

00:00:10:22 - 00:00:11:16

Welcome, everybody.

00:00:11:16 - 00:00:15:03

I'm Ogden City Mayor Ben Nadolski and this is the Ogden Way podcast

00:00:15:03 - 00:00:19:00

the place where we tell the stories of Ogden
by telling the stories of Ogden people.

00:00:19:00 - 00:00:21:15

And today we have got a legend.

00:00:21:15 - 00:00:29:03

Carla Taylor, CT
coach, CT coach Carla Taylor, Weber State alumni, Weber State legend.

00:00:29:03 - 00:00:33:15

We were state Hall of Famer, right? All right. Yeah,
that sounds like a lot.

00:00:33:15 - 00:00:42:02

Just just fortunate to have been alumni that played there
and fortunate to have gotten to coach so many years at my alma mater.

00:00:42:06 - 00:00:43:06

That's right.

00:00:43:06 - 00:00:47:17

You've got a deep love for Weber State. Obviously, I bleed purple.

00:00:47:17 - 00:00:49:11

That's right. As do I.

00:00:49:11 - 00:00:51:19

Absolutely not quite as many years as you did

00:00:51:19 - 00:00:57:14

and in uniform and on the court there,
but recently inducted into the Weber State Athletic Hall of Fame.

00:00:57:14 - 00:00:59:18

Winningest coach in women's basketball history.

00:00:59:18 - 00:01:04:12

at Weber State and, also a former coach for Jaynee. My wife.

00:01:04:12 - 00:01:06:17

Right. Yeah. How'd that go?

00:01:06:17 - 00:01:09:01

Oh, you know, it it was fun coaching Jaynee.

00:01:09:01 - 00:01:13:12

She, her freshman year,
she came in as a volleyball and a basketball player.

00:01:13:12 - 00:01:17:19

And after freshman year, had to choose, like, which one do you wanna do?

00:01:17:19 - 00:01:20:01

And she chose basketball.

00:01:20:01 - 00:01:24:05

And, you know, little as everybody knows,
she's probably better at volleyball.

00:01:24:05 - 00:01:28:22

But she was really good at volleyball
and why she chose basketball, I don't know. I'm glad.

00:01:28:22 - 00:01:31:10

And we had her better for four years.

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While you were playing football. That's right.

00:01:33:05 - 00:01:37:17

And, yeah, she, aggressive. Oh, my.

00:01:37:17 - 00:01:42:21

She's the kind of player that you want to rebound like you just tell her, Jaynee, just go after the ball.

00:01:42:21 - 00:01:44:17

And that's exactly what she did, right?

00:01:46:11 - 00:01:49:02

Some people would say you said aggressive.

00:01:49:02 - 00:01:51:04

Yeah, some people might even say dirty.

00:01:51:04 - 00:01:54:09

Yeah, that's that's B.S..

00:01:54:09 - 00:01:59:00

No, she wasn't dirty.

She just was aggressive. And she was a tough, hard nosed play.

00:01:59:00 - 00:02:00:19

Absolutely right. Yep.

00:02:00:19 - 00:02:05:07

She'd knock you down to go after the ball.

There's nothing wrong with that. That's why they give you five fouls.

00:02:05:07 - 00:02:06:13

Exactly right.

00:02:06:13 - 00:02:11:23

Five times. Knock somebody down. Jaynee would do that. That's right. And the one time in four minutes. That's right.

00:02:11:23 - 00:02:14:09

Thank you for confirming that for me. Yes.

00:02:14:09 - 00:02:20:09

So just in case anybody's not, you know, keeping track, Jaynee fouled out in four minutes.

00:02:21:08 - 00:02:24:04

And I showed up late for that game,

00:02:24:04 - 00:02:27:07

and she had already found out she didn't even get to see her play. Right.

00:02:27:07 - 00:02:32:14

But she had an outstanding game, I heard. Yeah, she was aggressive, got a lot of rebounds pushing people around.

00:02:32:14 - 00:02:34:14

That's all coaches love that.

00:02:34:14 - 00:02:39:19

You'd rather have that and try to rein them in than to have to prod them to be aggressive.

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So all right.

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That's okay.

00:02:41:04 - 00:02:42:16

I was all right with that. Yep.

00:02:42:16 - 00:02:46:20

So, now everybody knows what I'm dealing with at home, right?

00:02:46:20 - 00:02:51:23

People that know my wife, they know she's a she's a little bit of a throw, a puncher, a pistol. You might say. Right.

00:02:51:23 - 00:02:53:08

Yeah. Oh, she's a throw puncher.

00:02:53:08 - 00:02:56:01

Yeah. But, love her for it. Yeah.

00:02:56:01 - 00:03:00:20

And I actually learned about your style of coaching. Obviously.
I watched you coach.

00:03:00:20 - 00:03:06:06

You were not a pushover.
You had high expectations of your kids, right? Yeah. And that's what.

00:03:07:05 - 00:03:09:22

That's how Jaynee became who she is, in part.

00:03:09:22 - 00:03:11:02

Right? Yeah.

00:03:11:02 - 00:03:16:12

But I remember I was coaching Jaynee.
I, coached youth basketball for a lot of years. She primarily did.

00:03:16:12 - 00:03:20:08

I kind of focus on softball helped. Yeah, yeah,
I focus on softball. And she helped me.

00:03:20:08 - 00:03:24:21

She focus on basketball.
I helped her, right? Cause I don't have the background like you do, but.

00:03:24:21 - 00:03:27:03

But for a long time. You don't have to have that.

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Yeah. When they're young. Yeah.

00:03:28:16 - 00:03:32:19

And, our young team for Ogden Untamed.

00:03:32:19 - 00:03:34:20

Were so good at defense.

00:03:34:20 - 00:03:36:19

We were just smothering people with defense.

00:03:36:19 - 00:03:40:12

And I'm like man babe, your defense is unbelievable.

00:03:40:12 - 00:03:44:00

Whether it's a zone or man to man.
Your transition defense was just on point.

00:03:44:00 - 00:03:47:16

And she in the I remember her saying she goes well I played for CT.

00:03:48:22 - 00:03:50:05

I played for Carla Taylor right.

00:03:50:05 - 00:03:52:09

Yeah yeah yeah yeah.

00:03:52:09 - 00:03:58:14

She there were times when she had, she'd text me or say, hey, you know,
can I have some ideas for practices and stuff?

00:03:58:14 - 00:04:01:15

And I'm like, you know what to do. You did it for four years.

00:04:01:15 - 00:04:03:10

But I keep saying to her

00:04:03:10 - 00:04:10:03

the fundamentals, fundamentals, fundamentals for the young kids,
that's the most important thing for them to start that way, right?

00:04:10:08 - 00:04:11:08

Yeah.

00:04:11:08 - 00:04:14:17

Well, we we appreciate everything you've done for us.

00:04:14:17 - 00:04:18:23

But I know it's we're just one that's just one player.

00:04:18:23 - 00:04:24:23

You had a whole career of kids
and young adults that you coached and mentored.

00:04:25:02 - 00:04:31:02

What's the what are the things you look back on now that you're retired
and in the Hall of Fame?

00:04:31:08 - 00:04:33:05

You're in our community doing doing art.

00:04:33:05 - 00:04:37:06

We'll talk about your art a little bit,
but what are the things that you really remember now?

00:04:37:06 - 00:04:43:21

You know, it's so interesting because at the time
when you're coaching them and, and I, I, I was old school.

00:04:43:21 - 00:04:45:17

It's, you know, you

00:04:45:17 - 00:04:52:04

you come every day, you work hard and you're expected to work hard
and you're not going to get patted on the back for working hard.

00:04:52:04 - 00:04:57:02

It's when you go above and beyond and do the extra things,
then absolutely, you're going to get the pats on the back.

00:04:57:02 - 00:05:00:06

So it kind of kind of old school.

00:05:00:06 - 00:05:05:22

But I, you know, I think you you've
you've earned a scholarship and the school's paying for you

00:05:05:22 - 00:05:09:08

to get your education
and you're expected to come and work hard every day.

00:05:09:08 - 00:05:15:05

So I expected that on my players.
And at the time, I think they didn't realize

00:05:16:05 - 00:05:19:13

that, that down the road you'll appreciate that.

00:05:19:13 - 00:05:22:22

And that's probably what I get more later down the road.

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They'll say, yeah, you know, I, I probably haven't told you this,
but I really appreciated everything you did for me.

00:05:29:23 - 00:05:37:16

And so but at the time, you know, you're not the most popular,
the head coaches the most popular because you're the hard one.

00:05:38:02 - 00:05:41:20

You're the one that is on them and demanding.

00:05:41:20 - 00:05:47:16

And and the assistant coaches are kind
of the ones that pick up the pieces and make things okay.

00:05:47:16 - 00:05:50:01

Gotcha. And you probably know what that's like.

00:05:50:01 - 00:05:53:13

Well, and you're you're also the one that's accountable for everything.

Absolutely right.

00:05:53:13 - 00:05:58:02

It's your job and you're the boss stops here
a lot of pressure on that coach right.

00:05:58:02 - 00:05:59:18

Yep. Yeah. And

00:06:00:17 - 00:06:03:20

I do remember your old school style, but I didn't at the time.

00:06:03:20 - 00:06:07:01

It wasn't really old school.
It was just that's how it was. It was just school.

00:06:07:01 - 00:06:09:00

Yeah it was, it was, it was how it was.

00:06:09:00 - 00:06:13:15

And I mean, we had
I had the same circumstances on the football team. Right.

00:06:13:15 - 00:06:15:13

And, who was your coach?

00:06:15:13 - 00:06:19:23

I started under Dave. Doesn't say.
Was it? Yeah. And then, then Jerry Graybill.

00:06:19:23 - 00:06:24:19

Okay. But both good men that helped me develop into the man that I know.
Right? Right, right.

