know, have this dream.

0:10:17.950,0:10:20.019

And now the dreams coming up becoming a reality.

0:10:20.019,0:10:20.953

And now here we are.

0:10:20.953,0:10:27.393

And it's cool to see other people enjoy, you know,
this dream that I have and and embrace it as well.

0:10:27.393,0:10:30.129

As much as I have

0:10:30.129,0:10:31.497

it. Speaking of your dream.

0:10:31.497,0:10:32.698

Yeah.

0:10:32.698,0:10:34.867

Remember

you told me the story when you're on your mission

0:10:34.867,0:10:38.404

and when you first started out there for that,

0:10:38.437,0:10:41.440

can you tell that story again, which was.

0:10:43.042,0:10:46.879

That you were, that was a pretty big risk you took, when you were on your mission

0:10:46.879,0:10:49.882

and you wanted to invite people
to come get a haircut.

0:10:50.182,0:10:51.884

Yeah. And you would. When?

0:10:51.884,0:10:53.619

How long you been training
to cut hair at that point?

0:10:53.619,0:10:55.688

Like zero zero days?

0:10:55.688,0:10:57.390

Zero days? Yep.

0:10:57.390,0:11:00.393

So just getting after it.

0:11:00.793,0:11:01.027

Yeah.

0:11:01.027,0:11:06.866

So basically how that all started
was we just had, basically a call for our mission

0:11:06.866,0:11:11.470

president saying that we needed to be better,
with the resources, the tools that we have.

0:11:11.470,0:11:13.339

So we had Facebook at a time.

0:11:13.339,0:11:16.575

And he wanted for us to,
you know, use technology better.

0:11:17.343,0:11:20.079

And I was a little bit old school, if you will.

0:11:20.079,0:11:25.518

Where I just love
having the ability to just go out and just

0:11:26.485,0:11:29.288

put my nose to the mill down and go for it.

0:11:29.288,0:11:32.625

So I remember my campaign.

0:11:32.625,0:11:35.628

I was just kind of sitting there
talking about what we wanted to do with this,

0:11:35.761,0:11:39.632

and we both just kind of like,
you know, in order for us to,

0:11:40.166,0:11:43.569

you know, see the blessing and see
the miracles happen, we need us all our leaders.

0:11:44.136,0:11:47.506

And so I remember we were just kind of
brainstorming what we could use with technology.

0:11:48.274,0:11:51.210

And, I was in Texas

0:11:51.210,0:11:54.513

and it's very heavily, Hispanic.

0:11:55.481,0:11:59.118

And so I just had this idea of like,
you know what, free haircuts.

0:11:59.685,0:12:02.521

And we just had this old, like, janky pair

0:12:02.521,0:12:05.558

of, Walmart clippers in our at our apartment.

0:12:05.558,0:12:07.927

I was like,
everyone loves free. I'm, like, thinking about it.

0:12:07.927,0:12:12.631

So we go get free haircuts and we can go,
you know, talk to people about and serve them.

0:12:13.265,0:12:17.603

And boy,
oh, boy, those poor kids and all those poor guys.

0:12:18.337,0:12:20.039

But that's kind of where it all started.

0:12:20.039,0:12:22.274

I think the got jacked up haircuts.

0:12:22.274,0:12:22.942

Yeah.

0:12:22.942,0:12:25.444

We just realized

the target was probably the best thing.

0:12:25.444,0:12:27.513

We would just be telling these kids, like,
you have a little girlfriend.

0:12:27.513,0:12:30.015

They're like, no, you do now.

0:12:30.015,0:12:34.019

Just trying to get them all
like over the moon about these things, you know?

0:12:34.220,0:12:34.820

Yeah.

0:12:34.820,0:12:40.092

And so it was super duper
fun to just so, so love it.

0:12:41.193,0:12:42.161

You told me at the time,

0:12:42.161,0:12:45.264

last time you told me that nobody was really mad
at your haircuts.

0:12:46.065,0:12:48.901

No, but it was because

0:12:48.901,0:12:50.736

I think it's because they felt like they.

0:12:50.736,0:12:52.638

They got more than a haircut, right?

0:12:52.638,0:12:53.672

I'd hope so.

0:12:53.672,0:12:56.308

But, yeah, I would say so.

0:12:56.308,0:12:59.011

I think,

0:12:59.011,0:13:02.548

you know, some of the people that were cutting
were like, we're struggling a little bit in life.

0:13:02.548,0:13:05.017

So I think having that extra

0:13:05.017,0:13:08.020

encouragement through the haircut, I think was,

0:13:08.587,0:13:11.590

the unique point of it all, you know,

0:13:11.824,0:13:14.426

just I think it speaks to the reason that I'm here.

0:13:14.426,0:13:15.728

And then I always come here.

0:13:15.728,0:13:17.496

Yeah, it's loyalty to you.

0:13:17.496,0:13:18.998

It's the experience that I have.

0:13:18.998,0:13:20.900

I mean, now I get a good cut.

0:13:20.900,0:13:24.069

Thanks for going to school
and learning it, by the way. But,

0:13:26.705,0:13:26.972

but it

0:13:26.972,0:13:30.743

goes to show that the power of returning
is more than just the service.

0:13:30.743,0:13:32.578

And, the quality of the cut,

0:13:32.578,0:13:35.414

it's about the quality of the person
that's doing it and the quality, the experience.

0:13:35.414,0:13:37.583

Right, absolutely.

0:13:37.583,0:13:40.219

And I think.

0:13:40.219,0:13:43.155

Where I am in my career, I think it's important.

0:13:43.155,0:13:48.761

Like I still try and continue
to develop my skills as a barber, by learning.

0:13:48.761,0:13:54.300

But I've also kind of taken a step back
in the sense of trying to learn more as a person.

0:13:54.333,0:13:58.204

And I have a unique ability to have somebody new,

0:13:58.737,0:14:01.440

you know, every hour by the hour.

0:14:01.440,0:14:04.977

And it's fun to be able to pick people's
brains on certain things.

0:14:05.544,0:14:10.149

And I think that, you know, that's what makes me a
hopefully a better person, because similar to you,

0:14:10.983,0:14:13.285

you know, my desire in life is to be

0:14:13.285,0:14:15.855

the best husband and best father that I can be.

0:14:15.855,0:14:18.190

And I've realized being a barber

has helped me out so much

0:14:18.190,0:14:19.925

because I get so many different perspectives

0:14:19.925,0:14:23.796

on how you might handle situations

that I might not know.

0:14:24.063,0:14:24.597

Yeah.

0:14:24.597,0:14:27.066

You know,

like all the things that you share with me about,

0:14:27.066,0:14:30.002

you know, your relationship with your daughters
to how you treat others.

0:14:30.002,0:14:33.038

Like those are things that I keep a mental
note of that

0:14:33.105,0:14:37.509

when a situation arises, I can at least keep in
mind like, oh, you know, do that.

0:14:37.509,0:14:40.512

Let me try it out, see how that pans out for me?

0:14:40.980,0:14:44.083

Well, you shouldn't undervalue the fact that you do
the same for me and for others.

0:14:45.017,0:14:47.086

Yeah. So it goes both ways, right? Yeah.

0:14:47.086,0:14:52.658

I think both of us could really say that we're
byproducts of everyone else's good doing 100%.

0:14:53.792,0:14:57.229

You know, just last night I gave a talk at a,

0:14:58.297,0:15:00.266

church service.

0:15:00.266,0:15:01.500

Yeah.

0:15:01.500,0:15:04.570

And it was for the My Hometown

0:15:04.970,0:15:07.973

Ogden affiliate program. And,

0:15:09.141,0:15:13.846

the theme of the of the service was about

it was about service, right.

0:15:14.880,0:15:17.449

But it was also about My Hometown.

0:15:17.449,0:15:19.418

And that our hometown is Ogden.

0:15:19.418,0:15:22.421

And whether you were born here or not,

0:15:22.988,0:15:25.658

like, for me, I feel like Ogden raised me.

0:15:25.658,0:15:26.492

Yeah. Right.

0:15:26.492,0:15:29.495

Yeah. So my my parents gave me,

0:15:29.628,0:15:32.665

like, fundamentals that I needed
to have like a foundation to build on.

0:15:33.432,0:15:36.435

But when they sent me here to college,

0:15:36.568,0:15:39.238

that's what that's all I had anymore, right?

0:15:39.238,0:15:42.241

I mean, they're still in my life
and I'm still close with them, but

0:15:42.574,0:15:44.810

I kind of had to raise myself from there. And

0:15:45.978,0:15:46.111

you're

0:15:46.111,0:15:49.114

only as good as the environment

you put that you put yourself in, right?

0:15:49.114,0:15:49.982

Yeah.

0:15:49.982,0:15:53.018

And that's how I feel like Ogden raised me.

0:15:53.018,0:15:55.020

And that's what really makes Ogden my town.

0:15:55.020,0:15:57.856

My hometown is, I think I'm at a point in life

0:15:57.856,0:16:00.859

now where audience probably raised me

more than my parents have, right?

0:16:01.860,0:16:03.963

Yeah. Certain. More years?

0:16:03.963,0:16:06.398

Yeah, by far. But,

0:16:06.398,0:16:09.435

you know, but I think it's experiences
like this and connections and relationships

0:16:10.469,0:16:12.871

that we get that we take for granted.

0:16:12.871,0:16:16.141

Like hopefully people that are watching
or listening to this or thinking,

0:16:17.910,0:16:20.913

well, what relationships do I have my barber or

0:16:21.246,0:16:24.249

with this service provider that

0:16:24.249,0:16:26.785

we have relationships

0:16:26.785,0:16:28.020

every day, right?

0:16:28.020,0:16:28.620

Yeah.

0:16:28.620,0:16:31.890

Through these connections,
they have somebody want to share with me.

0:16:31.890,0:16:34.860

The next time I ask somebody
how they're doing to stop.

0:16:35.728,0:16:38.230

I think sometimes who and what you meant was, like,

0:16:38.230,0:16:41.166

so many people will go through life
and we'll be like, hey, how's it going?

0:16:41.166,0:16:44.136

And just go on to the next track.

0:16:44.136,0:16:47.539

And I took a challenge just to kind of see it.

