

0:00:09.875,0:00:12.375
Welcome everybody to the Ogden
Way Podcast.

0:00:12.375,0:00:15.416
I'm Ogden City mayor Ben Nadolski
and we are here to talk about

0:00:15.416,0:00:18.500
the stories of Ogden
by telling the stories of Ogden???'s people.

0:00:18.791,0:00:22.250
And today, we're going to tell the story
and hear the story of Sara Mejeur,

0:00:22.750,0:00:23.708
a good friend of mine.

0:00:23.708,0:00:25.875
Welcome, Sara. Thanks.
Thanks for having me.

0:00:25.875,0:00:27.875
No, we're happy to have you.

0:00:27.875,0:00:31.125
So Sara is a person
that I have always admired.

0:00:31.125,0:00:32.375
Not only because of your kindness.

0:00:32.375,0:00:35.250
You are someone that exudes
kindness and love.

0:00:35.250,0:00:38.250
You are a caring person.

0:00:38.666,0:00:41.666
Everybody that interacts with you
feels that way.

0:00:42.041,0:00:44.375
But you're also a person that steps up.

0:00:44.375,0:00:46.875
You lean in and you roll up your sleeves,

0:00:46.875,0:00:50.500
and you use the the love and kindness
you have for others to help others.

0:00:50.666,0:00:51.125
Yeah.

0:00:51.125,0:00:53.833
And it's something
that I've always admired about you.

0:00:53.833,0:00:54.291
Thank you.

0:00:54.291,0:00:56.750
So thanks for doing that for us
and for Ogden. Yeah.

0:00:56.750,0:00:59.583
And thanks for being here today. Awesome.
Thank you. I'm thrilled to be here.

0:00:59.583,0:00:59.833
Yeah.

0:00:59.833,0:01:03.083
So, for people who don't know you,
you're from Michigan.

0:01:03.250,0:01:05.375

I am right. Yeah.

0:01:05.375,0:01:07.541

One of many Michiganders. Oh, yeah. Yeah.

0:01:07.541,0:01:09.250

There's a lot of us here.

0:01:09.250,0:01:11.125

I like sunshine.

0:01:11.125,0:01:14.583

Mountains,
same four seasons, lot of snow.

0:01:15.041,0:01:17.708

Lot better than the gray, right?

0:01:17.708,0:01:19.666

Yeah, I know. Like, sorry Michigan.

0:01:20.833,0:01:21.208

Michigan.

0:01:21.208,0:01:24.208

But, Utah. It's better. Okay.

0:01:24.416,0:01:26.958

So as as you know, I came from Arizona.

0:01:26.958,0:01:30.583

And there's a sentiment amongst
a lot of people about, like, don't tell

0:01:31.000,0:01:32.833

anybody about Ogden.
I know. Don't tell em.

0:01:32.833,0:01:34.083

I know, right.

0:01:34.083,0:01:36.791

Utah's does best kept secret,
which is true.

0:01:36.791,0:01:40.041

But also the thing that makes Ogden
special is that we are not all the same.

0:01:40.125,0:01:40.625

Yeah.

0:01:40.625,0:01:44.500

And so having people from outside
contributes to the fabric

0:01:44.500,0:01:46.041

of who we are as well. Absolutely.

0:01:46.041,0:01:48.500

And so hopefully we'll consider that.

0:01:48.500,0:01:51.125

I think everybody does for
for people that come from the outside.

0:01:51.125,0:01:55.291

But you've certainly brought your gifts
and talents

0:01:55.291,0:01:57.250

and kindness from Michigan to Ogden.

0:01:57.250,0:02:00.250

Yeah,
that Midwest nice fits in pretty well. Oh,

0:02:00.791,0:02:01.875
yeah. Yeah.

0:02:01.875,0:02:03.333
Oh, that's what it is.

0:02:03.333,0:02:05.916
So you're not that special? No. Okay.

0:02:05.916,0:02:06.416
I'm not.

0:02:07.625,0:02:08.666
So we often hear.

0:02:08.666,0:02:11.708
And I just want to start by asking you
how you felt when you came to Ogden.

0:02:11.833,0:02:12.625
Because we often hear

0:02:12.625,0:02:15.250
that we're a welcoming city,
and we believe that we are.

0:02:15.250,0:02:15.625
Yeah.

0:02:15.625,0:02:18.166
Did you feel that when you moved
here? 100%.

0:02:18.166,0:02:19.250
It's pretty wild.

0:02:19.250,0:02:23.125
Because when we were coming,
we could have lived anywhere in Utah.

0:02:23.458,0:02:27.916
And so we adventured everywhere just
to kind of find where our place would be.

0:02:28.250,0:02:31.875
And initially, Ogden was not on our list
for like, 90,000 people.

0:02:31.875,0:02:32.916
That's way too big.

0:02:32.916,0:02:36.583
I mean, we always loved, like,
our small town, adventures

0:02:36.583,0:02:39.541
that we've had, like population 5000
because we could be involved

0:02:39.541,0:02:41.208
and we knew all of our neighbors,

0:02:41.208,0:02:43.541
and there were things to do,
and our kids had good friends.

0:02:43.541,0:02:47.625
And, and that's been like
the biggest surprise is that Ogden

0:02:47.625,0:02:51.375
was our place, even though it was like
the only place we had, like, ruled out.

0:02:51.416,0:02:56.875
Because of its size, because
it feels like that population 5000.

0:02:57.000,0:02:59.916

So did you did you visit here before
deciding to move here?

0:02:59.916,0:03:02.500

Yeah,
we just felt that way. Yeah. Like we.

0:03:02.500,0:03:05.041

Yeah. Even in, like, the grocery store,
which is really funny.

0:03:05.041,0:03:08.041

Like, you're at the grocery store
in normal places,

0:03:08.083,0:03:09.833

you just walk by people and move along.

0:03:09.833,0:03:12.125

And if you're looking at something,
you're just looking at something.

0:03:12.125,0:03:15.250

But even here, people are like,
oh, that's my favorite thing.

0:03:15.250,0:03:16.208

And we tried that.

0:03:16.208,0:03:19.208

Or like if people are like chatting
with you, if you say, oh, how are you?

0:03:19.208,0:03:21.708

They tell you I was like that.

0:03:21.708,0:03:23.083

It was definitely the Midwest.

0:03:23.083,0:03:26.625

Nice to only like extra,
which I didn't think existed.

0:03:26.625,0:03:28.416

So O-Town nice.

0:03:28.416,0:03:30.375

And then it is, O-Town, nice.

0:03:30.375,0:03:31.750

Yeah, I like it.

0:03:31.750,0:03:34.250

We're O-Town nice and Ogden, USA. Yeah.

0:03:34.250,0:03:35.500

I love it.

0:03:35.500,0:03:36.750

That's perfect.

0:03:36.750,0:03:37.750

Yeah. It's awesome.

0:03:37.750,0:03:38.625

And we were nervous.

0:03:38.625,0:03:42.250

Like my husband and I, we both were going
to be working from home, moving here.

0:03:42.250,0:03:46.000

And so we knew we were going to have
to find some groups and get involved.

0:03:46.000,0:03:49.375

And and yeah,
it was pretty instantaneously.

0:03:49.791,0:03:52.791
And and I know that you and
I have mutual friends in the Furtons.

0:03:53.000,0:03:55.375
Yeah. Jeff and Beth Furton. Right? Yeah.

0:03:55.375,0:03:57.791
And so you guys actually are neighbors.

0:03:57.791,0:03:59.916
And coincidentally, they're from Michigan.

0:03:59.916,0:04:02.291
Yeah.
So how did you end up meeting the Furtons?

0:04:02.291,0:04:04.750
So I met the Furtons actually
through the GOAL Foundation.

0:04:04.750,0:04:07.541
So talking about, like,
needing to find a group.

0:04:07.541,0:04:09.708
We were searching on Facebook
for like, groups.

0:04:09.708,0:04:13.041
And so we just type in Ogden and Ogden,
pub owners popped up

0:04:13.041,0:04:16.041
and we were like,
they like to run, they like to drink beer.

0:04:16.208,0:04:17.833
I think these are going to be our people.

0:04:17.833,0:04:19.125
At least we were hoping they were.

0:04:19.125,0:04:23.500
And so we went and we actually met,
people from the GOAL Foundation

0:04:23.791,0:04:24.458
that night.

0:04:24.458,0:04:27.125
It was their end of year party
for the pub runners

0:04:27.125,0:04:29.291
and GOAL???'s being honored
as Community Partner of the year.

0:04:29.291,0:04:31.500
And I was like, what's GOAL?
Tell me about it.

0:04:31.500,0:04:33.291
So I met, like all of them.

0:04:33.291,0:04:34.416
We call them the GOAL Gals.

0:04:34.416,0:04:37.416
Like all of us gals that have worked
at GOAL or been a part of GOAL.

0:04:37.875,0:04:40.000
I met them that night like it was our.

0:04:40.000,0:04:42.708

We had been here two weeks at that point.

0:04:42.708,0:04:46.250

We all became friends,
and that's how I got,

0:04:46.333,0:04:49.500

introduced to the GOAL Foundation,
and they let me know, like, hey,

0:04:49.500,0:04:51.125

we have a job opening next week.

0:04:52.208,0:04:53.041

Yeah, you should apply.

0:04:53.041,0:04:56.041

And I was like,
I only know about half of that stuff,

0:04:56.041,0:04:59.041

but maybe I can get on YouTube
and learn the rest, right?

0:04:59.291,0:04:59.916

Good job.

0:04:59.916,0:05:02.375

I did, you know, school YouTube.

0:05:02.375,0:05:04.208

That's actually how men think too.

0:05:04.208,0:05:07.458

I am like okay, I have that mentality.

