I Was Fighting Inmates Every Day… and Didn’t Realize It Was Killing Me

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Transcript

[00:04] [music] I'm a retired corrections officer from Nevada, Nevada DOP, but they call it DOC now. But, uh, spent 14 years, just under 14 years doing that. Took an early retirement. After my first year of coot training where I became a full-blown full-time CO,

I went from that after the first year they built the uh they had what they used to call the search and escort teams which you work in teams and you go and uh shake down cells and uh transport inmates to lock down, do their disciplinary time, things like that. So it's it evolved into uh the equivalent they call it cert now.

Mhm. uh which is like the equivalent of like a SWAT special needs special tactics team inside the prison inside the institution to deal with possible you know riots and up up all that good stuff you know that good stuff but you know

[01:06] so I was uh on the search and escort or became cert team for the majority of that time and then they built a maximum it was a medium security institution. It's about 50 acres and seven different buildings housing buildings in the central area with the culinary and the store and the gym and all that good and the inmate laundry or the institutional laundry and stuff like that. So they built also a uh maximum security lockdown unit for the south end of this and they called it unit 8tory T-shaped building. Uh that's where all the disciplinary people would go your high level protective custody and

seg and stuff like that.

And then I was I was in charge of not in charge but I worked that. So

I had a team on my shift that I oversaw cert people officers and so I did that for a while. Most of it was that. So all the high-risk stuff was what I did every day, you know, and I'd put in an eight hour shift, unless of course we had to work overtime and sometimes my days would go 16 hours,

[02:22] right?

But uh yeah, I took an early retirement from that because it was starting to contribute to my uh my perspective and my outlook on society and people in general. and you build walls, you know, and you build a facade to be keep things at bay, you know, and it contributed to my divorce and it contributed to a lot of things because my attitude and my perspective and uh so I took a early retirement because I was starting to have some health issues and I was like 30, let's see, I was with the department 15, 14 years, but I was having some anxiety and things like that and so I would went and did a physical and stress tests. And I remember the doctors looking at me going, "So, uh, how old are you?" And I go, "38 or whatever it was." And, "You want to see 40?"

I said, "Why?" He goes, "Yeah, your stress levels are over. Something's got to give. Something's got to give or you're going to something's going to your health's going to give,

right?"

And so, a lot of it was the stress related, the anxiety about the job and certain things that the job elements of the job were starting to really affect me and I didn't realize it. you know, you build this shelter around yourself and you don't see what other people see. But I started uh realizing that when I worked the lockdown unit, we'd have intake unit uh in inmates come in and uh the one in particular that opened my eyes was a a very young 16-year-old coming in. And when they would have new [clears throat] inmates come into our lockdown because they were ad sagged because of his age, anything in unit 8, I would pull the file and read get an update on what what's the background on this particular inmate. And part of it is you see this crime, you know, what the crime was, the details of the crime and things like that. And it was like violent murder of his own father

[04:18] uh because he didn't get along with his [clears throat] dad and dad kept telling him no, he didn't like it. So you pretty vicious violent murder 16-year-old walk. Here comes this kid walking in the intake or into the unit 8 and he's probably 125 30 lbs dripping wet but 5'6 unassuming just long hair but average kid but you look in the eyes you can say man that's a you can tell when you look in their eyes you see it

there's there's a dark soul in there and

and so it I was like going man I don't know if I can do this anymore and this is starting to affect me I'll be at the mall with my wife at the time. And my attitude, my out my outlook was always they're either ex-felons are out in the street or soon to become one, soon to be one. You know what I mean?

And that was not a good outlook to have. So I had to do something. I was young enough to take an early retirement, reinvent myself. And so if I don't do it now, I'm be stuck in this or I may not survive it, you know? So that was my corrections and law enforcement background. So that's kind of where I feel a connection with the Warriors Heart Mission a little bit, you know, although I never had uh u I would say uh don't have dependency on anything, but honestly, yes, I did. I developed a a dependency where I would eat to

[05:47] Yes.

to uh uh escape, I guess you would say. So So I always struggled with weight up and down, up and down. So yeah, I had a dependency on some call food. It was never good healthy food. So, but that's my background there. So, and I reinvented myself and

part of that was when I finally uh met I I know Josh because I was involved in martial arts, been involved in martial arts for 50 years. So, and I knew Josh through the martial arts connection and uh then worked at the one club, the dance hall during a PBR and NFR weekend and because of my skill set and being able to see problems happen before they happen and things like that. Um, boss man, the own the boss, he he's he offered me a job to work there to help out and I said, "Sure." And then me and Josh started working hand in hand together, help running the clubs. And uh I mostly worked on with their lead. They led and I was there to get the job done and that's how I've known Josh ever ever since. And so we ran nightclubs and did martial arts and things like that. So when warriors heart started and they came with this uh mission right I've always been really kindred to it you know connected to it because of the

[07:13] you know I I see the podcast I hear the stories and although I'm not exmilitary my father was my dad was 26 years air force it was going to re up for another run and my mom said if you did that he's going to divor she's going to divorce him and so he said okay I'll retire so but he was a E9 nine in the Air Force. So, and then my brother Scott uh my I'm oldest of three boys and both my brothers uh did My brother Scott did four years in the in the Navy. Then my younger brother did uh Army uh reserves, but I never joined any military branch. But I grew up in it. I surrounded me all the time. And I went into law enforcement. So, and I went through corrections and uh that's about it, you know. [laughter] Well, as you're sitting there explaining it, I'm I'm thinking you're definitely one of us. You know,

I mean, you have the warrior background, [clears throat]

not just in your career, but also in your family. And as you stated, you know, you did have a bit of an addiction issue. Addiction comes in many forms, right? It could be substances, it could be exercising, it could be

[08:18] gaming,

food, whatever, you know, but tackling that is is what sets us apart. And it sounds like you have been doing that. That's

it's fantastic. Uh, and you know, for those watching home, we're doing a little bit of a special episode of the Warriors Heart podcast at Noah with Greg. Forgive me, Greg, I forgot your last name.

Hilderbrand.

Hilderbrand. Hilderbrand. Yes.

Gotcha. Um, you know, that's the benefit sometimes of having memory issues is everything seems brand new. I can watch a movie that I know I've seen, but don't know the end of it, right? You know,

so forgive me for uh not remembering all the details.

Uh, but yeah. uh as you're sitting there explaining, you know, things that went on in the jail or in the prison rather, the thing that pops into my mind is the body keeps the score. I don't know if you've ever read that book.

It's it's eye opening. It's one of the books that uh it's kind of a sign reading for anybody that's in in that kind of a field or in with our background. Um basically the cortisol levels that that build up from stress hormone um it just takes a number on our body, you know, our cardiovascular system, our weight, you know, hair loss, whatever.