0:16:47.539,0:16:51.276

It was funny because I was walking down here
going to get a crave, and I just saw a random guy.

0:16:51.343,0:16:53.078

I was like,
hey, how's it going? And I just stopped.

0:16:53.078,0:16:57.916

And he kind of was like, you know, but we just had
like a small say, like it was very awkward.

0:16:57.916,0:17:00.252

I'm not sure why, but who knows?

0:17:00.252,0:17:01.787

I don't know what's going on in his life.

0:17:01.787,0:17:05.657

You just never quite know what that conversation
or just an extra second

0:17:05.657,0:17:10.162

to acknowledge another person, another human being
might do for his day or for his life.

0:17:10.796,0:17:11.964

But it's like a chain effect.

0:17:11.964,0:17:16.402

Hopefully that person now then went off
and did something else for someone else.

0:17:18.637,0:17:21.907

It's amazing what you run into in Ogden
just walking down the street.

0:17:21.907,0:17:24.977

So yeah, I think it was the last time I came in
and for cut.

0:17:24.977,0:17:27.513

So a few weeks ago, yes, we were here.

0:17:27.513,0:17:30.315

I walked from the municipal building.

0:17:30.315,0:17:33.318

I ran into a guy
that was dressed like to the nines,

0:17:33.819,0:17:38.357

and he was running to to catch the BRT,

and he hollered at me like a cross, watched.

0:17:38.357,0:17:40.426

And he's like, I like your style or whatever.

0:17:40.426,0:17:42.928

He's talking about the way I was dressed that day.

0:17:42.928,0:17:45.431

And I was like,

I'm just trying to catch up with you because he was

0:17:45.431,0:17:48.434

that he was the best dressed dude in town by far.

0:17:49.234,0:17:51.804

And then I ran into Hiram from the chamber,

0:17:51.804,0:17:54.306

and then he and I walked the whole way here,

0:17:55.541,0:17:58.043

and then we got our cut here.

0:17:58.043,0:17:59.912

I think that was the day that the guy from Provo.

0:17:59.912,0:18:01.680

So you got a client
that drives all the way from Provo.

0:18:01.680,0:18:05.350

Every time he gets a haircut,
he comes here so he can connect with you.

0:18:07.019,0:18:09.188

And then we were talking about during my cut

0:18:09.188,0:18:12.558

that you're wife is friends with Luis Lopez.

0:18:12.558,0:18:14.193

Daughter. Yes. Right.

0:18:14.193,0:18:17.196

Yes, yes.

And then I left here and Luis was outside.

0:18:17.262,0:18:18.630

Small world. Yeah.

0:18:18.630,0:18:19.331

So I brought him in.

0:18:19.331,0:18:21.033

And you, you met him for the first time?

0:18:21.033,0:18:23.469

Yeah.

0:18:23.469,0:18:24.803

That's like a big city.

0:18:24.803,0:18:25.471

Small town.

0:18:25.471,0:18:26.839

Right? Absolutely.

0:18:26.839,0:18:29.241

Like an American. Smallest big city.

0:18:29.241,0:18:30.943

Yeah, it's pretty fun.

0:18:30.943,0:18:34.980

So here's the cool thing about so that, like,
everybody knows me, like, so when I first started

0:18:34.980,0:18:39.518

this, right, I had a sense or a desire
to, like, get involved in the community.

0:18:40.619,0:18:44.156

And once you, I think make that
then the opportunities and the doors open.

0:18:44.156,0:18:44.723

Right.

0:18:44.723,0:18:47.726

Like I told you, I wanted to meet Luis,
you know, and I wanted to get to know him

0:18:48.360,0:18:52.097

and and I think that's what uniqueness
about Ogden is.

0:18:52.464,0:18:57.202

There's a lot going on, but there's still room
for everyone that makes sense.

0:18:57.202,0:18:58.637

You know, like.

0:18:58.637,0:19:01.807

And I think as I speak to a lot of people,
I live here in Ogden.

0:19:02.007,0:19:04.243

I feel like we all have that desire.

0:19:04.243,0:19:06.278

You know, we all have that willingness.

0:19:06.278,0:19:09.648

You know, get our hands dirty, if you will. Yep.

0:19:10.215,0:19:12.918

But some of us just don't know where to begin.

0:19:12.918,0:19:14.586

You know where to start.

0:19:14.586,0:19:17.189

And I think

0:19:17.189,0:19:21.093

for me, like, I think that calling started
when you came in and like, even that one day

0:19:21.093,0:19:24.363

where you polished my shoes like that
showed me like

0:19:24.663,0:19:28.200

the guy at the very top is leading by example

0:19:28.200,0:19:32.638

and doing this for common guy like me,
what can I do to the next guy?

0:19:32.738,0:19:33.605

Right?

0:19:33.605,0:19:37.209

And then I realized, like, little by little,
my desire to go

0:19:37.209,0:19:40.579

and be more involved and help
more people in the community just grows right?

0:19:41.346,0:19:43.215

So, I mean, props to you for doing all that.

0:19:43.215,0:19:45.284

You know, I think great leaders

0:19:45.284,0:19:48.720

bring out the best in people and in your case,
bring out the best in the community.

0:19:49.321,0:19:54.693

And not only that, but give people like myself,
you know, like I still say, I'm someone young.

0:19:55.093,0:19:58.864

Give us an opportunity to at least,
you know, get involved and learn.

0:19:58.897,0:19:59.431

Hopefully,

0:20:00.666,0:20:02.701

you know, yeah, I think

0:20:02.701,0:20:06.505

that's the thing that sets Ogden apart is we
we actually do the work.

0:20:07.005,0:20:10.475

Yeah, we talk about it
even within our city as an organization.

0:20:11.410,0:20:13.845

We had our fire department banquet for awards

0:20:13.845,0:20:16.848

banquet last week, and.

0:20:17.149,0:20:19.751

The thing that we're so proud of
within our organization

0:20:19.751,0:20:22.921

and what attracts firefighters
to the Ogden Fire Department, as an example,

0:20:23.789,0:20:27.092

is that they know how to do the work,
and they actually do work,

0:20:27.726,0:20:29.428

and they're really proud of it.

0:20:29.428,0:20:33.232

They have a really blue collar mentality

of rolling up our sleeves and doing the work,

0:20:33.365,0:20:34.600

and they love it.

0:20:34.600,0:20:36.201

We embrace the grind.

0:20:36.201,0:20:38.470

We embrace the challenge here. Right.

0:20:38.470,0:20:41.506

And I think we have that more than any other town.

0:20:42.541,0:20:45.711

But if you take that mentality

0:20:46.945,0:20:48.880

and plug in to

0:20:48.880,0:20:51.483

the pick and shovel work of building community,

0:20:51.483,0:20:54.152

there are countless opportunities here to serve.

0:20:54.152,0:20:55.020

Right?

0:20:55.020,0:20:58.390

And that's the point of shining shoes

is it's an active service, right?

0:20:58.724,0:20:59.491

Yeah.

0:20:59.491,0:21:01.093

It's like the

0:21:01.093,0:21:05.430

modern day

example of Jesus washing the feet of his disciples.

0:21:05.731,0:21:06.465

Yeah, right.

0:21:06.465,0:21:09.468

It's a it's an act of service

0:21:09.735,0:21:11.336

that I think gives us a moment

0:21:11.336,0:21:14.339

to slow down and and to connect.

0:21:14.473,0:21:15.874

Right.

0:21:15.874,0:21:18.877

But the point being,

we're here to serve each other.

0:21:21.380,0:21:25.350

So I think it was a Josh on the podcast

that share that.

0:21:25.350,0:21:26.451

And I just love what he said.

0:21:26.451,0:21:31.256

That is like, if you want to go far, go alone,

or if you want to go fast, go alone.

0:21:31.256,0:21:34.293

But if you want to go far, go together

or with more people.

0:21:35.060,0:21:37.896

And it's true,
I think with what Ogden has been able

0:21:37.896,0:21:41.967

to do in
the last few years has been pretty incredible.

0:21:41.967,0:21:45.337

But you also see how much more
I think the company has been involved

0:21:45.337,0:21:48.640

in that process,
which has brought the city together.

0:21:48.640,0:21:51.643

It's like it's it's way different, like growing up,

0:21:51.643,0:21:56.815

like I live in Layton, then moved to Bountiful,

0:21:57.382,0:22:02.387

and I heard a lot of stereotypes about Ogden,
to be honest with you.

0:22:02.387,0:22:03.021

Yeah.

0:22:03.021,0:22:06.725

And there was a quite a bit of times
I spent in Ogden.

0:22:06.725,0:22:07.526

Wasn't even know.

0:22:07.526,0:22:09.494

I didn't even know I was in Ogden
to be honest with you,

0:22:09.494,0:22:12.597

most the time I was just traveling through
to get to the ski slopes.

0:22:13.265,0:22:18.470

But then when I started,
you know, like, going to school here and, and,

0:22:18.804,0:22:21.773

you know, ended up living here now,

0:22:21.773,0:22:24.976

it's not from what I remember.

0:22:25.711,0:22:28.780

And it's kind of a weird thing, like, here's
this past memories

0:22:29.214,0:22:32.484

and here's the actual future
and present the reality of things.

0:22:32.484,0:22:35.387

I'm like, these two don't coincide. These.

0:22:35.387,0:22:38.690

This is not what Ogden was made out you
when I was growing up.

0:22:39.458,0:22:40.992

So. Which makes you wonder, is it

0:22:42.060,0:22:42.594

is that a sign

0:22:42.594,0:22:45.764

of how much we've leveled up as a community,

0:22:46.398,0:22:49.401

and or is it a sign of

0:22:50.702,0:22:53.972

the stigma, right, versus the reality?

0:22:53.972,0:22:56.942

So what you're saying is
there's a stigma about Ogden,

0:22:57.442,0:23:00.445

and that stigma drives us crazy.

0:23:00.545,0:23:02.280

We're

0:23:02.280,0:23:05.717

we know that we're better than what people think
we are, and we're proud of that.

0:23:06.385,0:23:09.388

And if people don't want to believe in us,
that's fine.