00:06:24:19 - 00:06:30:06

Yeah. Both of whom one thankful for. Exactly. Right.
But at the time, at the time, it kind of sucked sometimes.

00:06:30:06 - 00:06:36:13

Yeah, man, you didn't want them riding
you and expecting more and wanting more out of you and pushing you.

00:06:36:22 - 00:06:42:21

But that's how you learn how to enjoy
and or at least lean into and endure hard things.

00:06:43:01 - 00:06:46:17

And it's just you don't grow
unless you're doing hard things, right? Right, right.

00:06:46:17 - 00:06:51:14

And so I know Jaynee???'s very thankful for that now. And and,
you know, I certainly am, because

00:06:52:18 - 00:06:54:18

I admire who I married for a reason.

00:06:54:18 - 00:06:59:03

Yep. Right. And
and now you do are doing the same thing with two young girls.

00:06:59:03 - 00:06:59:23

That's great.

00:06:59:23 - 00:07:02:13

I'm trying to. Yeah, they don't always.

00:07:02:13 - 00:07:06:14

They're not toughen up at the pace you think, but that you want.

00:07:06:14 - 00:07:11:02

Sometimes it takes somebody
other than parents to coach them, right. Yeah.

00:07:11:02 - 00:07:12:01

Oh that's hard.

00:07:12:01 - 00:07:17:06

I think that's really hard for parents
because it's the it's your parent.

00:07:17:06 - 00:07:23:21
And so the best thing parents can do
if they're not coaching is say I love to watch you play.

00:07:24:02 - 00:07:25:22
Oh yeah, I love to watch you play.

00:07:25:22 - 00:07:30:20
That's all you have to say as a parent
and and go to their game. Support them.

00:07:30:20 - 00:07:31:21
I love to watch you play.

00:07:31:21 - 00:07:37:08
It's not your job as a parent to criticize
and break the game down and talk about it.

00:07:37:08 - 00:07:42:15
Mull it over
because the parents, the one that loves you unconditionally.

00:07:42:15 - 00:07:46:09
Did you teach that to Jaynee? No. To tell your kids
you love to watch them play.

00:07:46:09 - 00:07:49:16
Oh, yeah, I think I did because she like constantly is pushing that.

00:07:49:16 - 00:07:53:14
I would say that all time I was, I was like, man, I wish I could do a

00:07:54:13 - 00:07:59:16
some kind of a symposium thing for parents because

00:07:59:16 - 00:08:04:10
don't criticize the officials and just tell your kids
you love to watch them play.

00:08:04:10 - 00:08:07:13
We know they'll be better for it.

00:08:07:13 - 00:08:12:00
I always make a point to thank the refs on the way out on there.
Yeah. Thanks, ref. Good game. You know. Yeah.

00:08:12:00 - 00:08:18:13
Because they are like everybody there criticize
and they're just doing the best they can that everybody can have.

00:08:19:03 - 00:08:23:06
You know the kind of job like you and I have had head
coach and politician where there's no critiques.

00:08:23:06 - 00:08:24:14
Oh there's no no.

00:08:24:14 - 00:08:25:19
Our no arms no. Yeah.

00:08:25:19 - 00:08:30:05
No armchair quarterbacks that sit up and think they could do it
better and wonder why you're doing what you're doing.

00:08:30:05 - 00:08:32:02
Second guessing and

00:08:32:02 - 00:08:39:09
and when you're just doing your best and you want to win the game
or you want to do the best for the city, it's the same thing.

00:08:39:10 - 00:08:44:13
You just want what's best for your situation.
So you just hit on a theme.

00:08:44:13 - 00:08:48:13

It's we're talking about building people, right? Yep.

00:08:48:13 - 00:08:52:16

You're helping to develop people into better versions of themselves, whether you're a coach or whether you're a mayor,

00:08:52:16 - 00:08:56:00

whether you're a leader or boss and one other way or parent,

00:08:57:00 - 00:09:02:21

we're all here trying to build ourselves into the best version of ourselves and build others around us in our best right, collectively.

00:09:02:21 - 00:09:07:22

Right? Right. And you did that for how many years were you? We were saying 20 through.

00:09:07:22 - 00:09:11:13

I was five as a player and then 23 as the head coach.

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And I was 26 years old when I got hired as the head coach at Weber State

00:09:15:03 - 00:09:20:13

Super young.

Four years out of college

00:09:20:13 - 00:09:26:16

And, you know, I told the story at the Hall of Fame banquet that I didn't apply for the job.

00:09:26:16 - 00:09:31:01

Weber State asked me to apply, not once, but twice.

00:09:31:01 - 00:09:37:07

And the third time I was at the University of Utah as an assistant coach at that time, full time assistant

00:09:37:16 - 00:09:44:02

after I'd been a GA two years at Morgan High School and then a full time assistant at the University of Utah.

00:09:44:02 - 00:09:48:11

And so I'm psyched

you get to learn under Elaine Elliott. Like national championship.

00:09:48:11 - 00:09:53:08

Oh my gosh. They're like, you know, they're like cream of the crop in the state.

00:09:53:08 - 00:09:58:18

So I'm there one year

and then Weber State comes calling and I'm like, I'm not ready.

00:09:58:18 - 00:10:02:10

I'm young. I need to learn. And thanks, but no thanks.

00:10:02:10 - 00:10:07:01

And then the third time they didn't call me,

they called her and she said, well you might as well we'll talk to them.

00:10:07:01 - 00:10:09:04

So I thought, wow. Yeah.

00:10:09:04 - 00:10:15:04

So but yeah, but you're thankful you did that

I am, I am I, I've often thought

00:10:15:16 - 00:10:21:15

for the first ten years I probably need to apologize to all my players because I was learning along the way.

00:10:21:19 - 00:10:26:01

You know, you just you jump in

and you just do the best you can. You learn along the way.

00:10:26:01 - 00:10:34:04

And I luckily had good players and we were able to recruit in-state players as well as surrounding out-of-state players. But,

00:10:36:03 - 00:10:39:09
it was it was baptism by fire.

00:10:39:09 - 00:10:39:20
My bad.

00:10:39:20 - 00:10:47:02
Because I really, you know, and honestly, the the two years I spent at Morgan High School were probably the most beneficial

00:10:47:13 - 00:10:51:05
because I was volleyball, basketball, boys and girls track coach.

00:10:51:05 - 00:10:52:19
I taught math, which I wasn't.

00:10:52:19 - 00:10:58:06
I taught whatever I told bonehead math, but I and I loved it.

00:10:58:06 - 00:11:04:02
I had all the rowdy students and they that was right after lunch and they wouldn't miss my class. They would come.

00:11:04:02 - 00:11:04:19
They were awesome.

00:11:04:19 - 00:11:07:21
I taught health, P.E., dance.

00:11:07:21 - 00:11:10:23
And at one point I was a cheerleader advisor.

00:11:10:23 - 00:11:14:11
Really? Yes. I didn't tell that part at the banquet because I didn't want-

00:11:14:11 - 00:11:17:02
I didn't want those players to hear that.

00:11:17:02 - 00:11:20:02
The past players that came. Well, yeah.

00:11:20:02 - 00:11:22:04
For clarity. It's not bone in the mouth, it's remedial.

00:11:22:04 - 00:11:25:18
And then by the time I got into boneheaded math, yeah, they called it practical.

00:11:25:18 - 00:11:25:23
Yeah.

00:11:25:23 - 00:11:31:21
My yeah I couldn't remember was called, but I honestly it was one of the, my favorite classes. Yeah.

00:11:31:21 - 00:11:38:00
Because those kids that would stay out in the parking lot or whatever, they would come in for the class and I, we taught how to how to,

00:11:39:08 - 00:11:43:03
how to use a register on a checkbook or how to write a check and stuff.

00:11:43:03 - 00:11:45:11
And they were awesome. Perfect.

00:11:45:11 - 00:11:52:13
I know I and I had, glad I didn't have to have was a math 100 that in college.

00:11:52:13 - 00:11:53:18
What, you guys have math?

00:11:53:18 - 00:11:58:09
Yeah. Was it math? 101-101 or whatever you had to take it, I didn't have to

00:11:58:09 - 00:12:04:05

I did all that in junior college. Yeah. I didn't have to do that.
So that was the, practical geometry student of the year.

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Oh, wow. And I would remember being so proud. And then that was
when I started to brag about. I was like, I look at that.

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And that's when I learned that I was in the remedial,

00:12:13:05 - 00:12:17:20

and, I was like, oh, I didn't realize this the whole time. Struggling.

00:12:17:20 - 00:12:22:17

There was a place for me, thankfully.
And then anyway, I made it through and got to junior college.

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We did all the math then, but I
what junior college did you go to finish college?

00:12:26:17 - 00:12:30:01

Oh that's two I don't I don't know. You are only here for two years.

00:12:30:01 - 00:12:35:10

I had to do a redshirt
because I blew my shoulders out. So three years, two seasons to play.

00:12:35:10 - 00:12:38:13

Yeah. Yeah. But, I remember

00:12:39:17 - 00:12:44:16

I was thinking about this during your speech at the Hall of Fame
when you were talking about your journey to Weber State.

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And I was just thinking about how far women's athletics have come.

00:12:49:13 - 00:12:50:17

Right. Yeah.

00:12:50:17 - 00:12:56:17

But can you tell us a little bit about that,
like where was Weber State women's basketball at the time

00:12:57:07 - 00:13:00:14

compared also to where were women's athletics at the time?

00:13:00:14 - 00:13:09:10

So I was I was the beneficiary of the title nine that came out
in, I believe it was 75, 1975,

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because I think it was just it's the 50th year, or it might have been 74
because it was just the 50 year anniversary. But,

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for me, growing up in a small town in eastern Oregon,
we didn't have softball.