[09:27] Um

it it manifests in us physically and we have to do something about it at some point or it's going to kill us. I'm glad that you were able to to recognize that and address it.

Yeah.

Uh and what you're saying about the prison, let me ask this. How many how many inmates did that president hold?

Southern Desert Correctional Center. It was a medium security institution. We had Gez close to 2,000.

2,000.

It was a bunch. We had seven housing units. Each housing unit could house, do the math real quick, about 160 inmates per housing unit or almost 200 per

housing unit. There were seven of them. And then we built the unit eight. Unit 8 had three wings with two stories. 72 inmates per I believe it was 72 uh cells and they're all single cells, you know, because it's locked down, disciplinary lockdown or

administrative segregation or protective custody. So, they're all locked down in their own cells. So, it's

I don't know what is that like a [snorts] bunch. I never really thought about it.

[10:27] It's a lot.

It's a lot. So, you've got 1,400 to, you know, close to 2,000 inmates in there at a time. And uh the the the part I think you're probably uh going toward what would I would train new officers when they come in through inmate uh officer training. Coots would come through. We do the defensive tactics and the officer safety training which me and two other officers actually started the pilot programs and mapped out the post uh description for those trainings as well.

Were you into martial arts at that time?

Oh yeah. I I started martial arts when I was 15 years old.

Oh nice.

Yeah. So, uh, American Kempo is the system. And then,

uh, my brother and I were blessed in, uh, 1980 to finally become first generation students right under the Grandmaster and founder Ed Parker, senior master Parker. So, we trained with him for 10 years. But in the very beginning, uh, he, uh, me and my brother were supposed to

manage a second location karate school in Vegas for this other person who had a school, other instructor, and it turned out that he gave us our own school. So, you're going to be in Ed Parker school of your own. I don't want you managing the school. Uh, you're under my wing, and I'm going to start teaching you directly now. And so, okay, that's great. I've got an opportunity. Uh the interesting point of that is that we were green belts working on our brown belts. We weren't even black belts yet.

[11:57] And so a lot of people within the I'm sorry, a lot of people in the circles of Kempo there of martial arts there, other karate school operators would so he's not even a black belt. The rule says you have to be a black belt. And Grandmaster Park goes, "Yeah, I understand the rules. They're my rules and this is how I want to do So we had our own school at Green Belt and

we were step by step told how to run a school, operate a school, teach the system, promote people by him, you the only experience knowledge we had and and interesting point is the association he created back in 1960 called the International Kemple Cry Association which at one time was worldwide had thousands of schools involved and uh he passed away in 1990. and his wife uh took on the leadership of the presidency of the association and then she passed away and his oldest daughter who was really the right hand did most work in business. She's been running it for last 20ome years, almost 30 years. And then recently they just appointed a new president of the association

[13:06] and so it happened to be myself [laughter] reluctantly but but it's a it's a calling. I see it as a calling. But going back to the corrections and the inmates and I used to train the new officers and tell them you know know yourself know what you're doing know how to accommodate because uh your best day you're outnumbered probably 150 to one. Yeah, easily.

Easily. And that's if they don't want to. And there was a couple incidents where they rise up and try to take over a unit, housing unit. They pack the rotunda and

the bubble where the officers are working in the control bel the unit. Uh they pen them in there, you know,

right?

And uh there's a couple times I had to go with a couple of my team guys. We clear them out and calm it down and stuff like that. So I would tell them I say on a good day you have you're 150 to1 you know

early in my law enforcement career you know I started with cattle sheriff's office and everybody starts off in the jail

right and it's I think it was an 1150 uh capacity 1150 capacity jail of course it's difference between jail and prison you know they're not sentenced yet so more encouragement to behave

[14:18] so it wasn't

quite as problematic as a prison would be

however our housing units had 64 sales, two man sales, 128 per housing unit, um, and two deputies working in there.

Wow.

And when I would give tours of the jail, you know, I'd let people, perspective, uh, employees, I'd let them know, yeah, it's 128 to two.

So, that means you got to take about 64 of these guys by yourself.

You might have to.

I can handle about 50, but 60 is is pushing. Right.

Right. Right. Um, but you know, I I did, so I understand what you're talking about because I did work at the jail for a while. Um, again, not quite the same as a prison, but still uh part of it. Uh, we had the ERT, emergency response team. I trained up for that and was about to be activated when I took an administrative job, you know, doing something else at the jail.

Um, but yeah, the the stress of that uh can definitely take a toll on your body, but also what you alluded to a while ago, being able to recognize problems. You can see it coming. You can feel it

[15:20] when you're in a housing unit with that many people in it. Right. Same thing applies to the nightclubs. Right. Right. You learn you learn to read the room real well.

Read the room.

Yeah. Real well you do.

Yeah.

And the dynamic between inmate a person sitting in jail. They're waiting to get their case done. They still have the hope of getting lower sentences and getting out. But once they have a sentence of a year, a year plus and they get a prison time, now they get to settle into that and that's a whole ecosystem of its own, you know.

Absolutely.

They got to find survive how to survive in there and find their mark and where they want to go and

let's just say they don't end up there because they were have a history of making good decisions. So they continue to make the bad decisions and they have a lot of bad influences to help make bad decisions. But some of them uh come out of it uh with make it a proper learning experience and rehab rehabilitate themselves and come out and become very productive and but the recidicism rate was is always super high.

[16:20] Oh yeah, always high. So, and may like you're saying uh like I was sharing the I would after I a couple of things kind of transpired within that one year there that I decided to take the early retirement and that one was the inmates came in it was young and I noticed that the seemed like they were coming in more dangerous more more volatile uh the department's policies and procedures were being a little more lax to try to keep things at bay but not not and no no complaints about that. But you know how things change, you know, as far as operating procedures and stuff and

uh but uh being on a search team like I was like you call it ERT was the same thing, you know, emergency response team. Um uh we would have to put what was called a use of file a use of force forms, you know,

report and it was always in triplicate and one would go to your uh local your institutional file which travels if you went to different institutions as well as your central file which stayed up in northern Nevada at the department headquarters there. and uh no one stayed local in a file at at the institution. So I would often check that file to make sure nothing was put in it that I wouldn't shouldn't be there on keeping monitor what I'm doing. Um you I had accommodation letters and things like that, but make sure there's no disciplinary things that I didn't know about because you know it's

[17:54] things can switch in a in a second in that environment. So I'd often check the file just to make sure probably every couple of months like three or four months on a routine and uh it never it never caught I never caught I never I never was aware of it until after certain things becoming I'm starting to see things I guess you would say becoming more aware of them and I pull my eye file now a piece of paper's like that right?