0:23:09.421,0:23:12.391

But we're going to believe in ourselves,
and we believe in each other,

0:23:12.624,0:23:14.493

and we have a chip on our shoulder about it. Right?

0:23:14.493,0:23:15.527

Yeah.

0:23:15.527,0:23:18.530

And I think that's where our grit comes from.

0:23:20.031,0:23:20.732

And it shows.

0:23:20.732,0:23:22.868

I mean,

0:23:22.868,0:23:25.871

there's so much vibrancy to the city of Ogden,

0:23:26.004,0:23:29.007

you know, like, no offense, so Bountiful, but

0:23:29.908,0:23:34.513

growing up there, there was just not a lot going
on, to be honest with you.

0:23:36.081,0:23:37.983

Well, out here at Ogden feels

0:23:37.983,0:23:40.986

like there's more going on in the sense,

0:23:42.220,0:23:45.223

I'd like to step out and go find something to do,

0:23:45.357,0:23:48.360

whether it be serving somebody

to find some kind of entertainment which

0:23:49.561,0:23:51.096

I think shows,

0:23:51.096,0:23:54.332

you know, the growth around the

and so many different facets of it all.

0:23:54.633,0:23:56.268

Yeah.

0:23:56.268,0:23:59.271

And no offense to Bountiful either.

0:23:59.371,0:24:03.742

I do I do have the opportunity to talk with a lot
of mayors and connect with a lot of mayors, though,

0:24:04.242,0:24:07.179

and we do a lot of like idea exchange

0:24:07.179,0:24:10.248

and we share experiences and ideas and policies
and so on.

0:24:11.616,0:24:14.619

But it's fun to go and visit another city
and learn from

0:24:14.619,0:24:17.789

how they manage their issues
and their programs and address challenges.

0:24:19.224,0:24:20.358

And sometimes it's easy to

0:24:21.326,0:24:24.329

to see what another city has and compare,

0:24:24.396,0:24:26.565

compare your city

and to compare like what you don't have.

0:24:26.565,0:24:29.568

Right? Yeah. It's a kind of human nature. Yeah.

0:24:30.001,0:24:32.037

Judge yourself against others.

0:24:32.037,0:24:33.038

And so you have to be really careful.

0:24:33.038,0:24:36.041

We don't do that for ourselves,

but also as a city and

0:24:36.675,0:24:40.912

but well, what they always tell me in response

is that what they wish they had in their city

0:24:40.912,0:24:46.218

was the kind of pride and the community vibrancy

and the culture connection that we have here.

0:24:47.352,0:24:48.653

That's what they want in their city.

0:24:48.653,0:24:51.656

We have a sense of identity that that other cities,

0:24:51.723,0:24:54.726

not all, not all cities,
but many cities just don't have.

0:24:55.760,0:24:59.698

And I love hearing that
because that's not something that money can buy.

0:25:00.499,0:25:01.533

Right.

0:25:01.533,0:25:04.503

So it's something that we have
that other cities don't have.

0:25:05.170,0:25:06.938

And I think it's our special sauce.

0:25:06.938,0:25:09.508

Or like our competitive advantage.

0:25:09.508,0:25:12.277

Yeah, they might have more money,
they might have more wealth.

0:25:12.277,0:25:14.312

And right.

0:25:14.312,0:25:17.649

But we have something
they can't have left and never will.

0:25:18.149,0:25:18.649

Yeah.

0:25:20.185,0:25:20.719

So what do you do?

0:25:20.719,0:25:23.722

I mean, it's that's such, I mean, that's a

0:25:24.089,0:25:25.957

huge power, right? Yeah.

0:25:25.957,0:25:27.325

So how do you drive that.

0:25:27.325,0:25:31.796

How do you align
that to, you know, the goals of the of the city.

0:25:33.398,0:25:37.936

So I think the difference is for me,
when I started as mayor, I wanted to make sure

0:25:37.936,0:25:43.942

that we weren't leveling up by replacing our people
with other people that had already leveled up.

0:25:44.910,0:25:47.345

I want I want to level up with with our people.

0:25:47.345,0:25:50.916

Yeah, I want to help Ogden people
with Ogden Values and Ogden Grit

0:25:51.883,0:25:54.886

who have Ogden the history and culture

0:25:55.186,0:25:59.391

who feel this vibrancy and want to be a part
of our culture and our connections.

0:26:00.325,0:26:02.527

I want to level up with them. Yeah, right.

0:26:04.329,0:26:04.863

I want to do it for

0:26:04.863,0:26:07.866

the kids that were born and raised here and

0:26:07.899,0:26:11.403

I think that's how we hold on to our identities,
hold on to who we are,

0:26:12.704,0:26:15.206

while making sure that we're stepping
into our ultimate greatness.

0:26:15.206,0:26:19.177

And you can't make a city or a community great
without making its people great.

0:26:19.878,0:26:21.980

Yeah, that's the goal.

0:26:21.980,0:26:23.381

And that's what makes a city right?

0:26:23.381,0:26:23.682

That's right.

0:26:23.682,0:26:25.350

Otherwise, absolutely empty buildings.

0:26:25.350,0:26:28.286

And that's right.

0:26:28.286,0:26:31.289

That's the difference in a city, in a community.

0:26:32.691,0:26:34.859

That's cool, I like that.

0:26:34.859,0:26:37.128

But also, I think

0:26:37.128,0:26:38.730

just building a city is one thing.

0:26:38.730,0:26:40.198

You know,

0:26:40.198,0:26:42.167

you have a contractor, you got a construction crew.

0:26:42.167,0:26:45.604

They build, they build brick buildings, etc.

0:26:46.571,0:26:50.942

but I think the most meaningful part

is if we build it together.

0:26:51.409,0:26:52.110

Right.

0:26:52.110,0:26:56.381

Just like in that church service last night,
the theme of service and the lesson is that.

0:26:58.583,0:27:00.051

You build connection and you build a bond.

0:27:00.051,0:27:02.520

When you serve and work together.

0:27:02.520,0:27:05.390

And so anything that we can do as a

0:27:05.390,0:27:09.794

a city that we can do alongside partners

in our community, whether it's partners

0:27:09.794,0:27:14.666

in the private sector

or the nonprofit community or in government sector,

0:27:15.433,0:27:20.639

if we can do as many things alongside others,

I know that the outcomes will be a lot better,

0:27:20.639,0:27:24.809

but also be a lot more meaningful,

and there's going to be more pride in the outcome.

0:27:26.711,0:27:29.814

And I think that the project will always be better

and do better as a result,

0:27:30.181,0:27:34.119

because that pride and the passion from the people

is what carries it through.

0:27:34.219,0:27:35.787

Right?

0:27:35.787,0:27:37.922

So the like the Marshall White Community Center,

0:27:37.922,0:27:41.192

we're going to open that this month or next month.

0:27:42.460,0:27:45.930

And that

project was more than a construction project.

0:27:45.930,0:27:48.333

That was a

0:27:48.333,0:27:51.102

that was a community pride project, right?

0:27:51.102,0:27:54.673

That builds on a long legacy of of Marshall White

0:27:55.707,0:27:58.710

officer, white detective, white doctor, white.

0:27:58.710,0:28:03.248

But it was a struggle to and in some ways

0:28:04.282,0:28:06.885

and, and it's been a struggle

since for my staff to build.

0:28:06.885,0:28:10.388

It's really takes a lot of attention and work, but

0:28:11.056,0:28:15.694

I can tell you that people in the community
and the the team and my staff,

0:28:16.194,0:28:20.231

they have a ton of pride in that project
because it's been so hard, right?

0:28:20.231,0:28:23.401

Because they know that they're working
for something that that matters a lot.

0:28:23.702,0:28:24.002

Yeah.

0:28:24.002,0:28:27.872

And that they want to make sure
that the legacy of Marshall White, is honored.

0:28:28.473,0:28:29.841

Yeah. And so

0:28:30.842,0:28:33.812

I'm just thinking of our public works team

0:28:33.812,0:28:36.981

overseeing the construction,
poring over every detail

0:28:38.249,0:28:41.119

while also having our recreation team

0:28:41.119,0:28:44.989

going through all of the programming
and preparing for how to run this, facility

0:28:44.989,0:28:48.760

and having the software in place
and the having the personnel ready, you know,

0:28:48.760,0:28:52.797

I mean, yeah, they're so involved and engaged
because it's a,

0:28:53.431,0:28:58.336

it's a project of of purpose
and meaning more than just building a building.

0:28:58.336,0:29:00.205

Right? Yeah.

0:29:00.205,0:29:02.474

I think it's funny

how like, you know, you say purpose, right?

0:29:02.474,0:29:08.346

And somebody once told me this, like, in regards
to, like, a mission, but they said,

0:29:08.613,0:29:13.184

you know, missions 100% for you, but it's 100%
not about you,

0:29:13.918,0:29:17.722

you know, and going back to the servicing of
that, you know, and service,

0:29:19.157,0:29:22.727

it's very easy to like well, first
going into you're like, oh, why me?

0:29:22.727,0:29:25.663

The socks, I got it.

I have other things to do. Right.

0:29:25.663,0:29:28.666

But in the process of it
all, you kind of learn like man, you know,

0:29:28.967,0:29:31.970

here I am helping somebody else out
and it's helping me out.

0:29:32.704,0:29:33.338

Right?

0:29:33.338,0:29:36.508

Something of your public works
seem like them being able to pour that out.

0:29:36.908,0:29:40.812

I mean, for one, maybe later on
they'll be able to come back with their kids

0:29:40.812,0:29:45.583

and be, you know, tell their kids, like, hey,
you know, your dad helped build this.

0:29:45.583,0:29:48.219

Your mom helped, you know, design this, right?

0:29:48.219,0:29:52.657

And, you know, it goes back
to, you know, having that,

0:29:52.657,0:29:57.228

pride in the city
and what we're able to, contribute here.

0:29:58.396,0:30:00.031

Well, kind of

0:30:00.031,0:30:03.034

let's go back to the story about my daughter
jumping her her bike on that ramp.

0:30:03.301,0:30:04.736

Right.

0:30:04.736,0:30:07.472

I made her do the construction of the ramp.

0:30:07.472,0:30:09.274

Of course, I was supervising. Right.