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We didn't have any soccer like they have now, but I played
I was the first girl in the state of Oregon

00:13:29:03 - 00:13:33:01

to play Little League
baseball, and I played clear through to Babe Ruth.

00:13:33:01 - 00:13:40:20

And because we didn't have softball and, so I played with the boys,
but there weren't very many opportunities.

00:13:40:20 - 00:13:46:06

You had high school.
We had volleyball, basketball and track in high school, and that's it.

00:13:46:06 - 00:13:52:05

And then when I came to college, we were
I wasn't the first class to have scholarships.

00:13:52:05 - 00:13:58:00

Might have been second or third class to have scholarships available.

00:13:58:00 - 00:14:05:00

So you could get a scholarship and you could have your education
paid for, which is why you went to college at that time

00:14:05:03 - 00:14:06:20

versus kind of what it is now.

00:14:06:20 - 00:14:13:07

But it just was starting
that women had the opportunity to earn a scholarship

00:14:13:07 - 00:14:19:19

and go to college
and get your education paid for, to now what it is I mean,

00:14:20:18 - 00:14:22:14

I would hate for you to unrecognizable.

00:14:22:14 - 00:14:23:19

I would hate for you to see.

00:14:23:19 - 00:14:25:19

And I have some game film.

00:14:25:19 - 00:14:31:08

It's in a, eight track or not eight VHS, VHS.

00:14:31:08 - 00:14:32:20

I need to get it converted.

00:14:32:20 - 00:14:37:18

But it was nothing like what they play now.

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The level, I mean, just the athleticism and they're just amazing.

00:14:42:21 - 00:14:49:07

And then you, you know, then they go on to the WNBA and women's
basketball has just blossomed.

00:14:49:07 - 00:14:50:22

It's the same way. And football too.

00:14:50:22 - 00:14:55:20

Like I just look I go watch the Weber State teams now and I'm like,
I wouldn't have made the team.

00:14:55:20 - 00:14:57:14

Yeah right. Yeah.

00:14:57:14 - 00:15:03:02

But I think it's also just a function of the development of the game,
the development of how they develop the players. Right.

00:15:03:02 - 00:15:06:14

And the year we play. Right. Well, how about the opportunities?

00:15:06:14 - 00:15:15:08

We have those opportunities I mean they're just you know
skill development athletic ability development I mean there it is.

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So and they have parents that have played that helped them
and provide those opportunities.

00:15:21:13 - 00:15:22:15

Yeah.

00:15:22:15 - 00:15:26:21

You called yourself a beneficiary of title nine,
which actually we all are now. Yeah.

00:15:26:21 - 00:15:29:04

But Jaynee talks in the same terms.

00:15:29:04 - 00:15:32:23

She says, I'm I stood on the shoulders of giants before me.

00:15:32:23 - 00:15:33:20

Right. It's true.

00:15:33:20 - 00:15:39:17

And so like her mom played softball BYU and Jaynee in her high school.

00:15:39:17 - 00:15:42:07

They only had so slow pitch softball for them

00:15:42:07 - 00:15:43:18

Right. They didn't have it all for you.

00:15:43:18 - 00:15:48:09

Yeah. Yeah.

But I'm a little older than Jaynee a little bit quite a bit. But

00:15:49:17 - 00:15:51:03

but it was just shows.

00:15:51:03 - 00:15:54:15

I'm just saying that it shows the trajectory of, of women's sports at the time.

00:15:54:15 - 00:15:55:14

Oh, absolutely.

00:15:55:14 - 00:15:57:01

It's just come so far.

00:15:57:01 - 00:16:01:19

And now, gosh, the game now when you compare it to the men's game.

00:16:01:19 - 00:16:06:19

I enjoy a lot more about they play more fundamental defense.

00:16:06:19 - 00:16:10:22

Right. They have

they're just they're more disciplined in their transition and so.

00:16:10:22 - 00:16:13:10

Well they're not playing above the rim so. Right.

00:16:13:10 - 00:16:17:21

They have to run some type of an offense to create a shot for somebody.

00:16:17:21 - 00:16:24:15

Where as the men it just it just can give it to your best player and they break you down one on one.

00:16:24:15 - 00:16:27:10

Can they create a shot for themselves? Right.

00:16:27:10 - 00:16:30:23

And the women can't quite do that.

00:16:30:23 - 00:16:35:14

But it's, it's at a whole different level, there's no question. Is the better team game?

00:16:35:14 - 00:16:39:00

Yeah. Yeah, yeah. Well, it's it's kind of how the pros used to be.

00:16:39:00 - 00:16:43:03

People didn't like to watch the pros because it was so much fun. And then it changed.

00:16:43:03 - 00:16:46:13

And then the men's college game kind of became that.

00:16:46:13 - 00:16:48:05

And now the women's college game

00:16:48:05 - 00:16:54:11

people really prefer to watch or not prefer, but they'll they're watching the women's game because of the level that they play.

00:16:54:11 - 00:16:55:10

And the team

00:16:56:11 - 00:16:57:20

involvement in

00:16:57:20 - 00:17:03:17

the strategy and the team strategy and teamwork and some kind of offensive execution.

00:17:03:17 - 00:17:07:12

Right? Yeah, it's a team game. It's every individual, right? Right.

00:17:07:12 - 00:17:10:13

It's kind of the same with softball versus baseball. You watch the women's.

00:17:10:13 - 00:17:15:20

Yeah, College World Series of softball versus the Men's World Series, and it's a lot faster paced for softball than it is for.

00:17:15:20 - 00:17:17:14

Yeah, for baseball. Right. Yeah.

00:17:17:14 - 00:17:20:17

It's it's crazy growing fast. It's crazy. Yeah.

00:17:20:17 - 00:17:23:20

So okay, back to yesterday.

00:17:23:20 - 00:17:27:23

Yeah. Back to where you were. So your first ten years, you said you were learning on the job. Yeah. Yeah.

00:17:27:23 - 00:17:30:13

Just kind of like you got to apologize. And I know I had.

00:17:30:13 - 00:17:34:17

So I had one assistant coach to start with.

00:17:34:17 - 00:17:42:18

And she happened to be an Ogden High grad and Handy Jones, and she had played at Utah and I coached I played against her.

00:17:42:18 - 00:17:47:21

And then when I went to Utah as a graduate assistant coach, I coached her.

00:17:47:21 - 00:17:51:19

She was a year, two years younger than me because I redshirted a year.

00:17:51:19 - 00:17:55:20

But, she came in as my assistant, my only assistant.

00:17:55:20 - 00:17:59:11

So it's just her and I, and she didn't have any experience.

00:17:59:11 - 00:18:01:11

So it was kind of learning together.

00:18:01:11 - 00:18:06:00

But it she was perfect fit for me. She was a kind of an inside outside player.

00:18:06:00 - 00:18:08:20

And she developed the post players and.

00:18:08:20 - 00:18:09:03

Yeah.

00:18:09:03 - 00:18:15:00

And she played under Fern Gardner for a few years, which Fern Gardner is a legend in the state.

00:18:15:00 - 00:18:21:23

She played at Utah State but then coached for years and years at University of Utah before Elaine,

00:18:22:02 - 00:18:26:14

she retired, went into administration, and Elaine started coaching, was the head coach.

00:18:26:14 - 00:18:31:11

So and had played under some of the best coaches you could ever have.

00:18:31:11 - 00:18:33:05

So she brings that into

00:18:34:05 - 00:18:35:15

our coaching staff.

00:18:35:15 - 00:18:39:22

And then I think at five years or six years later, we added another coach.

00:18:39:22 - 00:18:44:12

And but you're like really building something. Oh yeah. And it took time.

00:18:44:12 - 00:18:51:05

But they, you know, luckily my first year we were really successful because we had a good group of seniors

00:18:51:12 - 00:18:54:20

and they were kind of hungry for a new head coach.

00:18:54:20 - 00:18:57:15

And, and we did really well to start my first year.

00:18:57:15 - 00:19:01:18

And so then we could kind of build on that and recruit off that. Gotcha.

00:19:01:18 - 00:19:07:12

And you know, it's so interesting if we could get a player and you probably don't understand this

00:19:07:12 - 00:19:10:11

because you were while you were a recruiter here, you might understand it.

00:19:10:11 - 00:19:15:07

But if we could get a player on campus, we had a chance to get them.

00:19:15:07 - 00:19:20:17

Oh yeah. If they were out of state, we had a chance to get them in-state kids. We really battled.

00:19:20:17 - 00:19:26:17

I mean, you had Utah, BYU, and if if they wanted them, we weren't going to get them.

00:19:27:04 - 00:19:34:18

But for out-of-state players, when they came in and they walked Dee Events Center or they saw the mountains, right?

00:19:34:18 - 00:19:35:17

Yeah.

00:19:35:17 - 00:19:36:22

I was just the community.

00:19:36:22 - 00:19:41:14

I know it's beautiful. And that was we had such it was such a sell.

00:19:41:14 - 00:19:47:15

If we could get them on campus because of the community, because of the beauty of the mountains.

00:19:47:22 - 00:19:49:02

And and you remember,

00:19:49:02 - 00:19:56:23

I remind myself of this, but remember that we're talking about maybe not Ogden's heyday in terms of our, Yeah, the economic thriving.

00:19:56:23 - 00:20:00:09

Right, right. But it's still it was kind of a crime peak.

00:20:00:09 - 00:20:07:08

It really well, when I came to play, it was 1979 was my freshman year, 79.

00:20:07:08 - 00:20:11:12

80 was my freshman year. And this little kid from Eastern Oregon

00:20:12:13 - 00:20:16:17

went drove down 25th Street in my little brown Capri.

00:20:16:17 - 00:20:18:19

And so scared to death.

00:20:18:19 - 00:20:19:02

Yeah.

00:20:19:02 - 00:20:24:11

You know, we just didn't come down and now it's just, you know, it's a whole different.