0:05:07.458,0:05:08.291

And luckily.

0:05:08.291,0:05:08.458

Okay good.

0:05:08.458,0:05:14.583

And and so I was hired, and that night,
or, like, not that night, but,

0:05:14.875,0:05:17.750

before I started,
they had, like, their end of year,

0:05:17.750,0:05:21.458

Christmas party and board mixer,
and I met the Furtons.

0:05:21.458,0:05:25.583

And they were from Michigan,
and we, we instantly bonded.

0:05:25.583,0:05:28.458

My husband wasn't there, but I was like,
I just met our new best friend.

0:05:28.458,0:05:30.375

Oh, my gosh, you're gonna love him. Like.

0:05:30.375,0:05:33.041

And he was like, cool, but I was right.

0:05:33.041,0:05:34.958

Next thing you
you bought a house across the street.

0:05:34.958,0:05:38.375

Yep. In the canyon and. Canyon people.

0:05:38.375,0:05:39.791

Canyon living, canyon crew.

0:05:39.791,0:05:40.666

Yeah. Okay.

0:05:40.666,0:05:41.875

Yeah, I made it.

0:05:41.875,0:05:43.666

I make the joke that that's how men think.

0:05:43.666,0:05:45.000

My wife's always,
you know, my wife, Jaynee.

0:05:45.000,0:05:47.458

Yeah. Of course. She's always saying quit.

0:05:47.458,0:05:50.083

Quit thinking that you only know
9 outta 10, so you're not going to apply.

0:05:50.083,0:05:52.583

Men only know 1 outta 10 and they apply.

0:05:52.583,0:05:54.041

And they're like, got it? Yeah.

0:05:54.041,0:05:56.250

So I think of it like six out of ten,
I think.

0:05:56.250,0:05:58.666

I feel like I can figure out the other
four 100%.

0:05:58.666,0:06:01.166

You always do. You in particular
always do.

0:06:01.166,0:06:01.625

Yeah.

0:06:01.625,0:06:05.083

So it's actually funny
you said goal gals.

0:06:05.291,0:06:05.750

Oh, yeah.

0:06:05.750,0:06:08.333

I've got goal, guys. You have goal guys?

0:06:08.333,0:06:10.166

Well, we have goal friends, right? Yeah.

0:06:10.166,0:06:10.541

Oh, yeah.

0:06:10.541,0:06:13.541

In fact Mike is a goal guy.

0:06:13.666,0:06:15.583

Good friend of mine. Yeah.

0:06:15.583,0:06:18.791

So goal was him coming to the city
is how I got hired at GOAL, right?

0:06:19.500,0:06:20.875

So I inherited Mike at the city.

0:06:20.875,0:06:23.291

But I knew Mike originally from GOAL.

0:06:23.291,0:06:26.583

And so now I get to, you know, work
collaboratively again.

0:06:26.958,0:06:28.041

Yeah.

As we've done so much heavy

0:06:28.041,0:06:30.375

living together in the past
and now we're doing heavy lifting again.

0:06:30.375,0:06:30.916

Oh, yeah.

0:06:30.916,0:06:31.708

That's what we do here.

0:06:31.708,0:06:32.166

The best.

0:06:32.166,0:06:36.041

Relationships are forged in the trenches,
and there are no greater trenches

0:06:36.041,0:06:39.875

than slapping wet sandbags
at, like, 3 a.m.

0:06:39.875,0:06:42.583

and right now, and hauling barricades and.

0:06:42.583,0:06:43.708

Right. Garbage juice.

0:06:43.708,0:06:45.666

All the time.

And anybody watching or listening.

0:06:45.666,0:06:47.041

I'm over at Mike. Mike, Mike,

0:06:48.625,0:06:49.666

all the buttons for us today.

0:06:49.666,0:06:52.750

And you remember the time
we were doing the Hurt in the Dirt.

0:06:52.750,0:06:55.000

And it was. It must have been,
I don't know, it was.

0:06:55.000,0:06:56.625

It was a while after midnight, I'm sure.

0:06:56.625,0:06:58.083

And we were down at Fort Buenaventura.

0:06:58.083,0:07:00.041

We were picking up all the trash.

0:07:00.041,0:07:03.375

And I remember

I had to get a big garbage can garbage

0:07:03.375,0:07:06.375

bag full of garbage up into the dumpster.

0:07:07.041,0:07:08.583

And I went to throw it out there
and it broke.

0:07:08.583,0:07:10.416

And all of the. Garbage juice.

0:07:10.416,0:07:13.541

All of the juice,
the garbage juice just drenched me.

0:07:14.125,0:07:14.791

Oh, yeah.

0:07:14.791,0:07:16.583

And I swear
Mike was there when that happened.

0:07:16.583,0:07:21.833

I???m sure and he probably laughed at you.
He???s cracking up trying to stay quiet.

0:07:21.875,0:07:24.541

But those are the experiences
that, like, build friendship.

0:07:24.541,0:07:25.041

Oh, yeah.

0:07:26.000,0:07:27.791

And we,

0:07:27.791,0:07:30.750

I, they all just gave me a bunch of heat
about it, made fun of me.

0:07:30.750,0:07:32.958

And I had to live in that juice
until we were done.

0:07:32.958,0:07:33.833

Yeah.

0:07:33.833,0:07:35.375

But that's the work that it takes.

0:07:35.375,0:07:37.666

That's literally the rolling up
the sleeves and doing the work. Right.

0:07:37.666,0:07:39.375

Yeah. That's. Yeah.

0:07:39.375,0:07:40.666

But that's that's what connects.

0:07:40.666,0:07:43.208

That's
what makes it special here. Right. Yeah.

0:07:43.208,0:07:46.166

That's so the GOAL Foundation is what

0:07:46.166,0:07:49.083

really brought
Jaynee and I in touch with Ogden as well.

0:07:49.083,0:07:52.958

Oh, I love
that was back then it was just such a work

0:07:52.958,0:07:56.041

oriented board and organization still is.

0:07:56.041,0:07:56.625

Yeah, but.

0:07:56.625,0:07:58.041

And they're a lot more mature now. Now?

0:07:58.041,0:08:00.583

Yeah, they???ve grown up
and they have like the governance.

0:08:00.583,0:08:02.625

Right there???s governance and

0:08:02.625,0:08:05.708

the fiduciary role and the implementation
and execution rules.

0:08:05.708,0:08:07.333
And they have a full time staff now.

0:08:07.333,0:08:10.333
And they're just an incredibly professional group and anything.

0:08:10.416,0:08:14.000
But there's a day where I wasn't predecessor

0:08:14.500,0:08:19.708
Mayor Caldwell was involved in organizing and founding the thing and yeah.

0:08:19.791,0:08:23.041
And so we just sort of all picked up where we were, and you build things,

0:08:23.666,0:08:26.875
we built the GOAL foundation, built the marathon, built our reputation, built

0:08:26.875,0:08:28.333
our Olympic legacy. Right?

0:08:28.333,0:08:29.333
Yeah.

0:08:29.333,0:08:33.791
So, but now you're building something even more fun

0:08:34.416,0:08:36.291
or a new adventure, you know?

0:08:36.291,0:08:37.958
Right, I know that. Roll up your sleeves.

0:08:37.958,0:08:41.333
I love I, I always kind of coin myself as, like, a builder.

0:08:41.333,0:08:43.625
Like, I love to build and grow things.

0:08:43.625,0:08:45.791
And now I get to build and grow at the dinosaur park.

0:08:45.791,0:08:48.375
That's right. It's not something that was on my radar.

0:08:48.375,0:08:52.375
Just like living in Utah, not on my radar was not my life plan.

0:08:52.625,0:08:54.666
But that was the greatest decision we ever made.

0:08:54.666,0:08:59.625
And leaving McKay-Dee to go to the Dinosaur Park was not on my plan, but

0:08:59.625,0:09:02.916
being an executive director and building an organization was on my plan.

0:09:02.916,0:09:05.500
So right. It's been a riot.

0:09:05.500,0:09:08.500
So so the so the Dinosaur Park,

0:09:08.750,0:09:11.833
it's a, partnership with the city I know.

0:09:12.000,0:09:15.041

So we own we own the property and
and you guys kind of run

0:09:15.041,0:09:19.791

the whole the whole thing for us, but,
when they were looking

0:09:19.791,0:09:23.291

for an executive director, of course,
every time that happens, word goes out.

0:09:23.291,0:09:27.000

We're looking for an amazing person,
someone with skill and drive

0:09:27.000,0:09:30.375

and cares deeply and and bam!

0:09:31.000,0:09:33.291

Next thing you know,
I know I'm sure there's a plan

0:09:34.500,0:09:34.833

for this.

0:09:34.833,0:09:36.791

You need to apply for this. I'm like,
are you sure?

0:09:36.791,0:09:38.375

Dinosaur Park? Like what?

0:09:38.375,0:09:40.875

What do you know about dinosaurs?
And I'm like, I don't know anything.

0:09:40.875,0:09:42.458

But I'm like, well, tell me what you need.

0:09:42.458,0:09:45.291

And they're like,
we need a stronger community connection.

0:09:45.291,0:09:46.666

We need fundraising.

0:09:46.666,0:09:49.333

We need to kind of shift
into that governance

0:09:49.333,0:09:50.500

Like, you're just talking about school.

0:09:50.500,0:09:53.500

Like they grew up
and needed to kind of separate the board

0:09:53.541,0:09:56.875

into more governance
and let the staff be, operational.

0:09:56.875,0:09:57.875

And that's what we're going through.

0:09:57.875,0:09:59.083

There's like, oh, wow.