0:30:09.274,0:30:12.977

But she cut all the wood, drove
all the all the nails, and

0:30:14.479,0:30:15.814

and prepared for that.

0:30:15.814,0:30:16.748

And then she did.

0:30:16.748,0:30:18.583

She put in the wraps. Not me.

0:30:18.583,0:30:20.418

Right.

0:30:20.418,0:30:23.054

Well, like, fast forward through life and compare

0:30:23.054,0:30:26.891

that to Justin Anderson, Ed Bridge and Taylor Nielsen.

0:30:26.891,0:30:27.992

Right.

0:30:27.992,0:30:31.963

And their whole team of people and my staff,
they're working on the Marshall White Project.

0:30:32.363,0:30:33.331

They're putting in the reps.

0:30:33.331,0:30:36.301

They're they're exhausted doing it alongside

0:30:36.401,0:30:41.039

a million other things that are on their plates
at the city and and throughout the community.

0:30:41.039,0:30:42.907

Right.

0:30:42.907,0:30:45.076

But she was so proud of having put in all that work

0:30:45.076,0:30:48.546

to make that jump, to build the jump
and put in the reps and finally succeed.

0:30:49.414,0:30:52.283

Just like I know
that our team is going to be really proud of having

0:30:52.283,0:30:55.286

put in all the time and energy and effort,

0:30:55.386,0:30:58.389

and same with our community members
who supported the project along the way,

0:30:58.923,0:31:01.693

that it's going to be so worth it,

0:31:01.693,0:31:05.296

and that fatigue at the end is like good fatigue,
right?

0:31:05.530,0:31:06.064

Yeah.

0:31:06.064,0:31:09.067

Like when you work out and your muscles
are sore afterwards, it's a good sore.

0:31:09.100,0:31:09.901

Yeah.

0:31:09.901,0:31:11.636

I hope that's what they feel.

0:31:11.636,0:31:13.972

I hope that's
what everybody feels when we're done. Yeah

0:31:15.306,0:31:16.975

I mean I think they will.

0:31:16.975,0:31:20.511

I mean I know for my personal stress
every time, I've always had,

0:31:21.279,0:31:24.349

opportunities to look outside of my,

0:31:26.017,0:31:29.020

you know, realm, if you will.

0:31:29.254,0:31:29.520

Yeah.

0:31:29.520,0:31:32.724

You just get stretched,
you know, as a human being and you come back

0:31:32.724,0:31:35.727

just better for it.

0:31:35.960,0:31:38.963

Those are the moments that, like,

I think hopefully almost to before,

0:31:39.397,0:31:42.233

you know, when we're able to

0:31:42.233,0:31:43.234

serve somebody else.

0:31:43.234,0:31:46.237

And then you saw a sense of, wow, right.

0:31:46.738,0:31:50.241

That's why selfless service to others

is the most selfish thing you can do.

0:31:50.642,0:31:52.510

Yeah. Right.

0:31:52.510,0:31:55.513

And again, we talked about that last night

in the church services,

0:31:55.680,0:31:58.683

the servant cycle of when you give to others,

0:31:59.183,0:32:02.186

99.9% of the time they give back, right?

0:32:02.353,0:32:03.421

Yeah.

0:32:03.421,0:32:08.493

The few exceptions that don't, you know, you hardly even notice them because you're so focused

0:32:08.493,0:32:12.897

on the abundance of those, they and the abundance that you get back right.

0:32:13.765,0:32:16.968

So if you give energy to others, they're they're going to give you energy back.

0:32:16.968,0:32:19.570

And if you give good energy to them, they'll give you good energy back.

0:32:19.570,0:32:23.007

If you give bad energy to them, they're probably going to give you bad energy back right?

0:32:23.274,0:32:24.142

Yeah.

0:32:24.142,0:32:27.545

So it's important that we focus on having the right kind of energy within ourselves

0:32:27.712,0:32:32.917

so that we can attract and manifest abundance and the kind of energy that we want

0:32:33.952,0:32:34.519

for ourselves.

0:32:34.519,0:32:35.887

Right? Yeah.

0:32:35.887,0:32:39.724

And when you do that, you connect with each other in a positive way,

0:32:40.892,0:32:42.894

and then you have a positive day.

0:32:42.894,0:32:46.664

And then the more we can do that
and the more connections and the more days

0:32:46.664,0:32:50.301

we can do it in a row, the stronger
and the more strength we're all going to feel.

0:32:50.335,0:32:51.302

Right?

0:32:51.302,0:32:55.006

And that's when you that's
how you lift the spirit of of people.

0:32:55.239,0:32:55.907

Yeah.

0:32:55.907,0:32:58.977

And I, I spend a ton of time trying to think about

0:32:58.977,0:33:01.980

how do you scale that to city scale, right,

0:33:02.046,0:33:05.049

to a community wide scale and

0:33:05.350,0:33:07.952

I just try every day to be

0:33:07.952,0:33:11.089

the kind of person that I know I want to be
and that I can be,

0:33:11.089,0:33:15.760

but I do feel like I'm surrounded
by people that make me better, too. And

0:33:16.828,0:33:18.930

lift my spirit every day.

0:33:18.930,0:33:20.331

Yeah,

0:33:20.331,0:33:22.133

well, I think,

0:33:22.133,0:33:25.103

you know, I'm reminded of an experience
when I had it when I was really young.

0:33:25.203,0:33:30.108

So, I can't remember if it was a Boy Scout.

0:33:30.108,0:33:33.111

Activity was for.

0:33:33.511,0:33:36.080

But, we were going to go

0:33:36.080,0:33:40.218

make blankets for kids that were battling, cancer.

0:33:40.218,0:33:42.687

And I remember

it was right before I had a soccer game.

0:33:42.687,0:33:45.690

I think I was probably around

maybe 10 or 11 at the time.

0:33:46.290,0:33:50.461

And so at that point in my life,

I was just center focused on.

0:33:50.862,0:33:52.997

That's all I care for wanted.

0:33:52.997,0:33:55.366

That was where my whole devotion was. That.

0:33:55.366,0:33:58.169

And I remember we went and

0:33:58.169,0:34:01.172

the timing was like pretty close, like I said.

0:34:01.172,0:34:04.142

And so because I was so close,

I told them, I'm like,

0:34:04.142,0:34:08.012

if this runs into my time to getting ready
for my soccer game, I'm going to be so mad.

0:34:08.012,0:34:09.981

It's been so selfish.

0:34:09.981,0:34:14.118

But I remember, my mom,

0:34:14.886,0:34:17.889

my mom was

this is an amazingly, I love her to pieces,

0:34:17.922,0:34:21.859

and I'm just glad that she saw the moment

and stepped up and gave me

0:34:21.859,0:34:25.963

probably one of the moments that has impacted me

so very much in terms of service.

0:34:26.597,0:34:29.667

Right away, she pulled me aside, took me behind,

just grabbed me.

0:34:29.667,0:34:31.769

She said, if you don't want to help, then leave.

0:34:32.970,0:34:34.272

And here I am, you

0:34:34.272,0:34:37.275

know, like my first thought is like,

I don't have a car, you know?

0:34:37.442,0:34:41.512

But I look back at that moment, so many,
so many times throughout my life

0:34:42.547,0:34:45.550

and I ask myself.

0:34:45.750,0:34:47.318

If in order for me to serve

0:34:47.318,0:34:50.321

and this person here is asking for my help,

0:34:50.555,0:34:55.026

I need to give them the best that I can
and the best that I can is not moping around.

0:34:55.026,0:34:56.894

Be like, all right, man, there you go.

0:34:56.894,0:35:00.932

Worried about what comes next
and where splitters would rather be, etc..

0:35:01.199,0:35:04.135

Yeah, and so

0:35:04.135,0:35:07.171

and that's all around you with your like,
you know, the having the energy having that

0:35:08.372,0:35:11.042

that readiness if you will, right.

0:35:11.042,0:35:14.278

And I mean, many of us
in so many instances in our lives

0:35:14.278,0:35:18.082

where, you know, we were having a day
and somebody just stepped up, right?

0:35:18.382,0:35:18.882

Yeah.

0:35:19.717,0:35:21.219

And who knows what that person does?

0:35:21.219,0:35:25.990

I mean, did that person that morning decide, yeah,
I'm going to go out and help somebody today,

0:35:26.023,0:35:26.858

you know.

0:35:26.858,0:35:29.293

But I think if we did have
that in the back of our minds,

0:35:29.293,0:35:31.395

like I'm going to leave today
and then if something,

0:35:31.395,0:35:34.398

an opportunity presents
itself, I'm going to be ready.

0:35:35.133,0:35:37.802

And which is funny
because that's like the DARE program,

0:35:37.802,0:35:40.204

you know, like I think that their program is great.

0:35:40.204,0:35:44.742

You know, people don't do drugs things,
but I see it differently in the sense that

0:35:45.309,0:35:47.979

I think at that young age,
what I learned from the Dare

0:35:47.979,0:35:50.982

program was just make the choice
before the opportunity presents itself,

0:35:51.382,0:35:54.252

whether that be
if you have a difficult time in your life,

0:35:54.252,0:35:57.488

make the choice that whatever comes, you're going
to, you're going to survive there.

0:35:57.488,0:36:00.491

You can do your best to thrive in it
and learn from it.

0:36:00.558,0:36:02.460

I think you can apply that to service as well.

0:36:02.460,0:36:06.797

Just asking and saying to yourself, okay,
if an opportunity presents itself for me

0:36:06.797,0:36:09.934

to, help, I'm going to take it.

0:36:10.868,0:36:16.440

So I think some of us lose that opportunity
to serve in that split moment of deciding like,

0:36:16.440,0:36:20.711

oh, the help I'm doing now, oh, someone else
my might might really the one to help them.

0:36:21.145,0:36:22.613

Yeah. But

0:36:23.681,0:36:25.816

I'm not a huge believer in coincidences.

0:36:25.816,0:36:28.819

You know, I think things happen for the reason.

0:36:29.787,0:36:32.223

And and so if you didn't

0:36:32.223,0:36:35.226

have this in the back of your mind.

0:36:38.462,0:36:39.263

Not to keep going back

0:36:39.263,0:36:42.266

to last night's church service, but

0:36:42.400,0:36:45.503

I guess it's a good place to learn
good lessons is I guess that's the lesson learned.