00:20:24:11 - 00:20:25:23

It's a whole new, whole different ballgame.

00:20:25:23 - 00:20:33:18

It's completely what it's what it's grown to and how which there's a lot of, you know, a lot of people don't remember those days.

00:20:33:23 - 00:20:39:03

Yeah. Those are the days. That was actually what attracted me here. I was like, this place is unbelievable.

00:20:39:03 - 00:20:42:06

And not knowing where we'd be headed in the future. Right.

00:20:42:06 - 00:20:44:12

But we sometimes lose sight of where we've come from.

00:20:44:12 - 00:20:50:01

Yeah. Yeah. Right. Well. And and then did you think you would stay here?

00:20:50:01 - 00:20:54:08

No. My parents kept telling me I would see, I kept know I was like, I was like, I'll be back.

00:20:54:08 - 00:20:54:15

Oh, yeah.

00:20:54:15 - 00:20:57:05

I kept saying, I am a true Oregonian.

00:20:57:05 - 00:21:00:18

I will move back to Oregon. I'm sure I'll go back to Oregon and

00:21:02:01 - 00:21:03:17

I mean, how many years later?

00:21:03:17 - 00:21:12:12

I still live in Ogden and Ogden and the house that I bought when I became the head coach that we were saying, and I love it here.

00:21:12:12 - 00:21:17:09

And people were saying and we were saying to have that effect on people. Absolutely, absolutely.

00:21:17:09 - 00:21:19:13

People stay longer than they anticipate.

00:21:19:13 - 00:21:26:02

Well, just the, you know, the whole East bench fills that have so many friends that feel like family.

00:21:26:13 - 00:21:32:07

And I've had people say when I go back to Oregon, which I go back because my family's still there, my brother and sister

00:21:32:07 - 00:21:33:00

and their families.

00:21:33:00 - 00:21:35:12

But they'll say, would you ever move back?

00:21:35:12 - 00:21:40:20

And I, I try to hesitate for a second, no way.

00:21:40:20 - 00:21:41:09

But you know.

00:21:41:09 - 00:21:42:01

Yeah. No.

00:21:42:01 - 00:21:43:12

Do. This feels like home to me.

00:21:43:12 - 00:21:48:13

Ogden is home.

It is me. And it's a great place to live. It's a great place to me.

00:21:48:13 - 00:21:53:03

And I go out my back door and hit the trails on a mountain bike I can.

00:21:53:03 - 00:21:58:04

You're 20 minutes to ski resorts. There's just so you can hike.

00:21:58:04 - 00:22:03:17

You can or you can ride downtown, you know, now you can take the bus.

How about that?

00:22:03:17 - 00:22:05:18

How about you can take the bus downtown?

00:22:05:18 - 00:22:06:09

The BRT.

00:22:06:09 - 00:22:08:10

Exactly. So still free fare.

00:22:08:10 - 00:22:13:05

So yeah. So it's just it's amazing the evolution of the city of Ogden.

00:22:13:05 - 00:22:19:14

And I mean, I'm sure there's a lot of old timers that have seen it too, but I really have seen

00:22:21:04 - 00:22:22:13

45 years.

00:22:22:13 - 00:22:27:01

Yeah. And it didn't happen by accident.

It's been made to happen by people. Right?

00:22:27:01 - 00:22:31:07

A lot of people that made the downtown what it is and

00:22:31:07 - 00:22:35:02

and whether it's our police force that make it safe. Right.

00:22:35:02 - 00:22:41:12

Or every everybody's been involved in helping it become what it is today and including you.

00:22:41:12 - 00:22:48:09

Well, I don't know that I became you're a Hall of Famer and I you well thanks to we were saved but yeah you know.

00:22:48:10 - 00:22:49:19

Yeah. But we it's part of Ogden. Yeah.

00:22:49:19 - 00:22:54:10

And been a part of it like you know in fact there were a few years

00:22:54:10 - 00:23:00:23

I can't remember what year it was,
but we were, trying to get more fans in the stands.

00:23:00:23 - 00:23:08:16

And so we asked a group of, community leaders,
you know, the Kim Buchards, the Heidi Harwards, the,

00:23:09:01 - 00:23:15:16

you know, the business people to help us,
help us develop a marketing group to get

00:23:17:01 - 00:23:18:10

butts in the seats.

00:23:18:10 - 00:23:21:14

we would meet down there and then try to think of ideas.

00:23:21:14 - 00:23:25:10

But we also had our players coming down and being involved.

00:23:25:10 - 00:23:32:01

Whether it was in the Ogden Marathon one year, they helped with,
the clothes pick up when they came down.

00:23:32:01 - 00:23:39:02

So as much as we wanted people to come support us,
we really involved our players in as many community

00:23:39:08 - 00:23:41:22

activities as we could get them exposed to.

00:23:41:22 - 00:23:47:03

But you were also pairing community leaders with players
in terms of mentoring at the time, right? Yeah.

00:23:47:03 - 00:23:48:17

And so I remember that too.

00:23:48:17 - 00:23:53:13

And then we had
we started the we started the elementary field trip game.

00:23:53:13 - 00:23:55:08

Rachelle developed that.

00:23:55:08 - 00:24:00:15

And we we went to a Final Four
and some girl talked about Rochelle's was a coach.

00:24:00:15 - 00:24:02:13

Yeah Rochelle Gardner Sayers. Yep.

00:24:02:13 - 00:24:07:05

She she developed the elementary field trip game.
She said let's do this.

00:24:07:05 - 00:24:13:03

And so we contacted the different elementary schools
and they said, yeah, we'd love to do it.

00:24:13:03 - 00:24:14:09

You know, we don't have the funding.

00:24:14:09 - 00:24:21:07

So Rochelle ends up writing a grant to get the money for busses
so that those kids could come to the game.

00:24:21:07 - 00:24:22:18

And it was like we had.

00:24:22:18 - 00:24:24:01

Yeah, you're talking like speech.

00:24:24:01 - 00:24:24:06

Yeah.

00:24:24:06 - 00:24:30:06

45,000 or 44,500 screaming elementary kids.

00:24:30:15 - 00:24:34:14

And those community leaders, Carolyn Brierley was another one of them.

00:24:34:14 - 00:24:37:18

She worked for the city. Yeah, she worked for the city at the time.

00:24:37:18 - 00:24:43:21

And they helped organize who was going to sit where when the busses came in because we couldn't do it.

00:24:43:22 - 00:24:45:15

We're down on the court coaching.

00:24:45:15 - 00:24:52:04

But yeah, it was it was a neat experience for our players to get involved and understand.

00:24:52:10 - 00:24:57:04

If you want people to come watch your games, then you have to give to the community. That's right.

00:24:57:04 - 00:25:01:16

That tradition still continues. In fact, when our daughters were at Wasatch Elementary, we did it. Then,

00:25:02:15 - 00:25:05:07

and I volunteered to be a,

00:25:05:07 - 00:25:09:22

chaperon. Chaperon? Thank you. Yeah. I have never been more exhausted in my life.

00:25:09:22 - 00:25:14:03

Yeah, than when I was done that night. Oh, exhausted? Yes.

00:25:14:03 - 00:25:16:01

I know kids were crawling all over the.

00:25:16:01 - 00:25:17:10

Oh, you know, and they love it.

00:25:17:10 - 00:25:21:20

And they just get to screaming, oh, yeah, stand up and go crazy super loud.

00:25:21:20 - 00:25:26:03

They don't get to do a school. Yeah. The players signed autographs for them. It's fun. Tons of fun.

00:25:26:03 - 00:25:31:19

So that was kind of a cool community connection that we were trying to develop with. So.

00:25:31:19 - 00:25:34:17

So you're building the team. You're also building it.

00:25:34:17 - 00:25:38:09

You're building a sport, right? You're building a program.

00:25:38:09 - 00:25:41:04

You're building people, you know young women.

00:25:41:04 - 00:25:45:03

And then you're building community. Yeah. Right. Yep.

00:25:45:03 - 00:25:46:20

And I think that's, that's what

00:25:48:01 - 00:25:51:19

that's the difference between Ogden and we were state and everybody else I think.

00:25:51:19 - 00:25:57:11

Yeah. Is this accessibility for us to be able to participate right in the building in the lifting of our city.

00:25:57:11 - 00:25:57:19

Yeah.

00:25:57:19 - 00:25:58:06

You know what I mean.

00:25:58:06 - 00:26:00:11

Yeah. Yeah. No you're right. Yeah.

00:26:00:11 - 00:26:04:15

You get a bigger city like Salt Lake. It, it's it's so big.

00:26:04:15 - 00:26:06:16

Big it's so big. Yeah. It's so big.

00:26:06:16 - 00:26:07:12

Yeah. Yeah.

00:26:07:12 - 00:26:13:19

And and not that Salt Lake doesn't do some great things,
but it's, it's kind of the difference in a mid-major

00:26:13:19 - 00:26:17:02

like Weber State and the experience you get with the professors.

00:26:17:02 - 00:26:21:22

Yeah. That you get to know they know your name. We had small classes.

00:26:21:22 - 00:26:28:16

It's just such a unique opportunity
to get, you know, top notch education right here it is.

00:26:28:16 - 00:26:32:00

It's actually an interesting size and scale.

00:26:32:00 - 00:26:37:15

And we talked about this here in in our administration is we're
we're a small city in the big picture.

00:26:37:15 - 00:26:41:08

Like we're not in Chicago. Right okay. Right. Right. Right. Thankfully.
Yeah.

00:26:41:08 - 00:26:45:14

Right. Yeah. Watch the news I'm I don't want to live there.
Yeah I like to live here. Yeah.

00:26:46:14 - 00:26:49:03

But but we're also not

00:26:49:03 - 00:26:52:13

a small city here in northern Utah. We're the big city of northern Utah.

00:26:52:13 - 00:26:58:13

And so we're sort of a small like a, a big city with a small town feel.