Mhm. So every in and and you file a use of force form and honestly every time you have to put hands on anything from handcuffing them and stuff you've your report felt the use of force form because that's use of force you know

even with handcuffs

yeah just basic have to put them and cuff them and

Mhm. all the way from full-on drag, you know, what they call physical altercations where you have to really have to take it to the take it to the ground, you might say. But, uh, so every honestly probably I would say maybe 70% of the time you're filing form because like you said, if you just have someone just to cuff a guy up, it's normal routine. Sometimes you wouldn't need to do that, but you're still putting hands on, right?

[19:01] Yeah. So I pull my I file which is the my file there and it's this thick. It's almost two inches thick. Use of force forms all almost other than maybe this much of his personnel stuff but the rest was all and I figured it out and I counted them all out and then you put the file back and and I averaged out. I said okay eight hour shift five days a week we'll start that. Sometimes I'm doing 16 hour day shifts. Sometimes I would do full seven-day work schedules, needs of the institution kind of thing. And I averaged out and I said, you know, I'm I'm in an altercation with an inmate here on average, four times a day, every day. Of course, there a week or so come go by, nothing happens. It's kind of a slow day, a slow week, you might say.

But I kind of realized I said, you know, the law averages are about ready to catch up. I've, you know, I've been very fortunate with my training and my insights and my the train uh officers that trained me and my training officers, my training officers, but also with my health and everything else. Yeah. Time to make a change. That's why I went right from there right to the personal office and filed a two-e notice of my twoe leave uh notice of retirement, you know.

[20:19] So, you you took the skills, the experience that you had and and applied it to the the nightclub scene. Mhm.

What was that transition like or or how different was it, you know, with with all the use of force that you had there and all the paperwork associated with it there? What was the environment like in the nightclub?

More relaxed,

more paperwork.

It's it was more or less a I would say the

every animal is is just a different animal is a

but uh private sector is different than of course

working an institution. you know, when you're when you're running under the color of law with the authority of the state and as a law enforcement, it's a little bit different than when you're out in the public sector, you know. Uh

so although the altercations uh inside the institution, the possibility of them pulling a gun on me or a real knife rather than a homemade

shift, right? Mh.

Uh, and the public sector was more likely to have weapons. You know, you could have a gun pulled on you, knives pulled on you. So, you have more controlled chaos in the institution. Whereas in nightclubs or in the street but you know providing security for personal security for people and stuff the cav there's a heightened level of awareness I would think because the possibility it could be weapons involved and you have more than one person involved. So

[21:46] you'd think that would add more to the stress level.

It did. It actually really did, you know, but I like I said, I ended up divorced and and all these things, but uh it wasn't just the career, it's just how it affected me, you know,

and like everything like you get to a point where you it's like the old saying, you know, everyone can get help, but people need to have want to help. They got to see.

Absolutely.

You start your I you start having your eyes start to come open. You start seeing it from the outside in looking at yourself. you start realizing things is that you realized you allowed to just become the norm and the norm is killing you. You know, I have a very close uh person who I love very much uh who advised me a few years ago said, "Hey, you know, your routines your routines are killing you." And it's like I didn't get it at first, but as I thought about it, it's absolutely right. So, the dynamic was the dynamic the environment was different, but it was the same.

Mhm. I had although um I thought it was better, you know, at least I'm not dealing with command structure that I feel got in my way and things like that. And

[22:58] but yeah, you know, you're working in nightclub and any minute, you know,

things get kicked off,

knock down dryouts all the time. And so

where I retired from the institution because I thought the law average is going to catch up to me after, you know, average of four times a day getting into a mix with somebody. Uh although I work the clubs three nights a week, it's like same thing. I'm still doing it once or twice. Averages are about the same, you know.

People are It's supposed to be a different environment. People are supposed to be there having a good time to lock down and almost like working in, you know, in a cage, you know.

Exactly. um

the majority of them are out there having a good time and it like you know as well as I do ex law enforcement it's not the the mass of them it's the small element and that one element can trigger a fire like a wildfire and it can get really ugly real fast you know

and somebody's always looking for a fire

there's always that

looking for drama

part of the reason that the boss man that offered me the position to work there was because I could work the door and catch it and want Now these guys are good but the his two buddies that I don't want him in why trust me I can feel it I can read it this is a trouble it's going to now I'm going be risk people in there but you know cause effects your bottom line too your vulnerability or your

[24:17] your vulnerabilities to lawsuits and all kinds of stuff so as safety I don't want them in here you know so with that skill set like you said you learn that learn how to read the room and uh so yeah you have more control of that But yeah,

how long did you work in that scene? [snorts]

Nightclubs, running clubs with uh Josh and his his dad about five to six years, I believe.

I helped him open a couple of clubs, run a couple of clubs, and about seven years doing that. But I over the while I was doing corrections, I also did things where I did personal security for people and things like that. And so I' I've pretty much been doing that until the last 20 years now. So now I do now I'm in technology. I do database work and I build websites and databases and things like that for clients. And I work as a technology and safety coordinator at a private school in Las Vegas. And so I've been doing that for about 20 years now. So I've reinvented myself like three or four about three times in my life, you know. So

[25:24] it just well it's just the essence of a warrior, you know. you keep keep yourself in the battle and learn a new skill set and get back in the fight. And the dashboards that you do for us, you know, part of our uh system, you know, where we track clients coming in, going out, ones that are here, and this and that works beautifully. We love it. You know,

I'm about ready to tie what they call it improvements coming along. It's coming along. Yeah, it's almost soon we're going to

I'm trying to work a COC board for uh Mike and I'm I'm happy to do it. I'm I just feel like I'm part of the the mission and my contributions. I'm happy to do it. I mean, it's it's fulfilling for me. It's one of my things I love to do. So, yeah. And we appreciate that. And you're uh you know, you are part of the family and you are part of the team. You are part of the culture here, not just with your background, but you know, the the history that you have with the Landons,

which I'm sure you got some funny stories about Josh and nightclubs.

The two of us.

Yeah. We may may be able to get into those. I'm not sure. [laughter]

[26:26] Yeah. Maybe we'll save that for a different reel, you know.

Yeah. So, how things how have things been been uh for you since, you know, as far as health, as far as uh addiction issues or anything else since you left those scenes?

Well, I would say that I didn't really start healing, right? I wasn't even aware of a lot of it. And uh again, and uh I always get a little emotional about this, but uh it's Josh and Lisa

uh knowing them and who they are and their influence with me, helped me see these things so I could start healing. And so I started my healing journey, I would say, uh to cope with these things probably back 2010.