0:09:59.083,0:10:01.375

Flashing back to like hearing
about how GOAL

0:10:01.375,0:10:04.375

went through that and other organizations
have gone through that.

0:10:04.750,0:10:06.375

And I was like,
oh my gosh, this is perfect.

0:10:06.375,0:10:09.125
This is my favorite things.
That is perfect. Yeah.

0:10:09.125,0:10:12.958
But so the way everybody started
calling you and saying you should apply.

0:10:13.041,0:10:13.583
Yeah.

0:10:13.583,0:10:16.208
That speaks to you and your skill, right?
Yeah.

0:10:16.208,0:10:19.208
That you're the kind of person that does
the pick and shovel work.

0:10:19.500,0:10:22.666
And we have an organization
that is deeply important to our community.

0:10:22.708,0:10:23.125
Yeah.

0:10:23.125,0:10:24.375
And it needs someone to lead it

0:10:24.375,0:10:27.375
and do some pick and shovel work
to continue bettering it.

0:10:27.458,0:10:28.125
Right.

0:10:28.125,0:10:30.750
So the organization wasn't
certainly wasn't broken. No.

0:10:30.750,0:10:31.666
Oh, is that there?

0:10:31.666,0:10:34.541
It's just that we have these organizations
that are on their

0:10:34.541,0:10:36.875
on their evolutionary trajectory. Right.

0:10:36.875,0:10:39.416
And and I feel
that way here in particular,

0:10:40.500,0:10:43.000
a lot of amazing
work has been done by my predecessors.

0:10:43.000,0:10:44.458
And there's always more.

0:10:44.458,0:10:46.916
And the mayor after me,
I hope he or she picks up the ball.

0:10:46.916,0:10:49.625
And yeah. Carries
it further. Yeah, absolutely.

0:10:49.625,0:10:51.375
That's community building. Right.

0:10:51.375,0:10:53.458
So we're just so thankful
that you're there.

0:10:53.458,0:10:54.500

Thank you.

0:10:54.500,0:10:56.416

Already hear amazing things.

Are you enjoying it?

0:10:56.416,0:10:57.791

Oh yeah I love it.

0:10:57.791,0:11:01.250

2 Months in and I'm like oh my gosh.

0:11:01.250,0:11:04.791

When I look back over my list of like,
things we've gotten done, things

0:11:04.791,0:11:08.791

that are still on the horizon, like,
it's it's exciting.

0:11:08.791,0:11:09.708

It's good fun.

0:11:09.708,0:11:10.666

Yeah.

0:11:10.666,0:11:12.958

Do you, do you ever,

0:11:12.958,0:11:15.958

do you ever look at all of the things
that you have are still on your plate

0:11:16.625,0:11:19.041

and be like, oh my gosh,
are we ever going to get any of this done?

0:11:20.291,0:11:21.791

No I'm still in the hopeful.

0:11:21.791,0:11:24.250

I'm still in the hopeful where I'm like,

0:11:24.250,0:11:27.208

but yeah, I get, I get be
oh no, you should be hopeful.

0:11:27.208,0:11:30.208

But, my CAO, Mara Brown,

0:11:30.791,0:11:35.541

she's, she uses the word reflect, and
sometimes she knows I'm a hard charger.

0:11:35.541,0:11:36.666

I'm like, always go, go, go.

0:11:36.666,0:11:40.375

And she's like, take, take a minute,
take a breath and reflect for a minute.

0:11:40.375,0:11:42.583

And then she'll remind us of the things
that we've done. And it's like,

0:11:42.583,0:11:43.750

well, okay.

0:11:43.750,0:11:46.416

And that was such a good point
because I'm the same way.

0:11:46.416,0:11:49.500

Like I'm like, I always I'm looking at
what's next, what's

0:11:49.500,0:11:52.625
next, what's next
like definitely because I'm a builder.

0:11:52.750,0:11:54.125
I like to grow.

0:11:54.125,0:11:57.916
And so and I wish I could remember
who told me to do this

0:11:57.916,0:11:59.375
so that I could thank them.

0:11:59.375,0:12:02.375
But someone,
when I was taking on this new role

0:12:02.375,0:12:05.375
said each week on Friday,

0:12:05.541,0:12:09.333
just in a word, doc, just write down
what all the things you did that week.

0:12:09.333,0:12:11.291
Just reflect on what you did.

0:12:11.291,0:12:13.416
That way it makes it really easy
for your board report.

0:12:13.416,0:12:15.500
Each month
you have something to pull from.

0:12:15.500,0:12:19.083
And then also as somebody who is like,
what's next?

0:12:19.083,0:12:20.625
What's next, what's next?

0:12:20.625,0:12:23.375
You take that moment to reflect
on what you already did so

0:12:23.375,0:12:26.583
you can feel proud and not be so antsy
about what you haven't done yet.

0:12:26.583,0:12:30.041
So and I've been doing that now,
which has been awesome.

0:12:30.083,0:12:30.583
That's amazing.

0:12:30.583,0:12:34.875
Otherwise, I'd be fixated on
what I haven't done yet.

0:12:34.875,0:12:36.875
Is that your way of
trying to tell me something?

0:12:38.166,0:12:40.541
Maybe you

0:12:40.541,0:12:43.833
can do that too.
Actually, a mentor of mine.

0:12:44.958,0:12:46.000
We were eating tacos one day,

0:12:46.000,0:12:49.208
and he said Mayor you really ought to be

writing things down.

0:12:50.166,0:12:50.375
Yeah.

0:12:50.375,0:12:53.708
And it wasn't because of, like,
all of the things we accomplished.

0:12:53.708,0:12:56.208
Yeah. It's more like
all of the things that I'm experiencing.

0:12:56.208,0:12:59.208
Yeah. That too because it's

0:12:59.208,0:13:01.000
the, the pressure

0:13:01.000,0:13:04.333
and the grind
and the, the weight and the stress

0:13:04.625,0:13:07.625
but also the fulfillment and yeah, the

0:13:07.750,0:13:09.875
just the way you feel about the work
that we're doing

0:13:09.875,0:13:12.875
when it's this closely aligned
with our purpose, you know. Yeah.

0:13:12.875,0:13:15.000
Yeah. And so he's like,
you should be writing these things down.

0:13:15.000,0:13:16.708
So I actually do that, good job.

0:13:16.708,0:13:20.500
And I have a notebook
that's leather bound that sits on my desk

0:13:21.458,0:13:21.916
that I write in.

0:13:21.916,0:13:25.083
Well, yeah, I used to keep
just daily notes for my work notes.

0:13:25.208,0:13:25.541
Yeah.

0:13:25.541,0:13:29.250
But now I'm keeping more regular notes
around my experience.

0:13:29.250,0:13:31.166
And because there's like,
I mean, there's, like,

0:13:31.166,0:13:33.083
spiritual experiences when you,

0:13:33.083,0:13:35.458
when you have certain
this job in particular,

0:13:35.458,0:13:39.833
I'm sure you have really high highs
and really low lows and then but even then

0:13:39.833,0:13:44.708
everything in between is, is quite high
because it's so fulfilling here, you know.

0:13:44.708,0:13:46.041
Yeah. Yeah.

0:13:46.041,0:13:47.833
So that's my advice I guess.

0:13:47.833,0:13:51.208
So I'm going to start using yours
instead of just tasks I focus on.

0:13:51.208,0:13:56.333
Like I sent this email, updated this
thing, like found some savings, you know.

0:13:56.333,0:13:57.833
Yeah. Got this grant.

0:13:57.833,0:14:02.541
You know, those kinds of things
I can reflect on more of like,

0:14:02.541,0:14:06.250
the things that kind of touched my heart
to, instead of just reflecting on the task

0:14:06.416,0:14:07.833
helps me, actually.

0:14:07.833,0:14:09.458
But the thing I find it helps me the most
is it

0:14:09.458,0:14:11.708
helps me focus on the good
and not the bad.

0:14:11.708,0:14:14.208
There's lots of lows

0:14:14.208,0:14:17.958
that I could really dwell on,
but they're not even that low.

0:14:17.958,0:14:19.541
It's just like and compare.

0:14:19.541,0:14:21.833
It's just pressure.
Yeah, stress. Right? Yeah.

0:14:23.750,0:14:26.625
But there's so many amazing things
to focus on, right?

0:14:26.625,0:14:27.208
Yeah.

0:14:27.208,0:14:30.375
So tell me,
tell us about some of the amazing things

0:14:30.375,0:14:32.583
that you guys are focused on
at the Dinosaur Park.

0:14:32.583,0:14:33.208
Oh my gosh.

0:14:33.208,0:14:37.708
So one of the amazing things
here on the horizon in the next month

0:14:37.708,0:14:41.333
and a half is that we're opening
a renovating our playground.

0:14:41.666,0:14:44.875
And so it's all demoed right now.

0:14:45.166,0:14:47.666
And we're putting in an all abilities
playground. Right.

0:14:47.666,0:14:49.333
And so I'm really excited.

0:14:49.333,0:14:50.875
We did keep the legacy pieces.

0:14:50.875,0:14:53.458
So anyone who's listening is like,
what about the turtle?

0:14:53.458,0:14:54.750
Or what about the skull?

0:14:54.750,0:14:56.458
We have it. It's still in the park.

0:14:56.458,0:14:58.791
Those pieces where people have

0:14:58.791,0:15:02.250
their childhood memories and photos,
they still have those in the park.

0:15:02.416,0:15:05.125
And the tree
everyone's been asking me about.

0:15:05.125,0:15:06.000
But what about the tree?

0:15:06.000,0:15:09.000
Because the tree slide is, beloved here.

0:15:09.083,0:15:11.041
It's going to be even bigger and better.

0:15:11.041,0:15:14.083
So the the focal point of it
is still a big tree slide.