00:26:58:19 - 00:27:02:01

Right? Yeah. So we're kind of resourced

00:27:02:01 - 00:27:09:01

enough that we can do major things,
but we're not so big that we are wrapped up in an enormous bureaucracy.

00:27:09:02 - 00:27:10:09

Right, right, right.

00:27:10:09 - 00:27:16:09

So we I mean, just our police department,
we have 150, 160 now sworn officers.

00:27:16:16 - 00:27:19:19

Well, that sounds like a lot. That's a lot, right. Makes it bigger.

00:27:19:19 - 00:27:21:15

But at a time we didn't have that.

00:27:21:15 - 00:27:26:22

And it was it was battling to keep those police officers
so they didn't leave right.

00:27:26:22 - 00:27:28:07

And go for more pay.

00:27:28:07 - 00:27:31:21

And so many things were done to develop that.

00:27:31:21 - 00:27:42:07

And, and the police chiefs that came in and it was important and
we were able to keep them and, and get more and right to where today.

00:27:42:08 - 00:27:42:23

Yeah.

00:27:42:23 - 00:27:49:03

Now we have a waiting list to work at OPD really, which I don't know
if there's any departments that have that I have around here,

00:27:49:21 - 00:27:53:20

but we're full and police and fire
and we're waiting list and in place and

00:27:54:22 - 00:28:00:21

but the point is we're resourced enough to do great things
and we get to think and think and have big dreams.

00:28:00:21 - 00:28:03:13

Right.

But we're small enough that we know each other, know each other by name.

00:28:03:13 - 00:28:07:03

I know, right? Most of my officers by name, right? Really?

00:28:07:03 - 00:28:12:15

Yeah. Officers I know, I mean, I, I don't want to know them by name
because that means they pulled me over.

00:28:12:15 - 00:28:13:04

Fair enough.

00:28:13:04 - 00:28:14:16

And I know you.

00:28:14:16 - 00:28:19:23

There are some that. Yeah. I mean, back in the day, I mean, was it
I can't remember.

00:28:19:23 - 00:28:26:10

There were a couple track
guys that were police officers way back and way back in the day.

00:28:26:10 - 00:28:32:07

I can't remember their names. I, I'm terrible with names,
but yeah. No, it's

00:28:32:07 - 00:28:36:21

our city is safe because of things that have evolved and have been done,

00:28:36:21 - 00:28:43:01

which, you know,
you benefit that to the administration and it's important.

00:28:43:05 - 00:28:48:13

It is. But it Weber State it's the same set up. It's the mid-major.

00:28:48:13 - 00:28:53:09

And some people are like
oh it's just a mid-major or just Weber. That's all another thing.

00:28:53:09 - 00:28:55:07

But at the mid-major means you're,

00:28:56:10 - 00:29:00:23

you have that small school feel but you have big school,

00:29:00:23 - 00:29:04:21

dreams and opportunities and access.
They're playing big schools. Right, right.

00:29:04:21 - 00:29:08:17
Yeah. We wouldn't play big programs for not big crowds. Yeah.

00:29:08:17 - 00:29:13:10
And that was those were big opportunities. Right.
And we repeated, you know. Yeah. Yeah.

00:29:13:10 - 00:29:21:14
And then I think the difference was, you know, you might get you could
compete say in football or women's basketball or men's basketball.

00:29:21:14 - 00:29:24:05
The first half. Keep it close. Oh yeah. Always.

00:29:24:05 - 00:29:30:22
But then the second half it's like they had so much more depth play more
and their their bench was equal

00:29:30:22 - 00:29:37:17
to your starters, you know,
because you had such a small pool of the really, really good ones.

00:29:37:17 - 00:29:43:10
Right. And then they had and they scholarships. Exactly. They
so it was always the second half was kind of the difference.

00:29:43:10 - 00:29:48:08
But you could hang with them for same with us.
The big the big fat guys in the front would really lean on us.

00:29:48:08 - 00:29:53:01
And you know, for me, I'm tired. Old in this town.
Yeah. Yeah, exactly. It's better than I am. Yeah, exactly.

00:29:53:01 - 00:29:57:07
Yeah. And then they bring another one in,
or they bring the third one in or down. Yep.

00:29:57:07 - 00:30:00:01
That's kind of same way with women's basketball.

00:30:00:01 - 00:30:05:11
So you get to a point where you're you're ten years
in, you're apologizing for them.

00:30:05:11 - 00:30:11:21
But you're just you're I can't imagine the the pool is super
deep around around here for women's basketball coaches.

00:30:11:21 - 00:30:16:18
I'm sure there were coaches around.
Yeah, it's a thing. It's an industry. But it wasn't like it is today.

00:30:16:18 - 00:30:18:20
No. Where the sport's so developed. Right.

00:30:18:20 - 00:30:23:20
And so I had to imagine you weren't the only one figuring it out
along the way. Yeah, I think right. Yeah.

00:30:23:20 - 00:30:29:15
I mean there were a lot of women that were given opportunities
that, you know, you'd,

00:30:29:15 - 00:30:36:13
you'd say, well, are we going to give this woman an opportunity
or are we going to hire a man who had experience coaching?

00:30:36:13 - 00:30:44:11
So I think you started to see women being hired to coach women sports,
which it should be that way.

00:30:45:04 - 00:30:46:16
But you have to give them a chance.

00:30:46:16 - 00:30:51:00

That's the only way you get the experience.
And I think we did that for me.

00:30:51:00 - 00:31:00:11

They allowed me the chance to learn and develop so that we had a woman coaching women's basketball, which I love that, and that's huge.

00:31:00:18 - 00:31:02:08

I know that's pioneering stuff.

00:31:02:08 - 00:31:10:03

I know, and it's still, of all the coaches we state still has hired women to coach women's basketball.

00:31:10:23 - 00:31:14:17

Talk about the difference for us like I there's obvious differences, but

00:31:16:06 - 00:31:22:01

what are the differences from a player standpoint, like in the locker room and in the program?

00:31:22:01 - 00:31:28:10

I just think women understand what women are going through versus men.

00:31:28:19 - 00:31:38:13

But I also think because during high school years, a lot of those high school girls were coached by men.

00:31:39:18 - 00:31:50:02

And so it's it's this I mean, I had a women's coach that I played for, but I had when I was in high school, I had

00:31:51:05 - 00:31:53:19

men, high school coaches.

00:31:53:19 - 00:31:59:10

And so I, you know, I, I, I'm a firm believer that women should be coached by women.

00:31:59:10 - 00:32:01:02

Men are coached by men.

00:32:01:02 - 00:32:04:09

And then sometimes a woman will be on a men's staff.

00:32:04:09 - 00:32:11:10

But but you also, I think it's hard for women as they progress in their lives

00:32:11:17 - 00:32:18:15

when they decide that they want to move on and have a family, then they make the choice to get out of coaching.

00:32:18:15 - 00:32:23:05

And men don't have to make that choice, right? I mean, that's just a natural.

00:32:23:05 - 00:32:26:01

They don't have to have a baby and stay home.

00:32:26:01 - 00:32:30:23

They they could stay home and help, but they're not having the baby. Let's just well, Rochelle had a baby.

00:32:30:23 - 00:32:32:16

Yeah, well, she was your assistant, right? Yeah.

00:32:32:16 - 00:32:35:00

Well so did and they I mean, they all did.

00:32:35:00 - 00:32:45:18

And eventually his, his funny and, youngest child, she or her oldest when she was coaching at first she said the,

00:32:46:03 - 00:32:52:03

the national anthem would come on and McKinsey would go, hey, mom, there's the Weber State song

00:32:52:14 - 00:32:59:02

because she grew up in the gym from, you know, from the time she was little clear through till she was 5 or 6.

00:32:59:02 - 00:33:03:18

So she thought the national anthem was the Weber State song that that's.

00:33:03:18 - 00:33:07:22

And so she got a couple of their kids grow up, which is not a bad thing.

00:33:07:22 - 00:33:15:02

But then once they want to have another one and was pregnant with another one, she just said, I just can't do it.

00:33:15:02 - 00:33:17:21

So she she moves on.

00:33:17:21 - 00:33:23:21

And then eventually as she after she raised her kids, she went and coached high school, which is awesome.

00:33:23:21 - 00:33:28:11

But I think sometimes women have to make the choice. Am I going to

00:33:29:20 - 00:33:32:17

have a family or do I want to stay in coaching?

00:33:32:17 - 00:33:35:13

And you kind of make that decision?

00:33:35:13 - 00:33:40:02

So these are these are the things that I think today we take for granted.

00:33:40:02 - 00:33:43:21

And when Jaynee says I stay on the shoulders of giants that come before me,

00:33:43:21 - 00:33:46:11

these are the things that the Giants before her did.

00:33:46:11 - 00:33:51:07

Yeah. Right. And there were people before me, the

00:33:51:07 - 00:33:57:09

the Tennessee coach Pat Summitt, all those people that, that, you know, I got to rub elbows with

00:33:57:09 - 00:34:05:03

when we would go to the WNBA conventions all over the country and, you know, the Tara VanDerveers and.

00:34:05:04 - 00:34:09:22

Yeah, you know, they just I coached against Tara our first year.

00:34:09:22 - 00:34:13:14

We went to the NCAA tournament. We played at Stanford.

00:34:13:14 - 00:34:18:04

Here's the she's like a super winning coach at Stanford was where she really had her. Yes.

00:34:18:04 - 00:34:22:11

She yeah. Yeah. But that Stanford she became the winningest head coach.

00:34:22:11 - 00:34:25:16

And then she retired. And I think Geno at Connecticut has passed her now.

00:34:25:16 - 00:34:28:10

But but we we played at Stanford.

00:34:28:10 - 00:34:31:17

And this is back to the mid-major versus the male major.

00:34:31:17 - 00:34:35:22

So we we're up like 18 to 6.