0:36:45.503,0:36:48.940

But they told a story about a missionary that was,

0:36:49.974,0:36:52.977

you know, very service oriented and

0:36:53.778,0:36:55.146

I think it was in Arizona.

0:36:55.146,0:36:56.547

That's where he was serving.

0:36:56.547,0:37:00.017

And they were driving home and they saw,

0:37:00.017,0:37:04.121

somebody pulled over on the side with, flat tire.

0:37:04.889,0:37:06.057

And she was having a hard time.

0:37:06.057,0:37:09.060

So they they pulled over on a really busy road

0:37:09.327,0:37:13.130

and one of the pastors

said, no, no, don't do it, don't do it.

0:37:13.130,0:37:16.133

We got to keep going. And he said, no, I have to.

0:37:16.334,0:37:17.868

We have to stop. We have to help.

0:37:17.868,0:37:18.302

Yeah.

0:37:18.302,0:37:22.073

Because,

this kid was just so service driven, right?

0:37:23.541,0:37:25.977

And they
told that story because while he was changing,

0:37:25.977,0:37:28.980

the tire truck driver hit him and killed him.

0:37:29.247,0:37:32.250

And a lot of people said,

0:37:32.416,0:37:35.419

you know, if if he hadn't stopped to help,

0:37:35.653,0:37:38.889

if you didn't feel like you always had to help
everybody, he'd still be alive.

0:37:38.889,0:37:41.892

But the dad said.

0:37:42.727,0:37:44.328

He might be alive today,

0:37:44.328,0:37:47.331

but it's that same drive to serve

0:37:47.698,0:37:50.701

is what allowed him to truly live,

0:37:51.535,0:37:52.803

right? Yeah.

0:37:52.803,0:37:55.673

And so he may not be with us today

and he may not be alive today,

0:37:55.673,0:37:59.210

but while he was with us, he lived

and he truly lived the way that he believed

0:37:59.910,0:38:04.315

and and it was the ultimate act of service

that that cost him his life.

0:38:04.315,0:38:06.317

But it was also the ultimate act of service that

0:38:07.418,0:38:08.419

really described his life.

0:38:08.419,0:38:10.321

Right? Yeah.

0:38:10.321,0:38:13.291

It's a pretty powerful story that they told,

0:38:13.491,0:38:15.393

though. I

0:38:15.393,0:38:18.562

yeah, I, I think about the men and women

0:38:18.562,0:38:21.699

that will forever be etched in history,

0:38:22.400,0:38:25.469

and I don't think any of them could be described
as selfish in a sense.

0:38:26.570,0:38:26.804

Right.

0:38:26.804,0:38:29.807

I think the people that I think remembered
are the people that

0:38:30.107,0:38:33.110

constantly served, constantly do things for others,

0:38:33.377,0:38:36.347

or gave us something that benefited

0:38:36.347,0:38:37.248

others more than that.

0:38:37.248,0:38:40.251

Done right.

0:38:40.318,0:38:43.321

And so I think for every one of us,

0:38:44.689,0:38:47.458

I think we all have that sense of desire
to be like, I want to be remembered.

0:38:47.458,0:38:49.994

I want to be known as somebody right.

0:38:49.994,0:38:53.831

I think that I could go 1 or 2 ways, right?

0:38:53.831,0:39:00.104

You could either take the road of kind of like
breaking down and kind of fashioning yourself,

0:39:00.338,0:39:04.709

you know, by trying to figure out how can I do this
and have it benefit me more than anyone else.

0:39:04.709,0:39:07.511

And I don't think that ever really pans out
very well.

0:39:07.511,0:39:11.649

But I think for those I look at outside of myself

0:39:11.649,0:39:14.652

and figure out, okay, how can I plug myself in

0:39:14.885,0:39:17.722

and just serve?

0:39:17.722,0:39:22.093

I think those are the people that more often
I get remembered, at least in my

0:39:23.594,0:39:24.829

history book, if you will.

0:39:24.829,0:39:26.097

Absolutely.

0:39:26.097,0:39:28.999

But instead of thinking about

0:39:28.999,0:39:31.302

your legacy or being remembered,

0:39:31.302,0:39:34.271

I think if you think about your purpose

0:39:34.271,0:39:37.274

and if you're driven by your why,

0:39:37.808,0:39:41.846

and aligning the work that you do

and the priorities that you have with your

0:39:42.012,0:39:44.315

with your purpose,

0:39:44.315,0:39:48.552

I think I think that's when you build a legacy

that's worth remembering, right?

0:39:48.919,0:39:51.922

Yeah.

0:39:52.957,0:39:53.791

So I'm into

0:39:53.791,0:39:56.794

what's going to say on that team. So.

0:39:58.462,0:39:59.563

Alden Falcon,

0:39:59.563,0:40:02.233

kind of what I hear improved a lot of lives.

0:40:02.233,0:40:05.236

Right?

0:40:05.369,0:40:08.372

You know, cut hair and the built man.

0:40:08.973,0:40:09.974

Hopefully something.

0:40:09.974,0:40:12.977

I mean, I look

0:40:13.544,0:40:17.214

I look at my life and like I said, like,

0:40:17.214,0:40:21.619

I really believe that I'm here

because of everyone else, right?

0:40:21.986,0:40:23.421

Everyone took a chance on me.

0:40:23.421,0:40:27.992

Whether it be like my mom, you know, leaving Panama
and coming here and giving me that opportunity.

0:40:29.894,0:40:30.194

You know, I

0:40:30.194,0:40:34.031

look at my good friend Gerald
who saw something in me

0:40:34.031,0:40:37.902

believe in me before I could believe in myself
and just call me out on it.

0:40:37.902,0:40:41.906

You know, he told me straight up like,

hey, if you don't have a plan,

0:40:42.807,0:40:45.576

you know, like, I'm
going to go find myself a new barber.

0:40:45.576,0:40:48.579

And that call to action sparked that right?

0:40:48.579,0:40:53.384

And so hopefully,
you know what I'm hoping to do with my life,

0:40:53.384,0:40:56.587

like I said so on, become a better father
and be a better husband,

0:40:57.822,0:40:59.757

but also just honor

0:40:59.757,0:41:03.594

the other men and women's,
you know, choices that they had on me, if you will.

0:41:03.928,0:41:06.931

You know, trying to push their legacy

or push their,

0:41:08.833,0:41:11.602

goodwill's the same way they did with me.

0:41:11.602,0:41:14.538

Try and pay it back

by helping somebody else in the future.

0:41:17.475,0:41:17.641

Yeah.

0:41:17.641,0:41:19.543

I mean, there's a lot of people

that believe in you and support you.

0:41:19.543,0:41:22.546

You feel a lot of pressure

to not let them down right?

0:41:24.448,0:41:27.184

So I feel that a lot.

0:41:27.184,0:41:30.187

Yeah.

0:41:30.254,0:41:30.821

You know, the.

0:41:30.821,0:41:32.556

So you

0:41:32.556,0:41:35.559

you talk about your mom calling you out.

0:41:35.626,0:41:38.596

And then your friend Gerald.

0:41:38.596,0:41:41.599

It's the people that love us the most
that are the most brutally honest.

0:41:42.032,0:41:44.301

Yeah. Right.

0:41:44.301,0:41:47.304

And if we're not brutally honest
we're not here to just

0:41:47.605,0:41:49.440

tell you what you want to hear.

0:41:49.440,0:41:52.443

We have to make sure that we're here
to tell each other what we need to hear.

0:41:53.911,0:41:56.013

Sometimes you need to be shook, right?

0:41:56.013,0:41:58.983

Yeah, absolutely.

0:41:59.016,0:42:01.118

Yeah. Like

0:42:01.118,0:42:03.821

Michael Jordan,
he got cut from his high school team.

0:42:03.821,0:42:05.723

Yeah. What would have happened
if you would have gone?

0:42:05.723,0:42:09.660

I mean, sure, yourself would have been great,
but I'm sure that lit something in him, you know,

0:42:09.894,0:42:10.728

letting him know like, hey,

0:42:11.762,0:42:15.833

I in order to be the best, I have to work
to become the best, right?

0:42:15.833,0:42:18.836

It can just,
you know, talent can only take you so far.

0:42:20.738,0:42:21.071

Yeah.

0:42:21.071,0:42:23.007

I don't know about you.

0:42:23.007,0:42:24.575

Michael Jordan's the goat.

0:42:24.575,0:42:26.043

Yes. Okay.

0:42:26.043,0:42:26.544

Yeah.

0:42:26.544,0:42:29.980

Sometimes the younger generation
has other opinions, but Michael Jordan

0:42:29.980,0:42:32.583

is the goat of of all goats.

0:42:32.583,0:42:35.586

Yeah, I mean, all praise LeBron. But

0:42:36.186,0:42:40.190

it's just crazy

the reach that LeBron or Michael have.

0:42:40.257,0:42:43.260

I remember being in my grandma's backyard

0:42:43.360,0:42:46.363

with a Shaq's jersey okay.

0:42:46.730,0:42:50.000

And I'm over here talking to my cousin,
telling him like I'm going to dunk on you.

0:42:50.000,0:42:51.902

And then he'd be like, oh yeah.

0:42:51.902,0:42:54.738

And I tell him, like, I'm, I'm, I'm Michael Jordan.

0:42:54.738,0:42:57.541

And he's like, oh no.

0:42:57.541,0:42:59.410

But just that rich, right.

0:42:59.410,0:43:03.714

You know, like the inspiration that he gave,
you know, to kids,

0:43:04.248,0:43:07.084

you know, and set the bar for us. Right.

0:43:07.084,0:43:12.723

Seeing what Michael did now gave us a bar
to become, hey, if he did that, I could do that.

0:43:12.723,0:43:14.258

And I'm surpass it right now.

0:43:15.359,0:43:18.462

The game has become more and more out of it.

0:43:18.462,0:43:20.831

And I think same with with our lives, right?

0:43:20.831,0:43:26.103

Like our parents or our community can set the norm
for what our environment can be.

0:43:26.103,0:43:28.172

And then we just

0:43:28.172,0:43:31.175

hopefully surpass that.