0:15:14.375,0:15:17.958
But we have, like, ziplines
and just, like, all kinds of cool stuff,

0:15:18.250,0:15:21.750
little workspaces,
which I will be taking advantage of.

0:15:21.750,0:15:24.750
Take my laptop out there
sit under some shade and,

0:15:24.916,0:15:27.916
you know, really nice
outside in the fresh air.

0:15:27.916,0:15:28.666
Yeah.

0:15:28.666,0:15:29.750
So that's what like,

0:15:29.750,0:15:33.625
that's one of the big things come up
that we're pretty excited about. So,

0:15:35.250,0:15:36.541
the all abilities playground

0:15:36.541,0:15:40.125
is that that's phase one and that you're
working on right now, right?

0:15:40.125,0:15:40.375
Yeah.

0:15:40.375,0:15:43.250
And there's another phase two
coming in the works, right? Yeah.

0:15:43.250,0:15:44.458
Thank you, Ogden City.

0:15:44.458,0:15:49.583
Thank you Ogden City, with some great
help from our partners at Ogden City,

0:15:49.583,0:15:54.875
we will have a phase two, down the line,
which will be the more public facing.

0:15:55.041,0:15:55.333
Right.

0:15:55.333,0:15:58.791
So it'll be more open to the public versus
this one is within the park bounds.

0:15:58.791,0:16:01.625
So you need your membership
or to pay to enter.

0:16:01.625,0:16:03.541
Or you can come on a RAMP day,
we have RAMP days

0:16:03.541,0:16:05.250
coming up where you can come for free.

0:16:05.250,0:16:09.041
So we'll advertise those and make sure
the city can share those out for us too.

0:16:09.041,0:16:13.000
But yeah, phase
two will be the public open.

0:16:13.000,0:16:15.291
All abilities playground. Awesome. Yeah.

0:16:15.291,0:16:20.375
So we're we are, when we were discussing
that there's a need.

0:16:20.625,0:16:22.291
Yeah. No question.

0:16:22.291,0:16:25.250
And we also,
there's a need for a partner to help us.

0:16:25.250,0:16:28.583
Yeah, some some of our parks
have vandalism in certain times of year

0:16:28.583,0:16:29.291
and so on.

0:16:29.291,0:16:30.208
This is going to be such

0:16:30.208,0:16:32.875
an important investment
that we need help protecting it

0:16:32.875,0:16:35.875
and the partnership like the Dino
Park is going to be really perfect.

0:16:36.041,0:16:38.500
And so the the entry fees

are really reasonable.

0:16:38.500,0:16:41.000
They're oh there's a lot of opportunities
for free entry

0:16:41.000,0:16:45.125
we do we've even done events there with
our police department for Community Day.

0:16:45.125,0:16:48.416
And yeah, we can bring lots of people
into the park and use that awesome

0:16:48.416,0:16:49.000
phase one.

0:16:49.000,0:16:51.541
But also coming for phase
two will be will be.

0:16:51.541,0:16:54.291
And because it was important to us that
if we have an all abilities playground

0:16:54.291,0:16:58.750
that we have, we have everybody with all
that has the ability to access it.

0:16:58.750,0:16:59.916
So absolutely.

0:16:59.916,0:17:01.750
So thanks for thanks for embracing that.

0:17:01.750,0:17:04.708
Yeah, I'm looking forward to more to
come on that. Yeah.

0:17:04.708,0:17:06.500
And that was one of the things
that really drew me to

0:17:06.500,0:17:09.208
this opportunity
was just all the room for growth.

0:17:09.208,0:17:12.208
Like I will never stop building like
oh never.

0:17:12.208,0:17:13.875
Yeah. So it's it's cool.

0:17:13.875,0:17:16.916
Like the, the plans are in place and,

0:17:16.916,0:17:20.041
like our education director, Jeff,
he has brilliant mind, has, like,

0:17:20.291,0:17:23.083
the next ten years mapped out,
which I'm here for.

0:17:23.083,0:17:26.208
It's going to be that dude's got ideas
and he's got energy.

0:17:26.250,0:17:29.125
Oh, and he is. It's really cool.
He is passionate.

0:17:29.125,0:17:31.583
And he strikes me as someone
that's aligned with his purpose.

0:17:31.583,0:17:32.750

Oh, yeah, he kind of.

0:17:32.750,0:17:36.583

He must be 100% to feel the way he knows.

0:17:36.583,0:17:39.208

Maybe that's his work
and you can just see it, right?

0:17:39.208,0:17:41.500

Absolutely. There's gotta be a lot of that
over there when you're.

0:17:41.500,0:17:42.375

Oh, yeah.

0:17:42.375,0:17:44.250

It's really cool. Yeah.

0:17:44.250,0:17:46.916

So, how about for Sara?

0:17:46.916,0:17:49.666

What's what's something
Sara's working on for Sara?

0:17:49.666,0:17:51.916

Oh, that's a good question.
I know surprise.

0:17:51.916,0:17:54.958

Working on Sara is what Sara's working on.

0:17:54.958,0:17:57.166

Because I've been since
we moved here to Ogden.

0:17:57.166,0:17:59.458

I feel like I've been. I'm just like,
grow, grow, grow.

0:17:59.458,0:18:02.875

Because part of my, I guess my dream

0:18:02.875,0:18:06.208

or my career path is that I knew
I wanted to get into the nonprofit world,

0:18:06.416,0:18:09.375

but before we moved here,
I didn't know how right.

0:18:09.375,0:18:11.875

I didn't have the opportunity, like, here.

0:18:11.875,0:18:14.291

Oh my gosh, in Ogden,
there's hundreds of nonprofits.

0:18:14.291,0:18:16.583

But when we've lived other places
that really wasn't

0:18:16.583,0:18:19.583

a part of the community,
it wasn't a part of the culture.

0:18:19.791,0:18:23.333

And so the fact that I got to work
for a nonprofit,

0:18:23.333,0:18:25.166

like straight out
the gate and get immersed in

0:18:25.166,0:18:28.250

that was like a dream come true
that I didn't know I needed.

0:18:29.125,0:18:31.666
And then, I have this oracle

0:18:31.666,0:18:35.666
of that guy behind the mic who's like,
oh, you're finishing your day.

0:18:35.750,0:18:37.041
Yeah. Going back to Mike again.

0:18:38.791,0:18:39.666
I was finishing up

0:18:39.666,0:18:43.541
my, my bachelors in Leadership,
and he was like, you know,

0:18:43.583,0:18:46.958
you should do next, you need an MPA
And I was like, what's an MPA?

0:18:47.458,0:18:50.625
And he said, it's a Masters
of Public Administration.

0:18:50.625,0:18:52.708
And I was like,
well, let me look into that.

0:18:52.708,0:18:56.375
Sure enough, I was like,
oh my gosh, I love all of those classes.

0:18:56.791,0:18:58.958
And so I finished that up
a couple years ago.

0:18:58.958,0:19:00.250
Just had a time hop of that.

0:19:00.250,0:19:03.750
Apparently I finished that two years ago,
at the same time.

0:19:03.750,0:19:05.541
So then I had started a new job.

0:19:05.541,0:19:08.291
And so when you start a new job,
like for me,

0:19:08.291,0:19:09.958
oh my gosh, I get immersed in that, right?

0:19:09.958,0:19:13.791
And so I kind of lost myself like,
not then lose myself, but

0:19:13.791,0:19:15.916
wasn't really focused
on me. I focused on my job.

0:19:17.958,0:19:20.958
And so then I've kind of find myself
there, here again.

0:19:21.208,0:19:25.250
But Dinosaur Park
is, there's a lot to focus on,

0:19:25.250,0:19:28.375
but I feel like it's,
I can relax a little bit more like,

0:19:28.375,0:19:32.166
oh remember when I used to trail
run and I used to do that right there.

0:19:32.208,0:19:33.083

I used to love yoga.

0:19:33.083,0:19:34.708

I remember when I used to do those things

0:19:34.708,0:19:37.708

when I didn't have school,
you know, and all those, like, other,

0:19:38.958,0:19:40.291

things consuming my time.

0:19:40.291,0:19:42.500

So I'm, I'm kind of excited about that.

0:19:42.500,0:19:46.541

And actually, our education director,
we there's a few things we have in common

0:19:46.541,0:19:49.583

which is funny to like, have things
in common with the paleontologists.

0:19:49.875,0:19:51.583

And I'm like,

0:19:51.583,0:19:54.916

I didn't realize that I could have things
in common with the paleontologist, but,

0:19:55.291,0:19:59.125

one of the things that he reminded me of,
so he writes all the time,

0:19:59.125,0:20:01.916

like he writes poetry. And I???m
like I used to love to write.

0:20:01.916,0:20:03.041

Like that was my favorite thing.

0:20:03.041,0:20:05.291

I used to always write all the time.

0:20:05.291,0:20:06.583

And I've.

0:20:06.583,0:20:08.458

I've stopped making time for that.

0:20:08.458,0:20:11.666

Aside from, like, all the emails
I write or grants that I write

0:20:11.666,0:20:12.875

but like writing for fun.

0:20:12.875,0:20:17.458

So I look forward to kind of like
it's inspired me to get back to things

0:20:17.458,0:20:18.208

I still love.

0:20:18.208,0:20:19.500

Well.

0:20:19.500,0:20:19.583

It's cool.

0:20:19.583,0:20:21.875

It's a really good environment,
actually, over there in the

0:20:21.875,0:20:26.250

I mean, if you want to trail run

and do yoga, it's right there.

0:20:26.291,0:20:29.750

And if you walk out the door,
I mean, I'm even getting back to GOAL.

0:20:29.875,0:20:31.791

Yeah. When I was there, we built that...