Yeah. So, it wasn't that long ago, but but it's a world of difference. It was a whole different world for me, you know,

but uh I kind of forgot your original question there, [laughter] but uh it was Josh and Lisa. Huge influence in my life as well as like I said, they're like family to me. And I owe him literally uh my life in many ways because if id have run the same path I was on, I probably would have stroked out or heart attack or you know I got to I mean I'm proud now that I've I've got some of the weight down. But uh like I said, my my addiction, you know, my was to go shut off the world and just eat and cuz I thought I I was never h you know, and so I I ballooned up to about 270 275

[28:06] and and but up and down, up and down. But if it wasn't for Josh and Lisa helping me see myself and find paths of healing, right? Uh I don't think I would be here right now. You know, just turned 65 and I feel like I'm 40 again. So yeah. And I think a lot of that's because I just refuse to grow up. [laughter]

Well, there's nothing wrong with that.

I hope not. But the impact that we have on others when we begin to take care of ourselves and heal

is farreaching. You know, you never know the influence that you've had on somebody else's life. I'm not fully aware of the influence I've had on others, but I've seen it in other situations. You know, take the Lannins for example

when Lisa told Josh get sober

and what has come out of it. Warriors heart and all the people that have been healed since then.

Yeah. I I I knew them. I've known them through their whole uh journey and like I said I originally started building the dashboard system when they had their company journey healing centers before they

[29:11] migrated to the warrior's heart which is uh more inkin to the connected to their mission what their purpose purpose you know I would say the one connection I have with everyone [snorts] here I find that I from the first time I first visit to the heart, you know, and meeting everybody. Uh, and even it it's it's always uh it's strengthened or emphasized more is the everyone's so purpose driven and I'm a purpose- driven individual. So, I f I'm fulfilled with a purpose and what what better purpose, right? There's no to help other people help themelves heal and become healthy and vibrant and the best of best version of themselves they can be, you know, and uh to say Josh and Lisa are in and meeting uh Tom Spooner and his wife and you guys every every time I always leave out here thinking, man, what a blessing the influence you guys have on me, for me, and everything else. So, uh to say Josh and Lisa are in are strong influences is is an understatement. You know, they try not to be too dramatic or overboard, but yeah, they I owe my life to these people. So,

[30:30] I could say the same. I can say the same. You know, um and you know, with one of the one of the things that comes to mind when we're sitting here talking is just, you know, the the culture that we have here or the clientele that we have here, the warrior community, military and first responders. We track the demographics, as you well know, of the uh uh people that come through here, you know, what category they fall into. And going back to corrections officers,

we don't have a whole lot, I would think, that come through here. You know, they fall into the first responder category, but of the ones that I've worked, I worked in admissions for two and a half years. And of the guys that called in, not a lot of them are corrections officers. Now, when I was here as a client, [portion removed for privacy]

and having worked in a jail myself,

you know, I know the stories that can come out of there.

Uh in the prison is a little bit worse because they got a lot of those guys got nothing to lose.

But in the same respect, you also find healing in those kind of places.

[31:32] You find people that are leading u self-help groups, AA groups, uh Bible study groups. They made a mistake. they realize their mistake and they're just trying to make it through, right? Did you see a lot of that in there as well

in in the institution

as far as inmates or officers?

A little of both. Let's talk about both.

Yeah, I would find that I think it's my just my perspective that uh or my thought is that uh when a when an inmate ends up sentenced to a time and due time in a prison and depending on the prison, it doesn't really matter the the category of prison. you know, you have medium security,

maximum security, and so on. Um, sure, max can be a little tougher, but then again, your movement and exposure is a lot less. But the dynamic's bad no matter what. But I find that I I think that once they find them, okay, this is going to be my life for the next two, three, four, 30 years, whatever, they start, it's a real come to, you know, who moment, you know,

[32:34] this is where I'm at. Some of them don't. they just buy into it even deeper and uh embrace it even further and that's a shame but a majority of them do but uh there are a good group of uh inmates that say I've got to change myself and make find some way to be a better citizen in the world

or I'm never or I'm gonna be stuck at this forever you know

so I guess the old saying you know you never know hitting the bottom when you hit bottom I guess you'd say it's unfortunate, unpleasant, but if you have any real perspective, you'll realize, okay, now all I have left is up.

Yeah.

And they take advantage of that. When it comes to staff or officers and in my my past experience, there's a huge degree of denial. Well, I'm I'm stronger than this. I I can take it. And like I said, you build facads, you know, and I had built a a facade that even to this day sometimes in my I'll fall into a a default.

[33:38] Mhm.

And someone go, why are you sc What, man? What's wrong? Nothing. Nothing's wrong, man. You're scaring me by just sitting there. I just this I'd be able to walk into lockdown units where inmates are acting up and just my presence and looking at them. They knew me. They knew my reputation, knew my skill sets and everything else. And I'd been there a while where I could have, you know, they're refusing to lock down or whatever and I just hit the wing. I go, I have to come up there. No, no, no, no, no. And they lock themselves up and I didn't have to go up there. But you say, you build these facades.

And I think that's what keeps warriors, you know, I can handle it. I don't need the help. If I need help, I'll ask for it.

You don't even see you need help, brother. you know, and when you do see you need the help and you do reach out, then you realize, oh, it's a whole different world. I'm not this person that I think I've built myself to be, you know, so it's uh I don't know if that was get answering your question there, but uh I think the most of it is

[34:38] law enforcement and you know, warriors, you know, we can handle it all, right? We can take it on. We've got the skills, we're strong, but constant bombardment with the environment you're in takes its toll. And so something's getting dented. Although your shiny outside doesn't look dented, your inside's just beat all the heck.

Oh, absolutely.

You know, your psyche and your I said I I had developed a after 14 years working in an institution, I had developed a mindset and a perspective that if that's not because I'd run into

him in like the mall. Oh, that's an exit felon. I know him. and then it's either it's the next felon or they're going to be.

Yeah.

You know, and that wasn't a good perspective to have. So, I'm glad I was able to. It was the health issue. I said, you know, if you want to see 40 years old, something's got to give.

And, you know, that's that's one thing that's that separates, you know, first responders, law enforcement specifically, from the military culture, right? military, you go overseas, what's the chances of seeing that guy that you, you know, got into a gunfight with or whatever overseas in the local mall while you're out with your family? Some to not,

[35:47] but for law enforcement all the time.

Well, you're in the same community all the time.

Even though you're a subset of that community in an institution,

they are part of and they have relatives. I used to run more often not like a side story. Um, I worked a lockdown unit and I'm kind of off branching out here and we had a instance where the inmate law clerk who's walking around upstairs and talking to the lock inmates in the lockdown to help with their cases and their lawsuits or whatever their uh this one lo inmate. Well, this one inmate had his doors open because it was his time to exercise and shower and all that stuff. and uh whoever's running the bubble wasn't aware that there was an issue between the law clerk and this particular inmate. How are we going to know everything? But anyways, [clears throat] the inmate comes out with a a shank, a homemade ship, you know, a knife and started going.

