

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

Jayne 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 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 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.