0:20:31.791,0:20:32.750

actually Jeff
Furton was really involved in that. Yeah.

0:20:34.583,0:20:36.041

Specifically, yeah.

0:20:36.041,0:20:39.166

It was building
the fitness stations around the park,

0:20:39.791,0:20:42.541

right across the way.

0:20:42.541,0:20:43.375

The Ogden River is right there.

0:20:43.375,0:20:44.791

If you ever want to fish
or if you???re into kayaking.

0:20:44.791,0:20:47.666

They???re redoing the parkway,
gonna be so smooth and luxurious.

0:20:47.666,0:20:48.708

Yes. That's right.

0:20:48.708,0:20:51.666

Actually currently it's right right now
under construction.

0:20:51.666,0:20:54.666

But yeah.

0:20:54.791,0:20:56.750

What is it about poetry.

0:20:56.750,0:20:58.500

That you love.

0:20:58.500,0:20:59.083

I???m curious.

0:20:59.083,0:21:01.333

You know, when I was younger

0:21:01.333,0:21:05.708

it was just a way to like express
and get like feelings out.

0:21:06.041,0:21:10.250

But I think if I get back into it
now, I like the,

0:21:10.250,0:21:13.458

like the rules, like having it constrained
because sometimes,

0:21:14.416,0:21:17.416

I don't know, free flow
writing is like kind of hard.

0:21:17.583,0:21:19.666

I don't know, I just like the rhyming too.

0:21:19.666,0:21:22.708

Like, I think I love the rhyme scheme
or the parameters.

0:21:22.708,0:21:25.625

It's like a little puzzle
to try to fit your thoughts

0:21:25.625,0:21:29.416

into certain syllables
or into a certain rhyme scheme or.

0:21:29.750,0:21:31.458

Yeah, yeah, yeah.

0:21:31.458,0:21:36.583

I find that, for me, I, I do things that,
you know, bring me joy and peace.

0:21:37.041,0:21:38.958

One of the most important things for me
is exercise.

0:21:38.958,0:21:39.375

Yeah.

0:21:39.375,0:21:41.875

Like, I feel totally different
and feel better when I exercise.

0:21:41.875,0:21:45.291

And so for me, when I come to work,
it's important that I come to work

0:21:45.291,0:21:47.833

with the right energy
and in the right mood and mindset.

0:21:47.833,0:21:49.625

There are days where I don't.

0:21:49.625,0:21:53.125

Yeah, and man, does it cause challenges
for people around me, you know?

0:21:53.541,0:21:56.541

Yeah.
So I have to think that poetry helps.

0:21:56.708,0:21:57.875

Does it? Oh, absolutely.

0:21:57.875,0:22:03.208

I'm sure like that's how it used to
just calm my mind or like, release things

0:22:03.208,0:22:07.041

like negative thoughts or hard feelings
or just kind of working through things.

0:22:07.375,0:22:08.583

So yeah,

0:22:08.583,0:22:12.750

I'm excited to get back to doing that
or just appreciating the world around you

0:22:12.750,0:22:16.583

or taking time because you have to sit
and really think about it like, I can't.

0:22:17.250,0:22:20.916

You can't write poetry or write like that
real quick.

0:22:20.916,0:22:21.666

In five minutes.

0:22:21.666,0:22:22.000

You know, it's

0:22:22.000,0:22:25.041
something that you have to sit
and reflect on and have quiet time for.

0:22:25.041,0:22:27.333
And, and I don't
always get a lot of quiet time.

0:22:27.333,0:22:31.708
So I'm like, oh, I'm going to make time
for quiet and for thinking and reflecting.

0:22:32.250,0:22:35.250
So what do you want to talk about
while we're here?

0:22:36.041,0:22:37.583
Is there anything you want to talk about?

0:22:37.583,0:22:41.458
You know, I was funny when,
I was sitting here and thinking about

0:22:41.458,0:22:43.541
and I watched some of your other podcasts,
like,

0:22:43.541,0:22:47.125
I watched the Ogden Made one, A love
that brand, love Josh.

0:22:47.333,0:22:50.083
I feel like Ogden has made me right.

0:22:50.083,0:22:53.875
And so I'm like, And he's on my list
to talk to about having some cool

0:22:53.875,0:22:56.458
Dinosaur Park merch. So anyway.

0:22:56.458,0:23:00.083
Right, I know, so,
but when I was thinking about that,

0:23:00.083,0:23:04.000
I was just thinking about,
how I hope I got to talk about

0:23:04.083,0:23:07.708
how Ogden has made me
or just having that opportunity.

0:23:07.708,0:23:10.625
And so when you're asking, like,
how did you feel when you moved here?

0:23:10.625,0:23:12.000
How did you know? How did that go?

0:23:12.000,0:23:13.041
And I'm like, oh my gosh.

0:23:13.041,0:23:15.083
Like, so how has Ogden made you?

0:23:15.083,0:23:15.958
Oh man.

0:23:15.958,0:23:20.666
It just gave me the opportunity to jump in
and take ownership of things right.

0:23:21.750,0:23:22.375
I was,

0:23:22.375,0:23:26.333
talking about this earlier before you got

here, that, a couple of years ago,

0:23:26.333,0:23:30.375
I interviewed for a leadership role
outside of Ogden Weber.

0:23:31.666,0:23:34.708
And one of the questions
or maybe like a statement,

0:23:34.916,0:23:38.750
that someone made was like,
well, we're not like Ogden here.

0:23:38.750,0:23:42.250
We're not all Kumbaya, like,
you have to earn your way in.

0:23:42.250,0:23:44.083
You can't just show up.

0:23:44.083,0:23:46.750
And I was like, really?
They just said it.

0:23:46.750,0:23:52.291
And I was like, I love that Ogden has
the reputation that we're Kumbaya up here.

0:23:52.291,0:23:55.333
And, like, you can just show up
and be a part of it and get to work

0:23:55.791,0:23:56.750
because that's what I love.

0:23:56.750,0:24:00.291
Like, I love that
we can move here from out of town.

0:24:00.708,0:24:05.125
We can show up to an event
and instantly had a group of friends

0:24:05.125,0:24:06.541
that are still my friends today.

0:24:06.541,0:24:08.291
You know, from over seven years ago.

0:24:08.291,0:24:12.125
Day one the very first thing we went to
those are still my friends, right.

0:24:12.166,0:24:16.375
And that's what I love about Ogden
is if you show up

0:24:16.708,0:24:18.208
and you can't just show up.

0:24:18.208,0:24:20.166
Like I love the people that like sometimes

0:24:20.166,0:24:24.250
they just show up and take a selfie
and oh, I did the thing like that.

0:24:24.250,0:24:26.166
That's not really the Ogden Way.
That's not the Ogden Way, right?

0:24:26.166,0:24:30.458
The Ogden Way is you show up
even if you're the hand,

0:24:30.458,0:24:32.083
you have a shovel in your hand, right?

0:24:32.083,0:24:33.458
Like that's what it takes to be in.

0:24:33.458,0:24:36.583
And Ogden is that,
we don't complain about things.

0:24:36.916,0:24:38.125
We make it better. Right.

0:24:38.125,0:24:40.375
And that's kind of always
just been who I am.

0:24:40.375,0:24:42.916
Like,
if I see a problem, I work to fix it.

0:24:42.916,0:24:44.916
And I'm like, these are my people.

0:24:44.916,0:24:47.458
I didn't know
my people were living in Ogden, Utah.

0:24:47.458,0:24:49.041
You know, I've never been

0:24:50.208,0:24:52.791
someone who
wants to sit and wallow in the negativity.

0:24:52.791,0:24:55.166
I'm somebody who's like, oh,
there's a problem with that.

0:24:55.166,0:24:58.083
Like,
what can we do? Like, let's move forward.

0:24:58.083,0:25:01.875
And so I love that
that's how everyone, not everyone,

0:25:02.083,0:25:06.208
but this is how the majority
community feels and what they do,

0:25:06.583,0:25:10.958
and how 90,000 people can feel
like a small town of 5000.

0:25:11.083,0:25:13.375
I love everything you say.

0:25:13.375,0:25:16.166
I just do like it resonates with me.

0:25:16.166,0:25:18.666
I think it's,
I guess for people that are watching this,

0:25:18.666,0:25:20.416
if anybody else, anybody does. Yeah.

0:25:20.416,0:25:23.166
If they were to watch it,
they would be like,

0:25:23.166,0:25:24.833
I don't even know
if it would resonate with them

0:25:24.833,0:25:27.833
because they don't live here
and they're not.

0:25:27.958,0:25:31.625

But I, I become so accustomed to it here because I've been here so long.

0:25:31.625,0:25:34.625

This is what we do, that I actually notice it the most when I leave.

0:25:34.625,0:25:35.125

Oh, yeah.

0:25:35.125,0:25:37.750

Like, if I go somewhere else, it's like we're not in Ogden.

0:25:37.750,0:25:39.750

Like, oh, this is not right.

0:25:41.083,0:25:41.708

It's it's.

0:25:41.708,0:25:42.875

Yeah, it's crazy.

0:25:42.875,0:25:46.041

And I think that I think that we have something that no one else has.

0:25:46.458,0:25:47.666

I think it's a competitive advantage.

0:25:47.666,0:25:50.333

It's our uniqueness. Special.

0:25:50.333,0:25:51.541

It is our special sauce.

0:25:51.541,0:25:53.541

But I love how you.

0:25:53.541,0:25:56.833

Well, they said we're not like Ogden we're not like, you gotta earn your way.

0:25:56.833,0:25:57.958

You gotta earn your way.

0:25:57.958,0:26:00.833

You still have to like you have to earn your keep around here.