00:34:35:22 - 00:34:42:02

And she has to call the first time out
I was just like yes that was like a moral victory.

00:34:42:02 - 00:34:44:19

Oh yeah. Because she had call the first time out because we were in.

00:34:44:19 - 00:34:46:03

And then the momentum,

00:34:46:03 - 00:34:55:12

she put a bigger, taller player against Crystal Howell, a local Roy
High player who was Big Sky conference, also in the Hall of Fame.

00:34:55:13 - 00:34:55:21

Yeah.

00:34:55:21 - 00:35:01:20

And and Crystal couldn't shoot but she was like,
this kid was six seven or something.

00:35:01:20 - 00:35:06:19

And Crystal had never played against somebody that big.
And she just tried to make the same moves and couldn't.

00:35:06:19 - 00:35:07:22

That wasn't it didn't work.

00:35:07:22 - 00:35:09:13

And they caught back up.

00:35:09:13 - 00:35:14:11

But but I was like,
I'll never forget that. Turn to my sister's going, yes.

00:35:14:11 - 00:35:16:21

She had called first time out. Yeah.

00:35:16:21 - 00:35:17:12

That was the win.

00:35:17:12 - 00:35:18:11

Yeah. Yeah.

00:35:18:11 - 00:35:24:15

It was so but yeah, it's
I don't know where I kind of got off on tangent there, but but women,

00:35:24:22 - 00:35:27:06

you know, people will say to me, well, do you have kids?

00:35:27:06 - 00:35:34:04

And I'll say, I had I raised kids for 23 years as the head coach,
and you get them at

00:35:34:05 - 00:35:40:04

probably the most important time in their life, from 18 to 22.

00:35:40:17 - 00:35:41:00

Yeah.

00:35:41:00 - 00:35:49:00

When the parents when the parents and trust you
with their daughters and say, okay, I'm, I'm giving you to her.

00:35:49:00 - 00:35:54:06

And now,
you know, the things that you teach her are very important for you.

00:35:54:06 - 00:35:57:09

Did we become an extension of the parent?

00:35:57:09 - 00:35:57:14

Yeah.

00:35:57:14 - 00:36:05:05

As a coach, I remember just as a student athlete

and I watching Jaynee go through it, she was just exhausted all the time.

00:36:05:19 - 00:36:10:16

Yeah, right.

I mean, how could you get into trouble or that tired. Yeah. Right. Yeah.

00:36:10:16 - 00:36:15:09

You guys were doing you were pushing them doing ladders at like 6 a.m. all the time. Practice.

00:36:15:09 - 00:36:20:17

Well we early, early practice in the event center.

We didn't have they didn't have volleyball insurance.

00:36:20:17 - 00:36:27:13

And so you had to try to fit in in three practice times with volleyball, women's basketball, men's basketball.

00:36:27:20 - 00:36:30:21

And I got so frustrated with the juggling the schedule.

00:36:30:21 - 00:36:38:16

And I had a lot of players that were pre-med or nursing, you know, medical, and they always had labs in the afternoon.

00:36:38:16 - 00:36:41:01

So I finally said, you know what?

00:36:41:01 - 00:36:42:22

We're going to practice at 6 a.m.

00:36:42:22 - 00:36:47:22

and nobody's going to mess with our pride, which, you know, thinking back now, players love that.

00:36:47:22 - 00:36:52:22

That's hard on college kids. But they got up, they knew they had to get up.

00:36:52:22 - 00:36:55:00

So they got up, came to practice. They were done.

00:36:55:00 - 00:36:58:22

They showered.

And then they had the whole day to go to school and study.

00:36:58:22 - 00:37:00:14

I'm sure that's all they did.

00:37:00:14 - 00:37:05:14

Oh yeah. Well, so they went home and took a nap and probably missed class because they were tired. Maybe.

00:37:05:14 - 00:37:10:17

Yeah, but maybe actually you actually coached a ton of high performer academics.

00:37:10:17 - 00:37:16:13

Had some really. Right. Jaynee was always all conference, academic. Yeah. And she wasn't alone on the team at all.

00:37:16:13 - 00:37:20:00

You guys were smart. They. Yeah, they really.

00:37:20:00 - 00:37:23:07

Our players came for their education.

00:37:23:07 - 00:37:29:04

They were student first, athletes second, because there was nothing beyond.

00:37:29:04 - 00:37:31:07

It wasn't like there was a WNBA, right.

00:37:31:07 - 00:37:36:06

You know, where football and men's basketball, they're all going to either go pro all know.

00:37:36:06 - 00:37:38:16

Well they but but they think that so. Right.

00:37:38:16 - 00:37:42:12

So if you're pretty good is your education the most important thing

00:37:43:12 - 00:37:45:00

I wish I could relate.

00:37:45:00 - 00:37:47:14

Yeah. But you you I knew I wasn't go to the NFL.

00:37:47:14 - 00:37:51:18

You knew the same with me.

I knew that it was my ticket to get my education if I wanted to coach.

00:37:51:18 - 00:38:00:00

So I my education was important and I think the women's athletes were that way because there wasn't anything after.

00:38:00:08 - 00:38:04:12

So you're there to get whatever it is you're striving for.

00:38:04:12 - 00:38:07:22

That's actually that's the purest form of the game, actually. Yeah.

00:38:07:22 - 00:38:13:03

And that is what the in my view, this is not reflect my wife's opinions.

00:38:13:03 - 00:38:14:21

This is purely mine and mine alone.

00:38:14:21 - 00:38:20:22

But it does feel like we're losing the purity of the game and the and the sense of purpose behind it.

00:38:20:22 - 00:38:26:10

The student condition of the student athlete. Yeah.

And now it's all becoming money and.

00:38:26:10 - 00:38:35:23

Yeah, for me, you know, my parents weren't wealthy, and if I hadn't earned that basketball scholarship, I wouldn't have gone to college.

00:38:35:23 - 00:38:36:11

And they.

00:38:36:11 - 00:38:38:03

Because they couldn't have paid for it.

00:38:38:03 - 00:38:43:15

And and not every parent can pay for college.

So it was a way to have your college paid for.

00:38:43:15 - 00:38:47:08

And you were serious about it because you once you were done,

00:38:47:08 - 00:38:53:02

whatever it is you want to be, whether you want to be a doctor, whether you want to be a policeman, whatever you.

00:38:53:02 - 00:38:56:12

That was your ticket to your career. Yeah,

00:38:57:21 - 00:38:58:18

yeah.

00:38:58:18 - 00:38:59:20

What a journey.

00:38:59:20 - 00:39:02:00

Just talking about

00:39:02:00 - 00:39:06:05

the time that's passed has not been that long, actually.

00:39:06:05 - 00:39:09:22

What feels like. I know you just talk about. Yeah,

but you had your knees replaced in year.

00:39:09:22 - 00:39:12:21

Yeah. So your knees replaced, but you're.

00:39:12:21 - 00:39:18:03

I mean, you've been instructing mountain biking and you're an active I do yeah, I got this.

00:39:18:03 - 00:39:24:20

I was fortunate when I was done coaching to work with the Goal Foundation and and implementing their youth program.

00:39:24:20 - 00:39:29:16

So we had a mountain bike camp, pickleball camp in the summer and then climbing camps.

00:39:29:16 - 00:39:32:10

But and then we implemented the young runners.

00:39:32:10 - 00:39:35:06

Yeah. In the elementary schools and that too.

00:39:35:06 - 00:39:43:03

And it was it was fun and kind of feels like, you know, you're my calling was to coach to help kids.

00:39:43:03 - 00:39:43:09

Yeah.

00:39:43:09 - 00:39:47:20

And I still have a young man. He's a special needs guy.

00:39:47:20 - 00:39:50:05

And we started when he was 14 years old.

00:39:50:05 - 00:39:59:09

His grandmother asked me if I would be interested in teaching him mountain biking, and I did, and, we've been doing it for eight years.

00:39:59:09 - 00:40:04:06

He's now 22 years and we mountain bike twice a week, year round.

00:40:04:06 - 00:40:08:16

Do you really? Yeah. We never miss So we'll get to get back on it in the winter.

00:40:08:16 - 00:40:14:16

And but again, again, there's so many things to do out your back door I know right?

00:40:14:19 - 00:40:16:01

I mean it's the best town ever.

00:40:16:01 - 00:40:17:23

Oh absolutely.

00:40:17:23 - 00:40:22:08

So when you're not recreating outdoors you're not coaching kids.

00:40:22:08 - 00:40:26:10

You're not downtown seeing a show or at the restaurants because I see you around town all over the place.

00:40:27:10 - 00:40:28:08

You also do art.

00:40:28:08 - 00:40:29:02

Metal art.

00:40:29:02 - 00:40:36:07

Yes, I, I weld recycled metal art, that's all handpicked from I go out to blooms.

00:40:36:07 - 00:40:44:21

I put my hard hat on and take my bucket and my gloves and and pick through the metal and stay back and safe from what they're doing.

00:40:44:21 - 00:40:48:12

And respectful to what's going on. It blooms and it's amazing.

00:40:48:12 - 00:40:51:08

It's amazing what blooms does.

00:40:51:08 - 00:40:57:16

I mean, and the stuff that they take to recycle,
whether it's refrigerators.

00:40:57:19 - 00:40:58:18

Oh yeah, everything.

00:40:58:18 - 00:41:03:16

And we just have another little niche in our community
that's pretty amazing. But yeah.

00:41:03:16 - 00:41:12:13

So I go pick the metal and figure out how to make it into something cool
and welded together in my studio and go in my garage.

00:41:12:16 - 00:41:17:15

Your garage? Yeah. Yeah. So, and I love doing it. It's really fun.

00:41:17:15 - 00:41:22:20

I got an entry. It's cool stuff
like the just the ingenuity that you have.