0:43:31.976,0:43:33.978

Yeah, I,

0:43:33.978,0:43:35.813

I have seen something criticized for it,

0:43:35.813,0:43:38.816

but I think of everything through the lens of team.

0:43:40.150,0:43:42.186

You know, I have family,

0:43:42.186,0:43:45.189

but when I go to work, I think in the lens of team,

0:43:45.289,0:43:48.292

when I'm in the community, I think about team

0:43:48.692,0:43:49.860

because every one of us

0:43:49.860,0:43:53.864

has a responsibility to contribute our best selves
for to benefit everyone else, right?

0:43:54.131,0:43:54.698

Yeah.

0:43:54.698,0:43:56.033

And you are only as good

0:43:56.033,0:43:59.103

as those that you're surrounded
by when you're operating and functioning as a team.

0:44:00.104,0:44:01.171

And so as a community, we

0:44:01.171,0:44:04.274

feel the same way and as a as employees and as

0:44:05.309,0:44:08.312

different groups of teams and as a team as a whole,

0:44:09.079,0:44:12.549

if we're not individually leveling up

and investing in ourselves

0:44:12.549,0:44:17.187

and taking accountability for our own

greatness, right, we're not contributing our best

0:44:17.187,0:44:19.657

to the whole.

0:44:19.657,0:44:21.792

And so I like to say that the way starts

0:44:21.792,0:44:24.795

with with you and it ends with us

0:44:25.195,0:44:26.797

because you have to bring your best self.

0:44:26.797,0:44:27.998

And that's what Michael Jordan did.

0:44:27.998,0:44:30.467

He was the goat man,

0:44:30.467,0:44:32.269

and he

0:44:32.269,0:44:33.470

he wasn't nice about it either.

0:44:33.470,0:44:35.739

No, no.

0:44:35.739,0:44:36.540

Which I think is great.

0:44:36.540,0:44:37.775

I mean, in many ways

0:44:37.775,0:44:41.578

kind of what you're doing with the city,
right, is calling people to action, calling

0:44:42.279,0:44:46.083

Michael Michael that if somebody missed a bucket

that they should have been able to make.

0:44:47.317,0:44:49.553

Hey, Mikey, call them to accountability, right?

0:44:49.553,0:44:51.722

Call them to the third time, okay.

0:44:51.722,0:44:54.158

You need to do that or what do we need to do?

0:44:54.158,0:44:57.127

But I, I mean, I don't know

I don't know if Michael's personal life like that,

0:44:57.127,0:45:00.564

but at least from the small pleasures of that

I've seen in documentaries,

0:45:01.432,0:45:05.536

one thing I loved about him

is that he involved himself in the solution.

0:45:05.536,0:45:09.740

I think sometimes when we come in

and I say criticize but try to help somebody else,

0:45:09.740,0:45:15.546

we just leave them like more broken than more
built up so we can be like, hey, you suck.

0:45:15.546,0:45:17.748

You need to do this better. But

0:45:17.748,0:45:20.751

but I think the approach should be, hey, like,
I saw these things,

0:45:21.185,0:45:23.754

do you mind if I help you?

0:45:23.754,0:45:25.022

And then if they say yes, great.

0:45:25.022,0:45:27.891

I'm like, all right,
this is how I think we could go about it.

0:45:27.891,0:45:29.159

What do you think?

0:45:29.159,0:45:31.261

And then plug yourself in the solution. Right.

0:45:31.261,0:45:32.996

Don't be another issue to that person.

0:45:32.996,0:45:35.499

There'll be another problem by
be like, hey, you know. Yeah.

0:45:36.467,0:45:37.801

Just been another critic, right?

0:45:37.801,0:45:39.002

Yeah.

0:45:39.002,0:45:41.138

That was the thing about Jordan is
he had a high standard.

0:45:41.138,0:45:44.141

He was unapologetic about it,
and he demanded it of others,

0:45:45.142,0:45:47.478

which he was in the position to do.

0:45:47.478,0:45:52.382

But the rest of us,
we have to inspire others to share the vision.

0:45:52.382,0:45:55.352

Share the the standard. Right. Yeah.

0:45:55.486,0:45:57.888

I read some something over the weekend.

0:45:57.888,0:46:00.991

I had a really harsh criticism last week.

0:46:01.225,0:46:04.228

Super personal, very hurtful.

0:46:04.862,0:46:07.865

Based on a lot of assumptions.

0:46:09.600,0:46:12.703

Maybe even based more on where he was at versus
where I'm at.

0:46:12.903,0:46:16.507

But it was so harsh that

0:46:17.641,0:46:19.810

it made me think that

0:46:19.810,0:46:21.712

if you have a problem with me, that's what I read.

0:46:21.712,0:46:24.248

If you have a problem with me, call me.

0:46:24.248,0:46:26.283

But if you don't have my number, you're not close

0:46:26.283,0:46:29.353

enough to me to have that criticism of me.

0:46:29.920,0:46:34.458

You don't know me well enough
to criticize me like that when you don't even have.

0:46:34.925,0:46:35.793

Not only the

0:46:36.727,0:46:39.730

willingness
to call me, but you don't even have my number.

0:46:39.930,0:46:42.933

How could you possibly think you know me

0:46:43.233,0:46:45.602

and think that you can say those kinds of things

0:46:45.602,0:46:48.572

and be accurate and be right because

0:46:49.206,0:46:50.874

you don't know shit, right?

0:46:50.874,0:46:53.877

Yeah, it's.

0:46:56.413,0:46:56.880

I think

0:46:56.880,0:47:02.119

I think that we as people have way
too much tendency, and we're way too willing

0:47:02.419,0:47:05.422

and fast to judge.

0:47:05.422,0:47:07.324

We don't take the time to understand each other.

0:47:07.324,0:47:11.195

We don't take the time to write, to reflect
on our own circumstances and our where we are

0:47:11.195,0:47:14.198

at before we dumping on others.

0:47:14.731,0:47:17.100

And it is

0:47:17.100,0:47:20.504

really detrimental to people,
to cities, to communities, to our country.

0:47:21.104,0:47:26.410

And and if we can give each other more grace, we're
going to give a lot more greatness to each other.

0:47:28.812,0:47:31.148

And,

0:47:31.148,0:47:33.350

so I got to review what's,

0:47:33.350,0:47:36.987

so that you got that review, happens
a lot, actually.

0:47:37.321,0:47:40.090

Not a I mean,

0:47:40.090,0:47:42.926

there's always people out there
cheering on the mayor, right?

0:47:42.926,0:47:44.228

Yeah, that's just the job.

0:47:44.228,0:47:47.030

So you gotta have a sense of self-confidence
to just overcome it.

0:47:47.030,0:47:50.033

But every now and again,

0:47:50.267,0:47:53.704

a bomb is lobbed at you
that is so painful and personal that.

0:47:54.938,0:47:57.307

Not that I'm the victim, but I am human, right?

0:47:57.307,0:47:57.875

Yeah.

0:47:57.875,0:48:00.878

And if I don't feel things,
I'm not going to be a good mayor. But

0:48:01.411,0:48:03.780

you do have to process it, and you got to move on,

0:48:03.780,0:48:06.783

and you gotta focus on what's right.

0:48:07.351,0:48:08.318

And that

0:48:08.318,0:48:11.922

I just don't think treating people like
that is right, whether, you know, it's the mayor.

0:48:11.955,0:48:13.457

Anybody else? Yeah.

0:48:15.525,0:48:18.362

So no.

0:48:18.362,0:48:19.062

Such as life.

0:48:19.062,0:48:19.930

Right.

0:48:19.930,0:48:22.432

So let's. Yeah. Yeah,

0:48:22.432,0:48:23.533

that is true.

0:48:23.533,0:48:27.137

But I mean,

I think I mean, I'm definitely taking that away.

0:48:27.571,0:48:29.273

So I think

0:48:29.273,0:48:31.742

in my personal life, sometimes,

0:48:31.742,0:48:33.410

I mean, you know,

this person is like saying, right?

0:48:33.410,0:48:34.244

We're all human beings.

0:48:34.244,0:48:38.482

And part of people is I don't know what it is.

0:48:38.482,0:48:41.485

Yeah. Like, some people really do want to

0:48:41.852,0:48:43.687

cut down the tree that's trying to grow over

0:48:43.687,0:48:46.690

trying to do something

0:48:47.190,0:48:48.292

for no reason.

0:48:48.292,0:48:50.961

Yeah.

0:48:50.961,0:48:53.397

You know, I, I think I'm often stuck.

0:48:53.397,0:48:57.467

So when you're the mayor,
you have all of these voices, right?

0:48:57.668,0:48:59.836

And opinions,

0:48:59.836,0:49:03.206

like countless people
that are impacted by your decisions.

0:49:03.206,0:49:06.543

And you're trying to hear and understand
what's the best route

0:49:08.512,0:49:10.447

and you feel conflicted between opinions.

0:49:10.447,0:49:14.618

But I'm really starting to see
that you're conflicted between mindsets a lot.

0:49:16.219,0:49:18.488

And like

0:49:18.488,0:49:21.758

Martin, conflicted between people
that really want to level up and grow

0:49:21.758,0:49:25.829

and they want to accelerate
and be be better and get better and,

0:49:27.197,0:49:29.099

you know, drive their business

0:49:29.099,0:49:34.171

into another level of success, etc., versus
some that, that don't.

0:49:34.237,0:49:38.008

And there's different opinions
about where they want to go as people.

0:49:38.008,0:49:38.642

Right?

0:49:38.642,0:49:41.611

And as, as business owners or as community,

0:49:42.913,0:49:45.649

community members.

0:49:45.649,0:49:48.318

And that, that is the

0:49:48.318,0:49:50.787

more fundamental,

0:49:50.787,0:49:52.689

thing that reflects back in the opinion at the end

0:49:52.689,0:49:55.692

that's coming to me.

0:49:55.892,0:49:58.895

But I always want to choose,

0:49:59.096,0:50:00.364

a path

0:50:00.364,0:50:03.367

that helps Ogden and helps others
people step into their greatness.

0:50:04.668,0:50:07.671

And if others don't
want to step into their greatness,

0:50:08.372,0:50:09.539

that's kind of an individual thing.