0:26:00.833,0:26:03.833

I'm like, you gotta, like you can't just show up.

0:26:04.041,0:26:04.708

I mean, you can.

0:26:04.708,0:26:07.583

You have to show up first. You show up and then you roll up your sleeve.

0:26:07.583,0:26:10.000

You see, that's the. That's the point of what?

0:26:10.000,0:26:13.250

The reflection that I got when you share that that comment was.

0:26:14.000,0:26:16.375

Oh, so they don't think that we have to work for what we have.

0:26:16.375,0:26:17.291

Like, we're not just

0:26:18.500,0:26:21.291

but the kumbaya
happens because of the work together.

0:26:21.291,0:26:23.958
That's the point.
And I think that's what other people miss.

0:26:23.958,0:26:24.166
Yeah.

0:26:24.166,0:26:26.708
You know there's other towns
this is like,

0:26:26.708,0:26:30.041
oh, you can't just show up
and you get to skyrocket at the top.

0:26:30.083,0:26:33.375
Like, no, we're not skyrocketing
that I don't know, we're climbing.

0:26:33.666,0:26:35.958
Oh, we are climbing,

0:26:35.958,0:26:37.791
we're grinding and we're loving the grind.

0:26:37.791,0:26:39.916
Yeah, we embrace the grind.

0:26:39.916,0:26:42.000
You know,
we want to reduce barriers for people.

0:26:42.000,0:26:44.000
So we're not a grind on on others.

0:26:44.000,0:26:47.000
But at the same time
we don't shy away from work from that.

0:26:47.041,0:26:47.750
Right.

0:26:47.750,0:26:51.208
We've learned to love the grind,
love the work, lean into it.

0:26:51.333,0:26:51.791
Yeah.

0:26:51.791,0:26:55.333
And then every day you work, you're that
much closer to your greatness, you know?

0:26:55.541,0:26:56.125
Exactly.

0:26:56.125,0:26:58.416
So the grind gets you to your greatness.

0:26:58.416,0:27:00.333
That's Ogden.

0:27:00.333,0:27:02.875
It is the Ogden Way, I love this. Yeah.

0:27:02.875,0:27:03.625
And so.

0:27:03.625,0:27:05.875
So during the grind,
are you feeling Ogden Made?

0:27:07.375,0:27:07.916
Absolutely.

0:27:07.916,0:27:08.250
Yeah.

0:27:08.250,0:27:09.333
And that's and that

0:27:09.333,0:27:13.250
when that person said that to me
I wasn't it just made me realize I'm like,

0:27:13.583,0:27:16.916
okay, this is a position
like it was a cool role.

0:27:17.291,0:27:20.333
But I'm like,
if I'm going to spend all the time

0:27:20.625,0:27:23.625
to invest in an organization
and the people

0:27:23.791,0:27:27.125
and I know how much time that takes,
I know how much time I put into things

0:27:27.416,0:27:30.833
I'm like, then I want to do it
in a community that I love,

0:27:31.125,0:27:35.416
that will that, want that, like that,
want that kind of growth, right?

0:27:35.416,0:27:37.958
That embraces
that kind of change and growth.

0:27:37.958,0:27:42.291
And so I was like, okay,
I can't dedicate myself.

0:27:42.291,0:27:44.458
I mean, not that I couldn't like,
I could have, right?

0:27:44.458,0:27:47.250
I could of,
but but not ideally but not ideally.

0:27:47.250,0:27:49.458
And so we get we get one life.

0:27:49.458,0:27:50.125
And so I'm like,

0:27:50.125,0:27:54.333
if I'm going to invest my time and energy,
I'm going to do it in my community.

0:27:55.250,0:27:57.416
So when I was, when I first came here,

0:27:57.416,0:28:00.083
I told my parents,

0:28:00.083,0:28:05.416
I was I flew to Bozeman, Montana
and did a football recruiting visit there.

0:28:05.666,0:28:08.875
And before I went to the schedule
was I was going to go to Bozeman,

0:28:09.833,0:28:11.416
then fly to Weber State here in Ogden

0:28:11.416,0:28:14.583

and then go to Pocatello for Idaho State
and then go home and make a decision.

0:28:14.583,0:28:16.833
But next three weeks for my three
finalists.

0:28:16.833,0:28:19.208
And, and I made a decision before I left.

0:28:19.208,0:28:20.250
I'm going to Montana State.

0:28:20.250,0:28:20.791
Yeah.

0:28:20.791,0:28:24.333
Had my major, had a winning football
team, had the history, better uniforms.

0:28:24.416,0:28:26.250
Nice locker room,
all the things, you know.

0:28:26.250,0:28:27.291
Yeah, yeah.

0:28:27.291,0:28:30.291
And, but then I flew to Ogden

0:28:30.958,0:28:32.833
and I was like, wow,

0:28:32.833,0:28:35.833
I don't know what it is here,
but I was sure, like, there.

0:28:36.041,0:28:37.625
Right? Yeah.

0:28:37.625,0:28:40.916
My major just almost about dropped
the football program.

0:28:41.083,0:28:43.708
Yeah. Like they had to fight to keep it.
Barely. Yeah.

0:28:43.708,0:28:46.416
There was no money, no locker room.
The weight room was tiny.

0:28:46.416,0:28:47.875
Sponsored by pony.

0:28:47.875,0:28:48.291
Like who?

0:28:48.291,0:28:52.916
I don't even know that I was listening
to this story and was like what???'s pony?

0:28:53.250,0:28:54.375
Yeah. Like, I don't even know.

0:28:54.375,0:28:56.000
I share that with,
the Ogden Made episode.

0:28:56.000,0:29:00.625
So yeah, I was like, oh,
I felt like I just went home in time.

0:29:00.625,0:29:02.166
I didn't even go to Idaho State.

0:29:02.166,0:29:03.958
I'm like, I don't know why.

0:29:03.958,0:29:05.750

I just felt like
that's where I need to be.

0:29:05.750,0:29:08.083

Yeah.
And it just keeps reinforcing itself.

0:29:08.083,0:29:10.416

Like when you come here,
you feel that way. And.

0:29:10.416,0:29:14.250

Yeah, yeah, I hear that in this job
all the time from people that come at it

0:29:14.250,0:29:18.750

from out of town to guest lecture
or to work from out of town or wherever.

0:29:19.166,0:29:22.166

In the aerospace industry,
you come from out of the country

0:29:22.541,0:29:23.916

like this place is so kind.

0:29:23.916,0:29:25.291

Students up at Weber state.

0:29:25.291,0:29:26.500

Yeah, I'm.

0:29:26.500,0:29:29.958

I had lunch with that,
student from Nepal, and he said

0:29:29.958,0:29:34.583

mayor, I have never been anywhere
in the world that is more and more

0:29:34.583,0:29:39.333

embracing and welcoming and supportive
and helpful than the people here in Ogden.

0:29:40.750,0:29:43.458

I know it put???'s Midwest nice to shame.

0:29:43.458,0:29:44.291

Oh, totally.

0:29:44.291,0:29:46.500

Yeah. We're not just nice for nice sake.

0:29:46.500,0:29:47.291

Exactly.

0:29:47.291,0:29:48.208

Yeah.

0:29:48.208,0:29:51.125

Oh, I feel blessed
to get to live in a place like this.

0:29:51.125,0:29:53.333

Plus I get to live in a place

0:29:53.333,0:29:55.000

with people like you. Yeah.

0:29:55.000,0:29:56.375

So I got to ask the question.

0:29:56.375,0:29:59.750

We don't usually take a lot of questions,
but we're getting one that's coming in.

0:30:00.291,0:30:03.125

I've been following the listeners
and viewers.

0:30:03.125,0:30:04.958

There's millions of them out there.

0:30:04.958,0:30:06.333

They all want me to ask this.

0:30:06.333,0:30:08.458

Are you ready? I'm ready.

They want to know.

0:30:08.458,0:30:10.208

Does your hair always match your outfit?

0:30:10.208,0:30:12.375

When I wear this blazer.

0:30:12.375,0:30:15.375

Yeah. Okay.

0:30:15.958,0:30:18.666

Oh, I know, yeah, it does.

0:30:18.666,0:30:20.375

All right, well,

0:30:20.375,0:30:23.875

so, like, I know, like once a week
or something for me, it I'm like, oh man.

0:30:24.250,0:30:27.916

I'm like, get my lip gloss my watch
all of it just all pink today.

0:30:28.166,0:30:30.291

Like so once every week or two okay.

0:30:30.291,0:30:30.916

All right.

0:30:30.916,0:30:35.083

Now we've put the Ogden???'s burning question
to rest.

0:30:35.458,0:30:36.291

It's.

0:30:36.291,0:30:39.000

Oh, so you're a you're

0:30:39.000,0:30:41.833

a mother of two,
three three, three, three.

0:30:43.250,0:30:46.333

How do
your, how do your kids feel about it?

0:30:46.375,0:30:48.500

They love they love being raised here.

0:30:48.500,0:30:49.458

Yeah they do.

0:30:49.458,0:30:50.333

And that's what I love.

0:30:50.333,0:30:52.916

Is that, like,
we feel like we're from Ogden.

0:30:52.916,0:30:54.541

Like we claim to be Ogdenites.

0:30:54.541,0:30:56.625

Like when we travel, people are like,
oh, where are you from?

0:30:56.625,0:30:59.000

We say, Ogden,
I don't typically say like Utah,

0:30:59.000,0:31:02.041

I say Ogden, I'm like,
oh yeah, that's in Utah.

0:31:02.333,0:31:05.958

But we moved here a little over
seven years ago,

0:31:05.958,0:31:09.416

so our kids were two, seven and nine.