[36:49] And so I run up there to break it up and I pull him away. And uh fortunately that it was just it wasn't it could cut you real bad but didn't have real a lot of penetration uh to the weapon and nothing vital was hit. So then the law clerk was okay but I broke him up and he came at me with it. And so I deflected disarmed him and told him to calm down and we caught a little bit and he reached and got another one. This one was a substantial and it came at me again. So I ended up having to dump him over. It just so happened we were on the second floor and came in. I did save instinct took over and did a take down, but he went over the rail and

hit the concrete as a young Hispanic uh

uh inmate

and uh in the disciplinary wing. And so, uh, I went down there to to follow up and

Mhm.

calm him down, deescalate, and try to get him out of there cuz I knew he was hurt. He took a fall.

[37:52] Yeah.

And but he wanted to get back up and try to fight. So, I, you know, I pushed him back down and cuff him up. Well, his compadres and the wing thought that I was a little over the top. Well, what the the point of the story is that at this time, I'm working in the corrections. Uh, I have

martial arts schools in Las Vegas. I had one getting ready to open and manage the second. I'm in the yellow pages.

You know, people who knew me, knew I had a school at the institution. Oh, that's the guy that runs a karate school. I'm in yellow pages. Well, because of this incident, the uh uh they call them Mexican mob, you know, this was a new young click in the system and they're looking to earn their bones anyway. And they put a contract out on me.

No Really?

Yeah. So I got pulled uh in in muster getting ready to go out to the onto the yard on the shift. Pulled aside and said we're putting a tower for a while because this incident d

[38:52] I got to ask though, how much was the contract worth?

$10,000.

$10,000. It's not so active, is it? I could use a few bucks.

No. No. No. Okay. Just make sure.

No. [laughter] Yeah. But yeah, it was a it was a substantial contract. They wanted me. They wanted me to pay for what they thought was out of line. This young click basically, not the whole

group, their their family familia.

This one click wanted it really bad. So, and the substant they knew people outside like anyone phone call.

So, it was kind of it was spooky, you know, because I don't need my business strafeed with bullets or people trying to catch, you know, it's like or your house

and your vulnerability becomes real life then you could

but uh

which adds to the stress level significantly.

Oh, yeah.

Yeah. Mhm. So I was in the tower for one day, two days, three days, and they're going to be their investigation. And me being who I was back in the day, which is completely different person than I am now. But uh I said enough of this, you know, I'm not going to be sitting in a tower all the time, you know. So one day after my shift was done, I'm walking along the tower perimeter and the first tower is where the sally port was where vehicles come on the yard, you know, and officers up there. And I'm walking around. I say, you know, pop the Sally Port. This officer, oh, okay, Hilder Brown. I get on the yard. I walk myself right on the yard. Walk right into unit 7 counselor's office, uh, where the inmate clerk for the counselor there was one of the OGs for this group. And I knew him, you know. So, as I'm walking the yard, first I'm watching the looks from these guys. you know, because everybody knows what's going, you know, they hear the stories, you know. So, I walk right in there and as I walk in the clerk's office to sit down, talk to this, the rotunda's filling up with Mexican familia guys out there.

[40:41] And he looks at me and goes, "What are you doing?" I go, "I need to talk to you, man. What's going on? This is ridiculous." You know, he told me this, this is what it's based behind because when you dumped the guy, da da da, and you went back down there and you kind of got a little forceful with him. I said, 'Ye, I understand that. But I had a conversation with him and he understood. I said, 'You know what would you have done if someone came at you with a shanking institution? I mean, we know what you have to do. Yeah. Well, yeah. I go, I know I'm colorful law. I'm an officer, but I have the right to protect my life, too.

Sure.

And also, I'm not just protecting mine. I'm protecting everybody else.

The law clerk.

Right. Exactly.

And he goes, "Yeah, I know you've I've seen your, you know, they knew me. I had a a good reputation of being a fair, steady, consist because my operating my PO procedure was real simple, fair, firm, consistent. I do my officer thing. You do your inmate thing. We don't interfere with each other. I'm not going to be petty and try to control you. I restricting your mail, your visits, your store, and all that kind. I'm not going to do that. I was one of the few officers in law enforcement that didn't believe in developing snitches, you know, because I knew that the first thing a snitch wants off his back is you,

[41:54] you know, so you're not developing anything but your own demise in the long run. But because of the way I would handle things and

professionally and courtesy and compassion for for uh them, believe it or not, looking back, it's hard to think I had any. But

you have to you have to to operate. You firm but fair is what the way that I was trained. People, they're still human beings. So just want to be treated like human beings.

Don't go out of your way to be a jackass to them and treat them like

Just treat them the way that you would want to be treated.

Absolutely.

But at the same time, when they step out of the line, got tax that ass would say, right? [clears throat]

Exactly. I set boundaries. I said, you know, here's the line. And I kind of like would let them know. I said, and

there's a few that want to test it. And then fortunately, I was able to take it on the test and come out of it. Okay. Uh but uh I would tell them, I said, "This is a line. I'll do my stuff, officer stuff, and I won't step over the line to try to interfere with what you have to do here. But there are boundaries. There are rules.

Yeah.

And if you step on my side, my job is to put you back on your side. Whatever it takes. And if I try to infl the opposite, I would expect no less, you know. And that's kind of what I was explaining to this uh OG guy. And and he knew me for years and years of being there. And he goes, "Yeah, you're right. You're right." He goes, "Hold on." And then he walks out in the rotunda then talk dissipates and he comes back and goes I'll talk to the investigating officer today and uh let him know that this whole thing's been squashed and I said okay. So I came in the next So then I walked out and came back in the next day for my shift and walked in the muster waiting to say go to tower and they said no hillbrand you're back on back on certain cool

[43:35] you know so but you know the whole like you said the stress and the dynamic of that and that's just one of the stories that's just one of the in you know uh

yeah so yeah this you know look it's hard to when I share when I first came to visit is at uh the heart Texas. I was uh all I felt was kindred spirits all around me. You know,

it was a a collective, a community of it felt like, okay, I've got my camaraderie and brotherhood, sisterhood with all these my past officers that I used to work with, you know.

Yeah.

Uh but it's here now, too. I feel it, you know. So, we're we're bound. Although we may have met the first time, we sit have a conversation, we realize, no, we're this we're we're the we're a team. We've been a team ever since.

We still are.