0:50:09.539,0:50:12.242

That's

why the other way starts with you and ends with us.

0:50:12.242,0:50:15.345

I got to be thinking about us, and I have to.

0:50:16.313,0:50:17.214

I have to hear the voice

0:50:17.214,0:50:20.250

of you individually in order to make that choice.

0:50:20.250,0:50:22.652

You know me. Yeah.

0:50:22.652,0:50:24.121

It's pretty interesting job.

0:50:24.121,0:50:27.090

Yeah.

0:50:27.424,0:50:29.793

I mean, I think, I mean, the podcast a lot of,
I think shows that.

0:50:29.793,0:50:32.162

Right? Like shout out to Jody Brown.

0:50:32.162,0:50:33.096

She's inspired me.

0:50:33.096,0:50:36.199

I speak about her so much, like,
I don't know the lady.

0:50:36.199,0:50:39.202

Hopefully one day powerhouse I will, but,

0:50:40.370,0:50:42.305

Yeah. I mean,

0:50:42.305,0:50:45.042

whether or not was the message
that she wanted to come across, I took it

0:50:45.042,0:50:48.045

as just treat every interaction

0:50:48.145,0:50:51.048

like it's a life saving one for them.

0:50:51.048,0:50:54.484

And it's just incredible.

0:50:55.118,0:50:56.787

Incredible.

0:50:56.787,0:51:00.690

You know,

like how my interactions have changed with people.

0:51:02.359,0:51:04.928

And hopefully,

I mean, the impact can hopefully show

0:51:04.928,0:51:08.799

in their life,

you know, whether in our years down the road,

0:51:10.267,0:51:12.636

you know, that that episode, Jody Brown

0:51:12.636,0:51:15.872

is the one that the most people mentioned to me.

0:51:16.173,0:51:21.478

Yeah, she's been the most impactful, most powerful interview from the people that I've heard from.

0:51:21.645,0:51:23.980

Yeah.

0:51:23.980,0:51:27.551

I mean, it was raw, like it was so honest, so straightforward.

0:51:27.551,0:51:30.554

She was incredible, incredible.

0:51:32.489,0:51:32.989

Yeah, she's

0:51:32.989,0:51:35.992

the kind of person

I want to be in the lives of my daughters.

0:51:36.193,0:51:39.162

Yeah, right.

0:51:39.162,0:51:41.031

Oh, absolutely.

0:51:41.031,0:51:42.766

I mean,

0:51:42.766,0:51:46.269

it's people like that that make, you know, like,
almost foundational to the community, right?

0:51:46.336,0:51:47.037

Oh, yeah.

0:51:47.037,0:51:48.505

You know,

0:51:48.505,0:51:50.707

so talk about struggle.

0:51:50.707,0:51:52.309

Talk about grind.

0:51:52.309,0:51:55.011

Right. Talk about grit. Geez.

0:51:55.011,0:51:56.680

She went through so much.

0:51:56.680,0:52:00.517

She's right here talking to their stories like that
all over town on

0:52:01.651,0:52:02.285

like there.

0:52:02.285,0:52:05.755

There's so many incredible people here
that have such incredible stories and journeys.

0:52:06.123,0:52:06.523

Yeah.

0:52:06.523,0:52:09.226

The things that they've overcome
in order to be who they are.

0:52:10.861,0:52:13.830

That's the strength of Ogden, right.

0:52:14.364,0:52:17.367

Man I'm, I'm getting goosebumps
just thinking about her story right now.

0:52:17.400,0:52:18.902

Yeah.

0:52:18.902,0:52:20.904

How she

0:52:20.904,0:52:22.239

that glass she share that right.

0:52:22.239,0:52:26.176

Like I think sometimes
people will experience things in life

0:52:26.443,0:52:29.446

and just hold it.

0:52:30.147,0:52:32.649

But there's so much benefit to be had.

0:52:32.649,0:52:35.652

You know when we get to share these moments
or share those experiences.

0:52:36.353,0:52:38.955

And because I found it for myself, like,

0:52:38.955,0:52:43.059

sometimes like I've gone into, like,
you know, church and everything,

0:52:43.059,0:52:46.830

and I'm just like, man,
I'm the only one going through this right now.

0:52:47.297,0:52:49.733

And sure enough,
somebody share something and I'm like, whoa.

0:52:49.733,0:52:53.770

And so we down the street from
is having similar things, if not worse, right.

0:52:54.871,0:52:57.841

There's always somebody going through or something
worse, something harder.

0:52:57.941,0:52:58.441

Yeah.

0:53:00.677,0:53:03.480

And I think about, you know, like

what would have happened if that person

0:53:03.480,0:53:05.882

would have not shared like,

0:53:05.882,0:53:08.685

you know,

who knows what my despair could have turned into.

0:53:08.685,0:53:09.753

Right.

0:53:09.753,0:53:12.722

But I'm glad they did, because then it kind of
gave me a little bit of hope.

0:53:12.722,0:53:13.089

Okay.

0:53:13.089,0:53:18.361

So so it's going through some similar
and they're putting a, a smile on their face.

0:53:19.429,0:53:22.432

I can too, you know, I can do something.

0:53:23.133,0:53:26.102

You know, America's
suffering from a crisis of comfort.

0:53:26.703,0:53:29.606

You ever heard that before? Now

0:53:29.606,0:53:33.877

this crisis that we're all in, in pursuit
and seeking comfort all the time?

0:53:34.277,0:53:37.080

Yeah, we've we've lost the

0:53:37.080,0:53:40.083

the drive to seek discomfort,
which is where growth is.

0:53:40.317,0:53:43.353

Yeah. It's
kind of counterintuitive for human nature.

0:53:43.353,0:53:47.524

If you I think there's a primal instinct
to find comfort and safety.

0:53:47.791,0:53:48.291

Right.

0:53:49.793,0:53:50.327

But if you're

0:53:50.327,0:53:54.064

focused on discomfort

then you're focused on growth.

0:53:54.431,0:53:55.031

Yeah.

0:53:55.031,0:53:59.369

So if you feel a sense of discomfort,

it's an opportunity to grow

0:53:59.536,0:54:02.539

instead of seeing it as ouch, what was me?

0:54:04.007,0:54:05.909

If you train yourself in your mindset

0:54:05.909,0:54:09.412

to see that hurts, that's that's uncomfortable.

0:54:09.813,0:54:12.148

Yeah. And then you're like, wait,

0:54:12.148,0:54:15.151

that's an opportunity to grow, stop chewing,
to grind.

0:54:16.052,0:54:19.856

That that criticism I got last week,
I'll admit it affected me.

0:54:20.190,0:54:20.590

Yeah.

0:54:20.590,0:54:23.593

And I noticed
that it was affecting the people around me.

0:54:23.760,0:54:27.797

Yeah, that my staff was picking up on my energy
and that I had to change it.

0:54:28.164,0:54:31.167

And I closed my door in my office

0:54:32.335,0:54:34.137

and,

0:54:34.137,0:54:37.140

and I got on my knees and I prayed.

0:54:38.241,0:54:40.377

And then I got to work on a solution.

0:54:40.377,0:54:42.979

And I always feel better when I have a solution.

0:54:42.979,0:54:43.513

Right?

0:54:46.349,0:54:49.352

But it's so easy to

0:54:49.386,0:54:52.422

to take the easy way to find comfort.

0:54:52.922,0:54:55.925

Right.

0:54:56.293,0:54:57.961

But the comfort was in the solution.

0:54:57.961,0:54:58.595

For me.

0:54:58.595,0:55:00.030

The comfort was in the prayer.

0:55:00.030,0:55:01.998

The comfort was in

0:55:01.998,0:55:05.168

the challenge to myself to say,

I can't do this to the people around me.

0:55:05.168,0:55:07.470

I can't do it to myself

0:55:07.470,0:55:09.873

again, the autonomy starts with you.

0:55:09.873,0:55:11.975

I can't do it to the people around me.

0:55:11.975,0:55:14.311

Yeah, because the other way starts with you.

0:55:14.311,0:55:15.512

But it ends with us.

0:55:15.512,0:55:17.781

And in that moment, it was about us.

It's about our team. It's.

0:55:17.781,0:55:20.383

It's about the ninth floor

and my energy was screwing up.

0:55:20.383,0:55:21.918

The ninth floor is energy.

0:55:21.918,0:55:24.921

And when you mess up the energy on the ninth floor
of the of the city building,

0:55:25.322,0:55:28.325

you're

messing up the leadership energy of the city. The.

0:55:28.591,0:55:30.093

And I knew I was struggling.

0:55:32.629,0:55:34.531

And I had to overcome it.

0:55:34.531,0:55:36.599

How could they overcome it
if I don't overcome it first?

0:55:36.599,0:55:39.602

Right? Right.

0:55:39.836,0:55:42.839

My only question to you on that is,

0:55:43.239,0:55:46.242

I mean, obviously
this is a personal question to you, but like,

0:55:47.510,0:55:49.412

I think sometimes,

0:55:49.412,0:55:52.949

you know,
people want to like solve that on their own.

0:55:53.383,0:55:56.386

When is it the time to then go and

0:55:57.253,0:56:00.256

ask for help?

0:56:01.891,0:56:04.527

I don't think there's ever any shame
for asking for help.

0:56:04.527,0:56:06.529

Yeah.

0:56:06.529,0:56:09.532

You just can't always count on having help.

0:56:11.301,0:56:12.836

Man, if I had a dollar for every time

0:56:12.836,0:56:15.839

somebody blamed me for their life circumstances.

0:56:19.642,0:56:22.445

I just can't help but think

0:56:22.445,0:56:24.647

if you're blaming me

0:56:24.647,0:56:27.650

for your failures.

0:56:27.817,0:56:30.820

That means that I'm the only person

0:56:30.887,0:56:33.656

that can achieve your success to.

0:56:33.656,0:56:34.891

Right?

0:56:34.891,0:56:37.293

And don't get me wrong,

I don't I shouldn't be a mayor.

0:56:37.293,0:56:39.896

That makes it harder for people

to succeed in the city.

0:56:39.896,0:56:43.800

I should be the kind of mayor that breaks down
barriers so that they can earn their own success.