0:31:09.750,0:31:13.541

And so essentially,
like they are Ogdenites,

0:31:13.541,0:31:16.708

especially our youngest, he doesn't
really remember much outside of that.

0:31:17.125,0:31:20.083

And so I love that Like
this is where they get to grow up.

0:31:20.083,0:31:22.041

This is what they get to claim.

0:31:22.041,0:31:24.125

And and that's just normal.

0:31:24.125,0:31:25.666

Like of course we have them on bike team.

0:31:25.666,0:31:28.875

Of course, I went to mountain bike camp,
of course I did rock climbing camp

0:31:28.875,0:31:31.916

like, you know, of course I have runners.

0:31:31.916,0:31:34.291

Yeah, like,
of course we do all these things together.

0:31:34.291,0:31:37.500

And,
that's the cool thing about here, too.

0:31:37.541,0:31:38.875

There's just so much to do.

0:31:38.875,0:31:40.500

Like growing up in a small town.

0:31:40.500,0:31:41.875

I was just joking.

0:31:41.875,0:31:45.291

I think I was at the airport joking
with someone about, like, small towns

0:31:45.291,0:31:48.708

versus, like, here I just, you know,
I know exactly where I was.

0:31:48.708,0:31:51.416

I was on 25th Street talking to people
that are moving here from Texas.

0:31:51.416,0:31:54.041

And I was like,
oh, you're never going to be bored here.

0:31:54.041,0:31:56.875

I'm like, let me tell you what, I'm like,
this whole street shuts down.

0:31:56.875,0:31:59.958

Like I was telling them
about all the things and I'm like, man,

0:31:59.958,0:32:04.250

I grew up in a small town where the,
you know, the fun thing to do was to go

0:32:04.250,0:32:08.583

in a field like field parties,
you know, barn parties, things like that.

0:32:08.583,0:32:12.416

And like, our kids grew up with climbing
camp and mountain bike and trail

0:32:12.416,0:32:18.375

running and festivals and farmers markets
and all the cool things that are here.

0:32:18.375,0:32:21.125

Sometimes it's overwhelming
how many things are to do,

0:32:21.125,0:32:22.791

which is a good problem that.

0:32:22.791,0:32:25.500

I know, it's like if you're bored
in Ogden, it's kinda your fault.

0:32:25.500,0:32:26.666

That's exactly what I said.

0:32:26.666,0:32:29.041

I'm like, if anyone is, I'm like,
oh, there's nothing to do.

0:32:29.041,0:32:30.166

I'm like, that is your fault.

0:32:30.166,0:32:31.333

Because just look around.

0:32:31.333,0:32:33.166

There's
I was all I was all hesitant to say.

0:32:33.166,0:32:33.791

And you're like,

0:32:33.791,0:32:37.625

I'm like that???'s exactly what I said,
it's your fault if you're bored, right?

0:32:38.500,0:32:41.791

So last night
I was at a basketball game and I ran

0:32:41.791,0:32:45.500

into, a mom and dad that are,

0:32:46.458,0:32:48.541

you know, parents of one of the kids
that we've played,

0:32:48.541,0:32:50.625

our daughters have played alongside
for years.

0:32:50.625,0:32:51.416

Yeah.

0:32:51.416,0:32:56.000
And, they took she went to a middle school in the Weber district last year.

0:32:56.083,0:32:58.625
Yeah. And they were just telling me they're like, oh, my gosh.

0:33:00.000,0:33:01.791
Like, that's an amazing school.

0:33:01.791,0:33:04.708
We're talking about how nice the facilities are all the stuff. Right.

0:33:04.708,0:33:07.875
So like we're bringing her back and it just feels so right.

0:33:07.875,0:33:11.250
And they said it just like the way they explained it is like

0:33:12.375,0:33:15.416
it felt real
to be back around the people, you know.

0:33:15.708,0:33:18.208
Yeah. And then
and then they go out on the court.

0:33:18.208,0:33:19.250
You just see all these kids

0:33:19.250,0:33:21.208
from all these backgrounds
and different places,

0:33:21.208,0:33:23.666
and they're hugging each other
and high fiving each other,

0:33:23.666,0:33:25.958
and you're like,
this is real. This is America.

0:33:25.958,0:33:26.875
That's Americana.

0:33:26.875,0:33:27.833
That's what that's part of.

0:33:27.833,0:33:30.625
Why, yeah, I like to say Ogden USA.

0:33:30.625,0:33:33.375
I really feel like we represent
the United States of America.

0:33:33.375,0:33:33.791
Yeah.

0:33:33.791,0:33:38.583
And who we are, you know, and that's
how we actually came to choose Ogden

0:33:38.583,0:33:42.458
even though it was ???too big??? for us,
because that we met some when we were out

0:33:42.500,0:33:45.875
having like our HGTV moment
where we had all of our listings out

0:33:45.875,0:33:48.416
and we're having dinner
and a glass of wine,

0:33:48.416,0:33:52.166
and we're talking about our listings and,
the person who was working

0:33:52.166,0:33:53.625
there was like, oh,
tell me about your family.

0:33:53.625,0:33:54.833
What is your priorities like?

0:33:54.833,0:33:56.958
What are you hoping to find?

0:33:56.958,0:34:00.666
And we told her and she was like,
you want to live in Ogden.

0:34:00.875,0:34:03.500
We're like, oh it???'s too big,
she's like, no, you want to live in Ogden.

0:34:03.500,0:34:05.333
She's like, it's the most diverse.

0:34:05.333,0:34:07.416
Like, your kids will be included.

0:34:07.416,0:34:09.291
Like you walk down the street and

0:34:10.250,0:34:10.666
people are

0:34:10.666,0:34:14.500
happy to see you and they'll say hi to you
and then smile at you.

0:34:14.500,0:34:18.041
And, she's like,
this is really where you want to be like.

0:34:18.041,0:34:20.625
And she told us to go up on the bench
and like,

0:34:20.625,0:34:24.166
just walk on 26th Street, walk up the hill
like the birds will be chirping.

0:34:24.166,0:34:26.458
The sun will be shining like,
and she was right.

0:34:26.458,0:34:28.875
We're like,
what the heck? Like, how did we.

0:34:28.875,0:34:32.000
I'm so glad that we had that conversation
with her, because,

0:34:32.458,0:34:35.250
you know, not to say that
any of the other small towns around here

0:34:35.250,0:34:38.791
wouldn't have been as great, but not we
definitely wouldn't have been as happy.

0:34:38.791,0:34:39.458
We probably would have

0:34:39.458,0:34:42.916
moved on a couple of years ago
versus being like, nope, this is it.

0:34:43.291,0:34:44.958

We're, you know, yeah, Ogden is home.

0:34:44.958,0:34:47.000

I almost hope,

0:34:48.000,0:34:49.583

I don't know,
I get mixed feelings for my daughters.

0:34:49.583,0:34:52.583

I almost hope that they go
outside of Ogden for a little while,

0:34:52.791,0:34:54.250

but then come back 100%.

0:34:54.250,0:34:55.791

You got to go out to appreciate it.

0:34:55.791,0:34:57.250

I think exactly.

0:34:57.250,0:34:59.666

And I but I, you know, I don't want
to lose them for a little while.

0:34:59.666,0:35:02.166

Yeah. And I hope they come back.

0:35:02.166,0:35:05.166

One of the things
when I was on the football team, there's,

0:35:05.500,0:35:08.416

you know, we had I played with hundreds
of guys from all over the country.

0:35:08.416,0:35:08.958

Yeah.

0:35:08.958,0:35:12.791

But you know, that age,
you might look at Ogden and, and,

0:35:13.500,0:35:16.041

from one,

0:35:16.041,0:35:18.416

perspective versus
what we do now as parents.

0:35:18.416,0:35:20.000

Yeah, absolutely.

0:35:20.000,0:35:21.375

But it

0:35:21.375,0:35:24.500

and I think I hear from young people
when they're from Ogden too like, one day

0:35:24.500,0:35:25.500

I'm gonna leave Ogden. But

0:35:26.541,0:35:27.833

but you always hear that they

0:35:27.833,0:35:30.833

do leave and then they're like, oh,
I didn't know how good I at it.

0:35:31.000,0:35:32.250

And they come back. Yeah.

0:35:32.250,0:35:33.666

And that happened a lot with my teammates.

0:35:33.666,0:35:36.875

They came here from
from all over North America.

0:35:36.875,0:35:39.833
And actually lot???'s of teammates
for Jaynee in Europe and so on.

0:35:39.833,0:35:42.833
Yeah, they come here and then they leave
and then they come back

0:35:43.375,0:35:45.291
because they've been everywhere
and they've seen it all.

0:35:45.291,0:35:48.625
And this is like, okay,
this is where we want.

0:35:48.625,0:35:50.291
And it's these things
that we're talking about.

0:35:50.291,0:35:50.875
Yeah.

0:35:50.875,0:35:53.875
And like that make Ogden great. Yeah.

0:35:54.208,0:35:57.583
The growth mindset you mentioned,
that's a huge component of the Ogden Way.

0:35:57.791,0:35:59.583
It's what we talk about internally
all the time.

0:35:59.583,0:36:01.500
We're never done getting better.

0:36:01.500,0:36:04.041
Right. Continues improvement and right.

0:36:04.041,0:36:07.458
And and it's this togetherness,
this service spirit.

0:36:08.000,0:36:08.500
Right.

0:36:08.500,0:36:10.250
It's about collaboration
and it's about helping

0:36:10.250,0:36:13.166
to take accountability
for ourselves and lift others. Right.

0:36:13.166,0:36:14.666
These are all components of the Ogden Way.

0:36:14.666,0:36:15.958
And it's what makes us great.

0:36:17.041,0:36:20.000
And we can't be who we are without help
from nonprofits.