And then when they opened the Virginia facility and I was able to go out there and visit um you know, I you know, a lot you know Josh, he he he's very he's very good. He's very he's he's a great great person. And uh he he's my brother. and he said, "What do you Because, you know, I just hang out with Josh and see what's going on at the facility and stuff." He goes, "Well, I'm going to be busy with some stuff and maybe go sit in on this uh if you want to learn more about what happens here and how it functions, sit in on in one of the group circle in a meetings there." I said, "Okay." And it was a it was a I believe it was a a substance or something like that. And I was just really just observing and I would contribute what I could. But that's one where I started realizing, oh yeah, I do have a substance abuse, but mine is food, you know, mine is unhealthy food and my weight. And although I know it, I don't do anything about it. Although I think I do, you know, and my same denials, right? So I come out of that and I said, "Oh, it was interesting." Goes, "Well, maybe you want to check out this other one." And uh but and what I'm getting at is I realized that okay I I never knew that I have post-traumatic disorder. You know I I have

[45:44] cuz they would say share one of your stories. I said well mine are listen to you guys. I mean you're war and battle and mine's insignificant. I mean I'm not a special ops guy. I'm not a r I'm not fighting in wars and stuff. I'll just share one other thing. It's one of the my experiences in the institution came to mind and I shared it and I okay and uh they're going and I'm looking at everybody and they're like wow I don't see that. So we never feel that our experiences were such a big deal, you know, it's everyone else is like, "Oh my gosh, how could he live? How could they get through that?" You know, but coming out of that, I realize, okay, yeah, I have a bit of a post-traumatic uh experiences left inside me. You know what I'm trying to say?

Yeah.

And as But like I said, I'm glad I

I I'm a big believer and there are no there are no accidents. there are no mistakes and and uh I'm glad that I was blessed to have my life pass and and stay involved with the Lannins and then everything that around that they've created as well and the community and I've met you and I've met Mr. uh Mr. Spooner and his wife and everybody else. And it's like, wow, you know, I'm glad. What a blessing. You know, looking back thinking, man, what a crappy what have I done? I've made all these stupid choices. Well, who hasn't? You know, but uh now it's like, man, everything's a blessing, you know?

[47:19] It is.

It is. It's definitely a blessing.

Let me touch on something that you just pointed out because it's important. It's important to a lot of people. What you said about when you I just worked in corrections. You know, I wasn't one of these military guys, tier one operator, etc.

Right? Felt the same way when I came in here.

I'm just a cop.

And [snorts] so many people corrected me over the years, you know, for saying that.

I kind of felt the same. You know, I'm sitting around with Mars Marines and SEALs and all this and and all of these guys, you know, PTS is for them, not for me. I just had bad days.

And same thing, they encouraged me to start opening up. I worked juvenile sex crimes and, you know, stuff like that. And uh the feedback I got from them was the most validating thing. Yeah. You know, because it validated the pain that I had, but I didn't think I could open up about it because it wasn't what they experienced.

And the point of that is our experiences are unique to us. And even though we think it's not as bad as what they went through, that person will look at what you went through and say, I want no part of that.

[48:20] Right.

Right. It takes a lot of guts to walk into a prison with 130 inmates and even if you do call for backup, it's still not going to be enough. There's not enough people in the prison to take over that housing unit. You could be held hostage. You could be killed immediately. Uh we've seen that happen over the years in the news, right? Uh the military guys, they have weapons. We have what? Soft, empty hand control, maybe some spray, maybe some tasers, but most of the time you can't bring that in the housing unit, can you? Right. So you know it's even though that we think that our pain is minimal to somebody else it could be the maximum amount of pain right I share the this with other uh and I I even now still feel kind of like

uh how dare I

say that you know I I have an experience or a follow-up experience or as a some someone as great and accomplished as Tom Spooner. and tier one operators and military guys that fought in

war and that experience. How how do I I feel bad that I even kind of relate to the similar kind of outcome from experiences, you know, but it but it is there. It's it's true. It's real. And basically I think what started this my rant here and my run here was that why do you not see more correctional officers try to find the help through lawyer's heart like you know they do fall in the first responder area emergency responder but my thing is because the same thing I'm I'm not even most corrections officers the attitude is you know maybe someday I'll be a law maybe I'll be a cop. Yeah, I get that because you know I worked in the jail too and you know the agency that I worked for they sent you to the academy and you had full arrest powers. You were a bonafide law enforcement officer in state of Louisiana postcertified

[50:16] and then you worked at the jail

but you could still make arrest. You could still work off dduty security jobs and make arrest. You could still, you know, moonlight on patrol whatever if they let you do it. So you were still a cop,

but you worked in the jail. But without the jail and without the jail staff, the patrol officers, the detectives, everybody else couldn't do their job. Right.

Right. It's an integral part. You know, military is deployed. You may be a cook, but you're still an integral part of that deployment. Absolutely.

Right. You you still are a cog in that massive wheel and you still play a role

with with f with u correctional officers. Yeah. I don't know that we have a lot that come through here and we should

because they see so much, they experience so much and they are an integral part of that law enforcement, that first responder wheel. And I don't have the statistics in front of me, but the statistics of correctional officers has gone up a lot over the years as far as divorce, as far as substance use, as far as PTS, mental health issues, uh, suicide. Unfortunately, the the 14 years I worked there, I had

[51:20] I don't want to look like I'm trying to count, but it was good group that I

suicide intentional or long-term

of the inmates or the deputies or

corrections officers?

Correction officers. Okay. Yeah.

Yeah. So like you know like I said I think because of corrections officers mindset at least it was my experience going through it is like you're saying we were we could laterally transfer into any law enforcement division Las Vegas Metropolitan Police North Las Vegas

even uh state law enforcement you know and they would let you do the loud transfer but you didn't realize it until you did because you're trained you don't have the extent of training but you're on the same pathway and you have the same risks and vulnerabilities, you know, and so but I think most correction officers feel like like a subset of the law enforcement field, you know.

Yeah. And and and it's part of that stigma in some ways, not, you know, the thing that pres prevents them from asking for help, of course, is that mental health stigma. The other part of it

is exactly what you just iterated there. They don't feel like they deserve to to complain about what they've been through.

[52:29] Yeah. I'm not a cop and how can I relate to a cop? How can I make my experiences? They're the ones that really, but it's a different kind of danger, you would I would talk to I had lots of friends of mine. They're in law enforcement, of course, and I ran karate school, martial arts facility. I used to teach self-defense and things like that to law enforcement guys and officers and all that. And they would say to me, "Oh, no, man. You're I I could never do what you do."

Yeah.

I could never walk in there every day knowing that at any minute. I said, "Well, I couldn't do what you do." I said, 'Well, aren't we kind of really doing the whole thing but different portions of it, you know, it's all the same risk. It's all the same vulnerabilities, you know, but the emotional and physical toll it takes on a person can be, you know,

and and how we respond to it is unique to to each of us,

you know. We we develop this hole inside of us and we fill it with something.