0:56:44.768,0:56:45.335

Right.

0:56:45.335,0:56:47.370

Yeah.

0:56:47.370,0:56:50.774

But no matter who the mayor is
or who the president is or who anybody is,

0:56:51.708,0:56:55.044

it only comes down to who you are
first and foremost.

0:56:55.044,0:56:56.780

Fundamentally,

0:56:56.780,0:56:58.848

it starts with you.

0:56:58.848,0:57:01.084

And then I hope every in everything
it ends with us.

0:57:01.084,0:57:04.487

But we have to take accountability
over our own success.

0:57:04.487,0:57:06.122

Our success is ours.

0:57:06.122,0:57:09.125

Yeah, our failures are ours, right?

0:57:09.159,0:57:09.926

Yeah.

0:57:09.926,0:57:13.263

If average isn't the enemy for you,
how is average going to be the enemy for us?

0:57:16.566,0:57:19.569

Well said

0:57:19.803,0:57:22.772

I think one of the quotes that

0:57:23.072,0:57:28.044

I wrote a while back
is because I guess in preparation for this,

0:57:28.044,0:57:31.481

I'm just kind of thinking about like what,
what can I share if that makes sense.

0:57:32.081,0:57:37.320

But the one thing that I kept talking to
my wife about was one of the things that I wrote

0:57:37.320,0:57:40.590

a while back was,
you know, with the walls around you,

0:57:41.491,0:57:43.860

you know, define you, not confine you. Yeah.

0:57:43.860,0:57:48.698

I don't think the experiences I've gone through
my life are any more unique than others.

0:57:48.698,0:57:51.701

I think others have gone through worse, you know.

0:57:52.101,0:57:55.371

But I have vowed them to make me better.

0:57:55.371,0:57:59.342

At the end of the day, you know, to the
to the point that hopefully I can share something,

0:57:59.642,0:58:02.212

whether the, you know, sharing in someone's,

0:58:03.246,0:58:05.882

you know, despair just saying, like, hey,
you know what?

0:58:05.882,0:58:07.283

I've been through what you're going through.

0:58:07.283,0:58:11.421

But I can definitely emphasize
on that feeling of sadness.

0:58:11.754,0:58:16.593

I felt sadness, my life, you know,
you're so in some way now, but I'm not right now.

0:58:16.659,0:58:17.360

No, not right now.

0:58:17.360,0:58:18.161

But for a minute.

0:58:18.161,0:58:21.164

Yeah.

0:58:22.565,0:58:25.468

And so.

0:58:25.468,0:58:28.171

On. So.

0:58:28.171,0:58:30.173

And so for

0:58:30.173,0:58:33.142

for me, like, I think

0:58:33.142,0:58:36.880

it's important to go with that mind. So,

0:58:38.381,0:58:42.886

you know, like how, like I said, you know, to
every conversation now that you're in health and,

0:58:43.920,0:58:45.722

and that we all really need something, right?

0:58:45.722,0:58:49.125

We're all needing help at all points

0:58:50.193,0:58:54.264

and I it's something shelter me like

now that I struggle when it comes to asking help.

0:58:54.998,0:59:00.270

Because sometimes I feel like

I just want to get done quick, right?

0:59:00.270,0:59:02.238

But that's not always the case for everything.

0:59:02.238,0:59:04.107

Sometimes it's important for things. So

0:59:05.074,0:59:07.644

kind of stew a little bit and,

0:59:07.644,0:59:10.647

and and

0:59:10.914,0:59:13.750

and I, my wife told me this once.

0:59:13.750,0:59:17.520

She's like, think about your life and think about

how many people take the chance on you

0:59:17.520,0:59:20.523

in the sense of

they could have done it without you,

0:59:20.690,0:59:23.793

but they saw you and said,

this person needs that opportunity.

0:59:23.993,0:59:26.629

This person needs that time to help me.

0:59:26.629,0:59:30.967

And because I got help with a lot of the things

that I've done in the building,

0:59:31.534,0:59:34.704

and all those individuals could have very easily

done it by themselves,

0:59:35.505,0:59:39.943

but they saw the the opportunity,

the need that I had, you know, to learn and grow.

0:59:40.543,0:59:41.878

And they gave me opportunity.

0:59:41.878,0:59:44.213

It took way longer, way longer.

0:59:44.213,0:59:49.185

But now they've given me more
than I could have asked for.

0:59:51.888,0:59:54.257

Way, way more

0:59:54.257,0:59:54.991

was all the way over.

0:59:54.991,0:59:58.461

I kind of use make and so make it that.

0:59:59.195,1:00:02.198

Yeah, I think you're.

1:00:02.432,1:00:05.101

This is just kind of the typical experience
of getting car right.

1:00:05.101,1:00:07.804

I know.

1:00:07.804,1:00:10.740

I've been pretending here for the last 30 minutes.

1:00:10.740,1:00:16.846

I'm. I appreciate you taking time to do this
with me.

1:00:17.146,1:00:19.215

Of course.

1:00:19.215,1:00:21.618

You know, I think hopefully

1:00:21.618,1:00:24.687

for everyone watching this,
if you don't have a barber or hairstyles

1:00:24.687,1:00:27.991

or somebody that you can go to to talk to you,
find somebody.

1:00:27.991,1:00:32.829

I think it's so, so beneficial
for all generations, for young ones.

1:00:32.829,1:00:33.830

I think it's great.

1:00:33.830,1:00:37.467

It helps you guys learn some social skills
to talk to another adult.

1:00:37.900,1:00:40.770

I think most barbers are eager
and willing to talk to you,

1:00:40.770,1:00:44.207

to the person
who's in their chair, because without individuals,

1:00:45.174,1:00:46.576

we have no job.

1:00:46.576,1:00:49.078

Yeah. And,

1:00:49.078,1:00:51.814

hopefully, you know,

1:00:51.814,1:00:55.852

you can find that person and hopefully they,
they not only give you the haircut that you're

1:00:55.852,1:00:59.856

looking for, but at the same time, they give you
the experience that you deserve as a human being.

1:01:01.724,1:01:04.727

Well,

if you're going to if you don't have a barber,

1:01:04.861,1:01:07.864

come to the barber company called.

1:01:08.998,1:01:10.600

See justice.

1:01:10.600,1:01:12.268

See anybody here

1:01:12.268,1:01:14.904

You can be in good hands, but

1:01:14.904,1:01:16.773

there's a lot of good barbers here, too.

1:01:16.773,1:01:17.240

Yeah.

1:01:17.240,1:01:21.411

If you go to Empyre, to Syn or the Moore's,
or go see Joe

1:01:21.411,1:01:25.081

up on the north end, like, no matter where you go,
you're going to find good people.

1:01:25.381,1:01:27.850

You'll find good service. Just find a connection.

1:01:27.850,1:01:30.853

Find somebody that you want to support
and be loyal to them.

1:01:31.020,1:01:31.921

They'll be loyal back to you.

1:01:31.921,1:01:35.224

I know it and that's the thing I love about the
the barber culture.

1:01:35.892,1:01:39.362

You guys have an absolute abundance mentality.

1:01:40.029,1:01:42.098

You support each other,
you pull for each other, you

1:01:43.166,1:01:44.734

want to make sure that others succeed.

1:01:44.734,1:01:47.036

It's not a competitive environment,

1:01:47.036,1:01:50.039

although I think you're competitive by nature
because you want to succeed. But

1:01:50.773,1:01:52.742

I don't think you compete
at the cost of the others.

1:01:52.742,1:01:56.779

You compete by right raising, raising the bar,
raising the level.

1:01:56.779,1:01:57.480

Right?

1:01:57.480,1:02:00.483

Yeah.

1:02:00.650,1:02:02.852

You thank you man.

1:02:02.852,1:02:04.654

Well, thanks for having me on course.

1:02:04.654,1:02:06.122

So you get in a couple weeks.

1:02:06.122,1:02:08.491

Yeah two weeks. Every two weeks. Can't forget it.

1:02:08.491,1:02:08.891

All right.

1:02:08.891,1:02:13.362

Well, I think we we end every episode with the call to action, and I think I just said it.

1:02:13.830,1:02:17.266

If you don't already have a barber, if you don't already have, I don't know, a hair stylist,

1:02:18.701,1:02:19.969

go find one. Go connect.

1:02:19.969,1:02:21.838

Go find someone to be loyal to.

1:02:21.838,1:02:25.441

Whether it's a cutting your hair
or any other service in the city.

1:02:25.975,1:02:29.412

Find someone that's stepping up and stepping out,
that's leveling up

1:02:30.113,1:02:34.117

and, doing the work to be their best
and support them in their journey,

1:02:35.184,1:02:36.552

help them in their business,

1:02:36.552,1:02:40.723

be the kind of person that supports them
and is there for them.

1:02:40.723,1:02:43.292

And I promise you,
they're going to be the same for you.

1:02:43.292,1:02:46.262

That's how the world works
when you serve others selflessly.

1:02:46.863,1:02:48.865

That's the most selfish thing that you could do.

1:02:48.865,1:02:50.066

They will return it back.

1:02:50.066,1:02:51.801

And that's why we talk about the servant cycle.

1:02:51.801,1:02:54.470

Serve others selfishly, selflessly.

1:02:54.470,1:02:57.540

And I promise you that
that they'll serve you selflessly back.

1:02:57.974,1:03:00.343

And that's the call to action today.

1:03:00.343,1:03:01.410

Thanks for joining us.

1:03:01.410,1:03:04.380

Thank you Aldin for joining me.

1:03:04.380,1:03:05.515

I hope you guys enjoyed it.

1:03:05.515,1:03:08.518

We didn't really have a topic that we focused on,
and that was kind of the point.

1:03:09.118,1:03:11.587

You come to places, you build connection,

1:03:11.587,1:03:14.657

you build relationships,
and in so doing you build yourself.

1:03:15.057,1:03:18.094

And when we do it collectively and scale it,
we build community.

1:03:18.628,1:03:21.030

Thanks, everybody
for joining us on the Ogden Way podcast.

1:03:21.030,1:03:23.132

I'm Ogden City Mayor Ben Nadolski

1:03:23.132,1:03:25.134

This is Aldin Falcon. Get some.