00:41:22:20 - 00:41:25:23

Do you see parts in the in the piles? And you're like,
I know what I'll use that for.

00:41:25:23 - 00:41:28:00

Or do you just say, that's an intriguing piece?

00:41:28:00 - 00:41:33:11

I'll find those for it.
I found that, you know, you kind of use a lot of different things.

00:41:33:11 - 00:41:42:00

But I've gotten better about being picky because my garage slowly was
the walls were coming in with all the stuff, so.

00:41:42:06 - 00:41:47:18

And I've got it all organized and, but, yeah, it's more interesting.

00:41:47:18 - 00:41:53:12

Different type pieces, whether it's gears. I just made a piece for, a,

00:41:54:15 - 00:41:57:23

this couple that lives up on, Wheelock.

00:41:57:23 - 00:42:01:16

And there they zero scape their lawn or their yard, and they.

00:42:01:16 - 00:42:06:07

I made this huge gear dome for them.

00:42:06:07 - 00:42:10:12

I mean, it took three of us to move it off my welding table.
It was so heavy.

00:42:10:12 - 00:42:15:01

But. Yeah,
but different people will call in to have ideas of something they want.

00:42:15:01 - 00:42:18:00

And can you make this and like, I can try, right? Yeah.

00:42:18:00 - 00:42:21:22

I mean, what's the I call
I called you and said, can you make a peacock for my wife. Exactly.

00:42:21:22 - 00:42:24:16

And I said, oh, I'll figure it out. Right.

00:42:24:16 - 00:42:26:09

So it's kind of

00:42:26:09 - 00:42:35:13

I don't think I have the artsy side of whichever side of the brain it is, but it's the challenge part that it just you figure it out.

00:42:35:16 - 00:42:40:19

It's a creative process. Yeah. Right. Yeah. Well, you're really good at it. Well, I've gotten better.

00:42:40:19 - 00:42:46:21

I feel bad for the people that got my first couple of years as my welding wasn't great.

00:42:47:08 - 00:42:53:12

And I've, I've gotten better and obviously practice makes better and, and, I enjoy it.

00:42:53:15 - 00:42:59:01

It gives me something that I can go out and puts in the garage for hours.

00:42:59:01 - 00:43:01:13

Or if I don't want to do it, I don't.

00:43:01:13 - 00:43:05:03

I don't have to. Yeah. You're retired. Yeah, I'm kind of it's a hobby.

00:43:05:03 - 00:43:06:13

It's it's a hobby that pays the bills.

00:43:06:13 - 00:43:11:04

Yeah, well it doesn't pay the bills, but it's, some of them maybe kind of help me get to

00:43:12:17 - 00:43:14:09

in between time where

00:43:14:09 - 00:43:21:14

you got to figure out what you're going to do till you, you know, can collect Social Security and your retirement.

00:43:21:15 - 00:43:22:00

Right?

00:43:22:00 - 00:43:27:16

Because you got to kind of wait to those 6 or 7 and a half or whatever you decide, whichever is that. Yeah.

00:43:27:16 - 00:43:29:04

What do you call your art studio?

00:43:29:04 - 00:43:32:13

Recycled metal or, or what do I call it.

00:43:32:13 - 00:43:35:16

Yeah, it's I don't know, like how I how do we find it?

00:43:35:16 - 00:43:40:04

Oh, I know how to find you. I just call you, but yeah, you can. People can, it's.

00:43:40:04 - 00:43:47:18

I have a Facebook and Instagram page, recycled metal art shop on Instagram and Facebook

00:43:48:09 - 00:43:54:12

and or pretty much if you know anybody that knows me, knows how to get my phone number, I know, right?

00:43:54:14 - 00:43:56:17

They just call me, text me, and that's how it works.

00:43:56:17 - 00:43:59:22

I know it's word of mouth and I did start out

00:43:59:22 - 00:44:05:16

by doing one farmer's market because that's all I could do, and it took me months to prepare for it.

00:44:05:16 - 00:44:09:16

And then it's have everything's heavy
so hollow. Yeah. And it's sold out.

00:44:09:16 - 00:44:13:09

So I can only do one that I would do Harvest Moon, which was awesome.

00:44:13:09 - 00:44:16:02

And then I would do the Nature Center Christmas sale.

00:44:16:02 - 00:44:21:14

So I kind of spread it out and, and kind of got,
you know, your name out there that you're doing it.

00:44:21:14 - 00:44:24:23

And, and so I get a lot of orders from people.

00:44:24:23 - 00:44:30:21

So people lose sight of the fact that the Farmers Market
and Harvest Moon and these different festivals are actually like the

00:44:30:21 - 00:44:33:07

the most original incubator.

00:44:33:07 - 00:44:34:16

Oh, for small business. Right.

00:44:34:16 - 00:44:39:02

And it it's how it started with my recycled metal art.

00:44:39:02 - 00:44:41:18

Yeah. It's that's how I started.

00:44:41:18 - 00:44:46:11

Well, and I sold a lot of it. And some of it
when I first started wasn't great.

00:44:47:17 - 00:44:52:12

Well, if you go around town, once you've seen your art,
you can recognize it.

00:44:52:12 - 00:44:57:03

Yeah. And I do see it around town. In fact, I'd knock on doors
and I'd be like, that's a CT.

00:44:57:03 - 00:45:02:11

You can see it in their yard. Yeah. You see it on their yard
or on sitting on the doorstep or up on the door, you know.

00:45:02:11 - 00:45:06:15

And I do have it for sale out at Roosters, the B street.

00:45:06:15 - 00:45:08:04

Oh, the other roosters B street.

00:45:08:04 - 00:45:13:01

I have a little shelf that they let me put stuff out there.
I just took a black cat out there.

00:45:13:01 - 00:45:15:20

I need to take some Halloween stuff. And I.

00:45:15:20 - 00:45:19:15

But I'm here instead of welding on a Friday afternoon.

00:45:19:15 - 00:45:24:06

But of course, I wouldn't miss the opportunity
to visit with the mayor. Right.

00:45:24:06 - 00:45:28:05

Because when we've called you, you zero hesitation
you left at the office.

00:45:28:05 - 00:45:33:23

There's so many more interesting people than me
that you could have this conversation with.

00:45:33:23 - 00:45:35:12
Why would you want me?

00:45:35:12 - 00:45:37:16
And oh well, Cindy was on me.

00:45:37:16 - 00:45:37:21
Then.

00:45:37:21 - 00:45:45:11
Jaynee came into the been to play and poor Raylynn, I thought I could get away with saying, no, she's super nice, but she is.

00:45:45:22 - 00:45:49:20
But then she went. She went to the big dogs.
Do you see how much pressure I'm surrounded by?

00:45:49:20 - 00:45:54:13
I know, wow, this is hard stuff.
I couldn't say no by the end. I'm like, well, I'll do anything.

00:45:54:13 - 00:45:55:13
What do you want me to do?

00:45:55:13 - 00:46:04:10
Well, you couldn't say no because, But you shouldn't say no, because this is the kind of stories that, all of our young girls need here.

00:46:05:06 - 00:46:09:04
My daughters need to understand how far things have come. Yeah,

00:46:10:03 - 00:46:14:10
they have all the opportunities
they have today because of people like you.

00:46:14:10 - 00:46:15:19
Well, right.

00:46:15:19 - 00:46:17:02
In their mom. Yes.

00:46:17:02 - 00:46:23:17
And their mom in a lot of moms around here,
that right, that have been involved in sports and athletics.

00:46:24:02 - 00:46:28:15
It is we didn't have those opportunities.
I know you guys fought for them.

00:46:28:15 - 00:46:33:20
You built it from scratch and you had to innovate the whole way.

00:46:33:20 - 00:46:35:23
You had to make do at times.

00:46:35:23 - 00:46:41:09
You just had to find ways. Yeah. And, you know,
we all owe you a debt of gratitude for that.

00:46:41:09 - 00:46:47:09
Well, especially me as a father of two daughters that are playing,
you know, I love girl dads.

00:46:47:10 - 00:46:55:00
I think they're the best, especially girl dads
that have been college athletes or because they are so

00:46:56:01 - 00:47:02:17
in about their daughters having the opportunities
that their friends sons would have.

00:47:02:17 - 00:47:08:16
Right? Right.
Oh yeah. One you want the same thing 100% wasn't that way always.

00:47:08:16 - 00:47:15:15
So whenever you see past athletes
or you know that are girl dads, I love it.

00:47:16:01 - 00:47:18:21

It's kind of funny because genuine, I feel like

00:47:18:21 - 00:47:21:17

we've been around a lot of sports parents in our lives,

00:47:21:17 - 00:47:27:17

and you would think that the past collegiate athletes would be the most hardest driving.

00:47:27:20 - 00:47:31:04

You have to early age, specialize year round.

00:47:31:04 - 00:47:33:19

Yeah, it's actually the opposite. Yeah.

00:47:33:19 - 00:47:36:08

We're we're much more multisport oriented.

00:47:36:08 - 00:47:42:03

We take breaks through the season for different seasons of sport. You know, that's because we all did that right.

00:47:42:03 - 00:47:42:10

You know.

00:47:42:10 - 00:47:48:22

And it's the the ones that haven't experienced or been the three sport athletes that in that develops you.

00:47:48:22 - 00:47:54:05

So much more well-rounded as an athlete then specializing.

00:47:54:05 - 00:47:55:13

And then you have the burnout.

00:47:55:13 - 00:48:02:21

But if you have yeah, if you have parents that weren't athletes or they wanted to be, but maybe they weren't,

00:48:02:21 - 00:48:08:04

but now they want their kids to be, they seem to specialize and they'll do anything to give them that opportunity.

00:48:08:04 - 00:48:13:00

And it's like you let them be kids. Yeah. Just set them back. Yeah. Let them be kids.

00:48:13:00 - 00:48:15:13

Let them experience the different sports and.