0:36:20.000,0:36:20.458
Yeah.

0:36:20.458,0:36:23.500
You know, you, your nonprofit actually
is like a really good example

0:36:23.500,0:36:26.500
because we have that cooperative agreement
for so many years.

0:36:26.666,0:36:30.500
Yeah, that you're an entire arm,
an organization

0:36:31.166,0:36:35.250
in and of itself, independent of us,
but connected to us through the agreement.

0:36:35.625,0:36:38.250
Yeah. Educating youth. Right.

0:36:38.250,0:36:38.541
Yeah.

0:36:38.541,0:36:42.541
And preserving history
and providing opportunity and access

0:36:42.583,0:36:45.583
and for recreation, etc.. Yeah.

0:36:46.000,0:36:47.125
With us. Yeah.

0:36:47.125,0:36:50.458
And so we're able to expand ourselves
and expand our offering

0:36:50.458,0:36:53.500
as a city corporation
with and through you.

0:36:53.666,0:36:54.375
Yeah.

0:36:54.375,0:36:57.083
And that's actually an important part of
the of the Ogden

0:36:57.083,0:37:00.083
Way is the framework
of the seven pillars of human success.

0:37:00.833,0:37:03.833
And as we look at each of those pillars,
there are certain things

0:37:03.833,0:37:06.958
in those pillars that the city must do
that we are constitutionally mandated.

0:37:06.958,0:37:09.000
That is our responsibility
to do like police and fire.

0:37:10.208,0:37:13.291
But there's other services
that are really important for the success

0:37:13.291,0:37:17.083
of our people that the city doesn't do
or, or maybe shouldn't do, shouldn't do.

0:37:17.083,0:37:17.541
Yeah.

0:37:17.541,0:37:20.541
And so it's really where you can partner
with somebody who does it best.

0:37:20.583,0:37:22.000
Right. We talked about that a lot.

0:37:22.000,0:37:24.958
But you mentioned you don't have
a lot of nonprofits in your own community.

0:37:24.958,0:37:26.791
And we have hundreds of them
here, hundreds.

0:37:26.791,0:37:30.125
That's hundreds of opportunities
to engage private partnerships,

0:37:30.541,0:37:33.541
to fulfill the mission of our city
and our community as a whole.

0:37:34.000,0:37:36.083
And that also is the Ogden Way.

0:37:36.083,0:37:38.250
And so we we don't just collaborate
with one another.

0:37:38.250,0:37:42.250
It's we collaborate with organizations
and institutions.

0:37:42.500,0:37:42.958
Yeah.

0:37:42.958,0:37:46.083
And if we all are going in the same
direction and working on the same things

0:37:46.500,0:37:50.333
to help people lift and rise, right?

0:37:50.416,0:37:50.916
Yeah.

0:37:51.750,0:37:54.458
This community and these people,
we're going to level up.

0:37:54.458,0:37:55.125
Yeah.

0:37:55.125,0:37:58.125
And we get to
and it's not going to be easy.

0:37:58.166,0:37:59.750
Not individually. Not collectively.

0:37:59.750,0:38:02.125
I don't like it when it's easy
apparently I'm like,

0:38:02.125,0:38:05.125
that sounds really hard
let's do it right. I

0:38:06.083,0:38:07.583
I think

0:38:07.583,0:38:11.333
I love that
that's that's why we had you today.

0:38:12.000,0:38:15.416
You embody, you live, you love
and you serve the Ogden way.

0:38:16.208,0:38:19.208
And it's the collection of all of the Sara

0:38:19.208,0:38:22.208
Mejeur in Ogden that make us who we are.

0:38:22.250,0:38:24.458
And so thanks for everything you do
to be you,

0:38:24.458,0:38:25.916
to make sure your hair matches
your jacket.

0:38:25.916,0:38:27.875
I know. Perfect.

0:38:27.875,0:38:30.875
I know, but,

0:38:31.416,0:38:34.833
you are a special person,
and we we are a special part of Ogden.

0:38:35.166,0:38:37.000
And we're only special
because of our people.

0:38:37.000,0:38:40.833
And so thanks for coming to Ogden, for
you and your family to be with us

0:38:41.625,0:38:44.916
and embracing the fabric of who we are
just like everybody else,

0:38:45.666,0:38:49.125
mixing with Josh from the Ogden made
and everybody just like Josh.

0:38:49.125,0:38:51.583
Yeah. Who was born and raised here.

0:38:51.583,0:38:54.416
Yeah. They lived
here. Made the Ogden way, right?

0:38:54.416,0:38:55.625
Yeah.

0:38:55.625,0:38:58.875
Mixed with Sara Mejeur
who comes here and is now Ogden made.

0:39:00.041,0:39:00.708
That's Ogden.

0:39:00.708,0:39:01.125
Kind of cool.

0:39:01.125,0:39:01.875
Yeah.

0:39:01.875,0:39:04.125
How long here we right I know, so lucky.

0:39:04.125,0:39:05.708
Yeah. We're so lucky.

0:39:05.708,0:39:08.291
So before we go,

0:39:08.291,0:39:11.500
we always like
to kind of have a call to action.

0:39:12.250,0:39:14.166
But I know what I want to be.

0:39:14.166,0:39:16.666
Do you have any ideas for
what would be a good call to action maybe?

0:39:16.666,0:39:18.916
Oh my gosh,

0:39:18.916,0:39:21.125

so many.

0:39:21.125,0:39:25.875

I feel like if you haven't
found your nonprofit or your way to serve

0:39:25.875,0:39:29.416

or show up, or you've been nervous
to roll up your sleeves

0:39:30.125,0:39:33.666

to to reach out and find someone,
and if you don't know, talk to me.

0:39:33.666,0:39:34.833

I'm very good connector.

0:39:34.833,0:39:38.625

I probably can ask you a couple questions
and direct you in the right spot, but,

0:39:38.625,0:39:41.875

but yeah,
find some way to roll up your sleeves.

0:39:42.125,0:39:46.875

So when you say you're a good connector,
do you know how important that is?

0:39:48.833,0:39:50.666

Where do you find that with

0:39:50.666,0:39:53.666

all of the resources and opportunities
that are out there in the city

0:39:54.250,0:39:57.750

that some, most people
are not aware of them all not even close.

0:39:57.958,0:40:00.833

Yeah, I probably don't even know all,
but enough, enough, enough.

0:40:00.833,0:40:02.833

If I don't know then I know who knows.

0:40:02.833,0:40:04.750

Right. Yeah.

0:40:04.750,0:40:07.750

That's
that's actually a really salient point.

0:40:08.208,0:40:11.083

We need to be connectors for each other,
with each other.

0:40:11.083,0:40:11.541

Yeah.

0:40:11.541,0:40:13.750

If we are aware of opportunities
and you know somebody

0:40:13.750,0:40:15.458

that's looking for that opportunity,
connect them.

0:40:15.458,0:40:16.750

Oh yeah.

0:40:16.750,0:40:19.750

If you know somebody that's struggling
or having a hard time in something

0:40:19.958,0:40:22.958

and you know of a resource that exists

in the city that they don't know about,

0:40:23.583,0:40:25.208
connect them, right?

0:40:25.208,0:40:25.625
Yeah.

0:40:25.625,0:40:29.041
Like if someone wants to serve
and is just looking to be a better,

0:40:29.041,0:40:33.125
a bigger part of our city,
and you see a shovel that he's lifting.

0:40:33.375,0:40:35.791
Yeah. Connect him right.

0:40:35.791,0:40:38.833
I need I that like yeah.

0:40:39.166,0:40:41.375
Every shovel needs
somebody on the business end of it. Right.

0:40:42.500,0:40:43.833
Yeah I like that.

0:40:43.833,0:40:46.916
If, if you see soft hands
and they need calluses.

0:40:46.916,0:40:49.916
They need some calluses.

0:40:49.916,0:40:51.791
So how about that for our call to action
like that.

0:40:51.791,0:40:52.416
Call for action.

0:40:52.416,0:40:55.541
So if you if you want to give,

0:40:55.916,0:40:58.541
if you want to serve

0:40:58.541,0:41:01.250
and you want to be a bigger part of art
and you want to be Ogden Made

0:41:01.250,0:41:04.500
then live in the Ogden Way,
reach out to an organization.

0:41:04.500,0:41:06.458
Find a way to volunteer.

0:41:06.458,0:41:08.833
If you want to do it in your work.

0:41:08.833,0:41:09.958
Reach out and talk to somebody.

0:41:09.958,0:41:11.708
Find out how right?

0:41:11.708,0:41:12.375
Yeah. And if you.

0:41:12.375,0:41:15.375
But if you know somebody that wants to do
that, connect them with that opportunity

0:41:16.000,0:41:18.416
if we have more people doing that,

0:41:18.416,0:41:21.250
because every single time we connect
somebody with one of those things,

0:41:21.250,0:41:21.833
it helps them.

0:41:21.833,0:41:24.458
It betters them, strengthens them. Right.

0:41:24.458,0:41:26.541
And that's the way
that everybody levels up.

0:41:26.541,0:41:30.000
And when you level up right,
Ogden gets better.

0:41:30.250,0:41:31.208
It does. Okay.

0:41:31.208,0:41:34.083
Well thanks for being with us Sara. Yeah.
Thanks for having me.

0:41:34.083,0:41:35.291
Thanks for being Ogden Made.

0:41:35.291,0:41:38.041
Like painless.
Thanks for living in the Ogden way.

0:41:39.750,0:41:40.833
Until next time.

0:41:40.833,0:41:41.708
Thank you, Sara Mejuer.

0:41:41.708,0:41:44.500
And thank you, Ogden. Thanks for living
and embodying the Ogden Way.