Some people feel it with the positive things that keep them out of places like Warrior's Heart. Other people like me, you know, feel it with things that, you know, end up being a detriment to them. Alcohol, drugs, whatever.

[53:32] You feel it, you can fill it with women, you can fill it with pornography, you can fill it with food,

with just about anything.

Right.

But the the heart of the matter is what's causing that hole,

right? Right.

What emptiness inside of you is there? How do you identify it? And how do you overcome it? Right.

Right. That's something obviously that we focus on specifically with substance use. Uh, and then but for anybody that's out there, you know, listening to this, if you find that you're you're numbing out or you're struggling with the PTS, no matter what field you work in, get the help.

Yeah.

You know, whether whether you're of the warrior background or not, right? Get the help.

First thing is being able to see it and secondly asking to for it.

Yeah.

And uh I said if I didn't have if if I hadn't have had the influence of the Lannins and their culture. It's like the warrior's heart, you know, uh my being involved in in the with the board the work that the contribution to the the mission here that I provide, which is minimal in my opinion. Again, again, I devalue my my contribution. I'm always being told don't do that. Don't do that.

But uh uh it it's continued healing for me and I'm continually I'm off I'm still seeing well there you are Greg you're you're your nature is to devalue what you do and it's not a big problem. You don't look for the help that you know you want to have you need to have and but uh yeah so where's heart continues to help save my life every day you know. Well, let me address something real quick. As far as your integral role in this facility,

[55:12] all right, so like I said, I worked in admissions for about two and a half years

and when we've had computer issues or whatever and we can't see the dashboard,

that is an oh moment right there. [laughter] You know what I mean?

So if you go away and if your service goes away,

oh, it would never I would never let that happen.

You know what I mean? We're we're when the computer crashes, when that vibe board crashes, and you know, stuff like that, we can't or we're locked out of the the dashboard and everything. It's hard to keep track of all this.

Two different facilities, uh, continuation of care, the extended campus, all that stuff. We're tracking where everybody's going, what everybody's doing, and it's our numbers to

help us understand where we need to make adjustments, right?

What we need to step up or what we need to decrease. Right.

And without you coordinating that, we would be absolutely lost.

I appreciate that. It's my pleasure to be a contribution to it, you know,

100%, man. I mean, you said if it's a it's a a platform that helps

the mission and helps you guys help others and that that that means a lot to right there. It really does.

[56:15] Well, it's it's all part of that system, right?

You create this this dashboard to where we can track guys coming in and out. And if we can't do that, then we don't know how to help the guys that are trying to get in or the ones that are already here. We don't know what our numbers are at. We don't know if we're overfilling our intake or our Virginia campus. And we know where we need to make adjustments when we can't see that.

Right.

Without that, we would be struggling. We'd be struggling heavily.

Glad it's helpful.

And the guys calling in, we would not have an answer for them, you know?

Right. It it's funny because way back when Josh was would say, "Hey, I need you to come out here to visit uh the facility and back the journey healing centers, you know, I got this idea at the airport how they track flights and gates and by time and they can move it and on a spot they can say because right now we're doing things on spreadsheets and there's this lag. There's this gap,

you know, it's not on the spot. So you end up double booking a a space and have to go back with the person who's ready to get help and say we got to readjust this and that might dissuade them and I said, "Oh, okay. I'll come look." And that's where it all started from. I just built something that the admissions could look at a glance and say, "Okay, that room's going to be full till this long. We can't book it again." That kind of thing. And it just evolved and evolved and I'm about ready to make another uh it's going to evolve again and grow again with the COC stuff that I want to build for you guys. and uh you know so I'm just happy it helps because you know that makes me happy I mean fills me with a lot of joy because being purpose driven and fulfilling a creating a a tool or platform that can help other purpose driven people to help the community that and serve the mission that we're after you know and we're trying to strive for that. You know, a lot of us struggle with purpose. You know, after you left uh the corrections environment, after I left law enforcement, after some of us leave our life of service, military, whatever it is, we struggle for purpose.

[58:13] I struggled with that for a while. And my brother was the uh parts manager or the store manager at an O'Reilly Auto Parts. And I ended up getting a job at one of the other stores just being a hub driver, you know, delivering parts to different stores, right? didn't find a lot of purpose in that. And I voiced that to my brother. And uh you know, he kind of corrected that that notion with me that everything we do has purpose in some way or another, even if we don't see it in the grander scheme.

I'm just delivering parts. How what's the why does that matter? Interesting.

Right. And he said, "Okay, well, what parts are you delivering? You're delivering a starter that goes to that patrol car that can't get back on the road until you get those parts there. Maybe you're delivering brakes for a guy that has to go to work the next day. what you're doing matters, right?

You know, even if it's a small thing,

it still matters. So, put your full faith and effort into it,

because you never know the effect it will have on somebody else.

Exactly.

Podcasts, right? There's a lot of people doing podcasts out there and some of them are dumb, right? Uh but it matters to somebody else. And the podcast that we do, I'm going to watch it, right?

[59:18] Hopefully, a corrections officer will watch it and say, "You know what? I got some issues. I need some help. I'm drinking too much. I'm numbing out.

The stress is killing me." Hopefully, they're watching and go, I I need to come in. I need to get some help. Right.

And you were an integral part of that because you're telling your story.

I appreciate that.

So, you still have purpose and this still has purpose. Everything that we do has purpose. You're right.

The Lannon seem to have a way of uh spotting that in people

and bringing it to the forefront.

Special team that those Atlanta are, you know.

Yeah. Absolutely.

So, you know, I appreciate hearing that. You're you're absolutely correct. You're absolutely right. everybody everything you do like uh during Josh's uh podcast episode, it was kind of a portion of that said you don't know what rip what waves and ripples you create by your little pebble in in the pond. You know,

it's it's hard to to measure it. You know, when you do something on a grand scale like this, you can see a little bit of it,

but the true magic is when you never see it. You know, you just somebody saw it, right? That's what matters. you know, if I I don't know. I never I don't ever think of myself as any kind of inspiration or anything like that. I just share what I have and what I've gone through. And and again, I still feel like when they see, Josh, you don't want to do a podcast. You want to do a podcast. I've been watching the three episodes. I've watched each one of them like five times. And each time I watch it, I find something else. I connect with something else, you know? So, these podcasts really connect with me. Uh have been for sure. And I foresee they always they probably always will. And I thought Jessica goes, "You want to do a podcast?" I go, "What am I going to talk about?" You know, I do computer stuff like Ren Club. Well, just correction. Come on, just do it. And I said, "All right." And my my nature has always been to, you know, put up a wall. I don't want to do it. If I don't get involved, I won't have to deal with any I'm always thinking of the worst case scenario. Where's Where's the bad feedback cone anymore? I don't worry about that anymore. just trust the process and take it on. Engage.