00:48:15:13 - 00:48:19:21

Yeah. And develop, you know, develop the skills and all those sports.

00:48:19:21 - 00:48:26:03

That's why we've developed our, our Untamed Sports Academy and the Untamed Sports Program so that we could be in this niche

00:48:26:03 - 00:48:28:15

that is kind of off forgotten. Right.

00:48:28:15 - 00:48:34:15

There's a there's a good recreation offering out there through cities and recreation departments around the state, in the country.

00:48:35:04 - 00:48:40:06

And then there's this, this travel and accelerated. Right. Hyper specialized track.

00:48:40:06 - 00:48:46:11

And it's like it's like once you get into that travel accelerated track, everybody's trying to get to the top.

00:48:47:06 - 00:48:51:02

And you miss the middle, and the middle is the development, the miles, the multisport.

00:48:51:02 - 00:48:58:08

It's we need to make sure that we have opportunities for kids to play at a higher level of competition, but not in a specialized early age.

00:48:58:08 - 00:49:03:10

Right. And allow them to experience all the sports so they can decide later in life which, when they fall in love with. Right, right, right.

00:49:03:10 - 00:49:07:15

And let them pick, you know, let them pick what they love. Right?

00:49:07:15 - 00:49:11:19

Like if your girls don't pick basketball, that's okay.

00:49:11:19 - 00:49:15:02

Maybe they pick volleyball, or maybe they pick track, you mean.

00:49:15:02 - 00:49:16:16

And same thing for boys.

00:49:16:16 - 00:49:21:04

Let them pick what they love to do, but expose them to the different sports.

00:49:21:04 - 00:49:24:06

And then they can pick. Because if you don't love it,

00:49:25:08 - 00:49:26:19

you're not going to excel in it.

00:49:26:19 - 00:49:30:13

You're going to burn out. You're going to, you know, it's it's great drudgery, right?

00:49:30:13 - 00:49:36:10

It's the same concept of you're when you're going to decide what your vocation is going to be in future. Yeah.

00:49:36:10 - 00:49:39:11

The old model is what am I passionate about. Yeah.

00:49:39:11 - 00:49:42:18

Well what are you also good at.

00:49:42:18 - 00:49:47:05

Right. And that helps to breed success which helps to breed passion. Right.

00:49:47:05 - 00:49:52:16

And that's a different it's aptitude based instead of passion based. Right.

00:49:52:16 - 00:49:54:17

But you need to think about both. Yeah.

00:49:54:17 - 00:49:59:03

And anyway I really appreciate that you came I know, I know how about you didn't want to shower.

00:49:59:03 - 00:50:02:14

It wasn't that I didn't want I didn't want to have to get dressed up.

00:50:02:14 - 00:50:05:10

I didn't want to get gussied up and have to do my hair.

00:50:05:10 - 00:50:12:11

And, you know, I could, because when I go out to the the studio, like, in my garage, I just put a welding helmet on so I don't have to.

00:50:12:21 - 00:50:13:17

Right? Yeah.

00:50:13:17 - 00:50:17:15

My clothes get burned, you know, I get burns and stuff, but it's Friday night.

00:50:17:15 - 00:50:22:04

I know, but anyway. Well, thanks for thanks for being here.

Thank you for having me.

00:50:22:04 - 00:50:27:22

And I love what you're doing.
And the city's in good hands and appreciate that.

00:50:27:22 - 00:50:34:05

And there's so many good things going on that,
the people need to recognize and

00:50:35:07 - 00:50:37:10

and, you know, I talked about this.

00:50:37:10 - 00:50:46:01

I'm sad at the criticism that goes on that instead of seeing the good
because there's so much good in our city, so much good in our city.

00:50:46:07 - 00:50:47:03

There is.

00:50:47:03 - 00:50:52:09

And it's the way it is in the world, whether you're coaching or. Yeah.

00:50:52:09 - 00:50:56:15

And in my position there's it's easy to be a critic. It's
hard to be a leader.

00:50:56:15 - 00:51:01:03

Yeah. And,
I really appreciate all of the heart and the hard work that you put in.

00:51:01:03 - 00:51:02:23

And to be a leader city.

00:51:02:23 - 00:51:09:23

I know that you were hard on Jaynee and all the other teammates
all those years, but that that is a blessing, right?

00:51:10:04 - 00:51:15:19

It makes you a better person and makes you prepared
for the things that come to you in your life. Right?

00:51:15:19 - 00:51:20:18

And it's not like, you know, we're abusive
and just know you held them to a high standard, right?

00:51:20:18 - 00:51:25:02

You had high expectations in you
and you forced them to think the same way. Yeah.

00:51:25:02 - 00:51:26:22

And now today that's

00:51:26:22 - 00:51:34:01

there's women all over the country that played under you
who are absolute smashing successes in life, however they've chosen.

00:51:34:17 - 00:51:36:19

And and that's a testament to you.

00:51:36:19 - 00:51:43:08

You're an example of that too, from coming from a football program
and and pursuing something that you wanted to do,

00:51:44:03 - 00:51:47:03

you know, after your fish and game. Yeah, yeah, yeah.

00:51:47:03 - 00:51:49:12

And I know you're passionate about it. It was awesome.

00:51:49:12 - 00:51:54:09

It was about loving it. And I, what a fun job. But still a lot of work.

00:51:54:09 - 00:52:02:02

And I just have great respect for anybody that wants to be in politics,
because I don't want to be in politics.

00:52:02:02 - 00:52:10:01

But I think people that are civic minded do,
and they're doing it for to better our city.

00:52:10:09 - 00:52:14:23
And those are the type of people that we need in our government.

00:52:14:23 - 00:52:18:05
I agree,
and there's actually more people like that than people who think.

00:52:19:05 - 00:52:25:05
I get to rub shoulders with a lot of politicians and they're,
they're not all what you think.

00:52:25:10 - 00:52:29:17
Yeah. There's a ton of people that just love where they live
and they just want to help their town and their city.

00:52:29:17 - 00:52:32:17
Right. And, and that's

00:52:32:17 - 00:52:35:14
as much as fun as I had doing the fishing game.

00:52:35:14 - 00:52:39:08
This is way more fulfilling. Not nearly as fun.

00:52:39:08 - 00:52:44:17
Yeah. Yeah, if that makes sense. No. Yeah,
but it's harder, more challenging. It's more purposeful.

00:52:44:17 - 00:52:51:23
You get to see the benefits of all the hard work that you do,
and all the people that are working with you can accomplish.

00:52:52:02 - 00:52:55:02
But it's that's what we do in Ogden. That's what we do in the state.

00:52:55:02 - 00:53:00:19
That's what makes us great, right? Yeah. Great. Great, great.
Yes. So CT thanks for taking some time to come in.

00:53:00:19 - 00:53:04:17
Thank you. Really appreciate it.
And thanks for being such a positive presence in Ogden.

00:53:06:18 - 00:53:09:13
Thanks for building our city by building our people.

00:53:09:13 - 00:53:11:22
Well thank you I,

00:53:11:22 - 00:53:19:06
I'm fortunate to live here and I'm fortunate to be surrounded
by so many great people that have also impacted my life so well.

00:53:19:07 - 00:53:23:13
It's not just what I've done, it's
what other people have done for me as well. That's right.

00:53:23:13 - 00:53:25:13
See the selfless servant.

00:53:25:13 - 00:53:30:07
Let's let's do a call to action. All right,
so every episode we end up with a with a call to action.

00:53:30:07 - 00:53:33:00
And I'll say two things.

00:53:33:00 - 00:53:37:14
First, if you see things it's easy to see the negative.

00:53:37:14 - 00:53:40:08
It's easy to to grind on things and to be critical.

00:53:40:08 - 00:53:42:03
And it's easy to wrap our minds around that.

00:53:42:03 - 00:53:45:16

And when you do that, we become

00:53:45:16 - 00:53:48:23

we become a reflection of it. Right?

00:53:48:23 - 00:53:54:23

And the same can be said if you see positive things,
there's more positive things around you than there are negative.

00:53:55:05 - 00:53:59:15

Yeah. But you have to see it and you can't see it
unless you remind yourself to see it, to feel it.

00:53:59:15 - 00:54:04:15

And if you do that, you can be
it is all about mindset, right? Absolutely.

00:54:04:15 - 00:54:08:12

So make sure when you're out there
that you're not just looking for the things to be critical of,

00:54:08:12 - 00:54:11:11

what are the things that are that we're blessed to be around,

00:54:11:11 - 00:54:14:16

and what can we do to help lift the things,
the challenges that are around us?

00:54:14:16 - 00:54:19:06

We're not ignorant of those know for there, right?
So be a builder, be a lifter.

00:54:19:06 - 00:54:23:05

Don't be a don't be a breaker. Yeah, right. But also

00:54:24:09 - 00:54:25:20

look up Recycled Metal Art.

00:54:25:20 - 00:54:30:18

Yeah. There you go. By Carla Taylor on Instagram
and Facebook. Instagram. Facebook. Yep.

00:54:30:18 - 00:54:36:08

You won't be disappointed. She's super talented.
She's very modest about her talents and her abilities.

00:54:36:08 - 00:54:41:21

But I promise you, if you look at the work that she does
and the art that she does, you'll find something that you love.

00:54:41:21 - 00:54:44:16

And you would be able to support a local artist.

00:54:44:16 - 00:54:47:19

Starving artists, the starving artist. There you go.

00:54:47:19 - 00:54:49:19

That's today's episode.

00:54:49:19 - 00:54:53:07

Carly Taylor, CT, coach CT

00:54:53:07 - 00:54:57:11

thanks again for everything you are and everything you've been.
I am Ogden City Mayor Ben Nadolski

00:54:57:11 - 00:55:01:01

And this is the Ogden Way. Until next time, get out there.

00:55:01:01 - 00:55:04:11

Do great things and be a positive influence.