[1:01:23] You know, I've I've done that kind of stuff and Josh himself corrected me. He's like, "Why are you making that agreement with yourself?"

Right. You know, exactly. I know you've already said that.

I've learned this having Josh at least in my life as in the as close as they are to me as as as family uh like like family. I mean, Josh is my brother.

Yeah.

And uh I see him as my brother and uh he's always cute. Yeah. He in the be in the beginning a phrase we he would do was like I'm gonna hold you to your excellence. I'm gonna hold you to yourself. I'm gonna call you on your stuff. And he goes is that okay with you? And I yes he goes it's an agreement. We're not I'm not going to break the agreement. And he always does both of them do you know. So,

and I expect that the all the landers will [laughter] say,

but and then meeting you and uh other pe other members of the heart, I I I want to say that I'm I buy into that agreement with you guys too. Call call me on my stuff. Keep me to hold me to myself. Hold me to keep improving and seeing it because I I won't do it myself. I I'll default. I I do more now, but my default is to go into that zone where it's like if I don't do anything then I don't have to worry about if it causes some kind of negative rep repercussion or feedback but at the same right at the same I don't do anything nothing gets done and I'm and how I expect to change and grow and heal and be a better version of me you know and be happy

[1:02:54] and fulfilled if I don't do anything

yeah be open to New experiences

absolutely have to be. So doing this podcast was like

a little bit was oh it's a little frightening. The old default kicks in. How do I find a way to not do it? How do I get no I'm not even going to visit that? I just said nope. Soon as it started raising that little voice in my head. I just no I'm going to just jump in there and sit down. And they said what what do you talk about? I don't have clue. Well, yeah. I get the feeling that if we were able to sit down with you for a longer amount of time, then we could hear some really good stuff and maybe we'll schedule that on the highspeed chicken.

Well, now I'd be happy to do that.

But as we're wrapping this up, man, I really appreciate you coming in and talking to us and sharing a little bit about who you are. And, you know, it's kind of the man behind the scenes in a lot of ways. You know, the quiet professional that's that's really doing the hard work of stuff that I don't know how to do to keep this place running. And I'm I'm grateful that you came in. Um I kind of want to end with maybe a little funny story about Josh that not a lot of people know. Okay. You know, just just for grins and giggles, right?

[1:04:02] So

Oh, me?

Yeah.

Oh gosh.

No, you got to tell me something.

Funny story.

Cuz you've known him for 30 years.

Yeah. We've we've been in uh we've been scrapes together, bled together, and running clubs and providing security and funny stories. Funny story. a lot of funny stories.

Specifically, a time maybe where he got his ass whooped unexpectedly.

That that I can't I can't I I don't want to sound like I'm trying to uh be too uh I I've never The only time that I've have experienced where either one of us have asked whooped is in our training because we we push each other and push each other and push each other. So, you know, the only time I've actually been injured or put to that limit is when we're training together, you

know, because we'll push each other and sometimes, uh, we got to be we'll forget to be, you know, put the brakes on or we're going to break each other, you know, breaks. But, uh, I've out there in the field, you might say, out there in the in the mix, uh, we've had our bangs and bruises and scrapes and bruises and stuff, but I don't mean to be sound what they say, cocky about it, but we have never had we have not yet had our asses whooped like that. Uh, close, you know. Um, so here's going like, so we're working in the nightclub. We're we're doing Dylan's dance hall and we often had to have to throw people out, you know, extricate them from the facility kind of thing. And we had one and then of course you do that then they want to continue the fight in the parking lot of course and back in the day these guys would get all rowdy and if you guys weren't a team you know none one-on-one you're nothing, you know. And so boss man sometimes he would come out and see what's going on and he would say you know we would have in the fac at the dance hall we'd have red shirts which is your basic security floor security and then you had your black shirts which is pretty much management and uh you provide security but you also help run things in the club and so we were all black shirts you know and Dylan's black shirts and how you would identify each other so we'd be out there at the three or four black shirts out there in and boss man and or Josh would say, "Okay, fine.

[1:06:20] Pick one. Any one of them." Right? So, there'd be me and a couple of guys and we had a a fellow that worked with us, one of our brothers and in the business there. And he was a uh wasn't short, but he wasn't super tall and Asian guy and he was a martial artist, but he's unassuming, you know. So, it was either they'd either pick the old fat guy, older heavy guy, or the smaller Asian guy. And both times they would do that and or they eventually they sometime they'd pick Josh you know but every time they did we'd always look at each other and we go oo bad choice you no matter who they choice oo bad choice but we had this one incident where they wanted to go at it and the guy picked and we're we're going to do it in the parking lot we're head squaring off and so I'm backing up backing up and there's a pothole in the and I hid the pothole and I felt myself going down I could feel my energy so I grabbed the guy and I pull him into a guard on the around. So, I've got him in a guard and he's trying to fight fight fight and one of my uh teammate there come up to grab him and this is the funny part, pull him off of me. So, they they pull him off me and then uh goes in gets into it and they say uh he gets hit with a hill palm

[1:07:34] and he staggers back into the traffic of Boulder Highway, which is the front of the club, you know, busiest street out there. Mhm.

staggers out in there. So boom, you got grab him, save him from getting hit by a car or truck, pull back in the parking lot, look at each other, go, "Oh my." [laughter] And the guy going, "Man, thank you." Hey, no problem. Put him right back down again. See, [laughter] you're struggling with the guy, saving his life, then put him back down again. So I was like, So that's kind of a We have events like that. That's a funny story there. Well, if we had more time, unfortunately, we don't, but you know, I rolled with uh Josh on the jiu-jitsu mats for a while. I can't do it anymore. But, you know, I beat him every single time. You know, I would tell you those stories, but unfortunately,

right, we're running out of time. Yeah, I can see that, you know. But, no, so we've had our bangs and bruises, but we're not un

uh untouchable, for sure. But, uh

Yes, that's for sure. Yeah. Well, man, I appreciate you coming in, sitting down with us, and we'll have to get together again in the future.

Thank you very much.

Absolutely. and especially to the corrections officers out there that may be watching this, but man, we hope you check us out. We hope that you call in, have a conversation with our missions advocates.

[1:08:42] U don't have the number in front of me unfortunately, but um 844482567 is always a good number to call. Reach out to us on warriorsheart.com. Lots of ways to connect. Um thank you for watching. Thank you for being here, Greg.

Thank you, brother. Thanks very much. Cuz the first thing that they said was, "Welcome