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*Speaker 1:* Out of their individual lives, in the lonely loneliness that can come with social media obsession and Instagram world, we feel lonely. And when we come together in a space like this assignment speaks down to people, you know, we think that people don't want to talk about. What I have to keep in mind is usually when I want to go low, it's all about my out there. So when I respond to something, I have to think about that light I'm trying to shine. What role model am I trying to be? What what are the words that I'm going to say? And how will it affect the young people who are looking at me position to think high? Because if you're thinking about the long term, you don't take the short term measure of getting even with somebody right here and now today because it makes a problem. If it's not going to move the needle, then you and I think about kids. I care a lot about young people. And I know that what we say, what they hear come out of, you know, so that meant weekends were always pain, right. Because you had to worry about what party they were going to, whether there was alcohol at all. The young people in our lives that I mentor, they all follow the girls. You know, they're they're bigger brothers and sisters who were grown. It's like they're watching and they're the ones because it's better for them to be these men and women who are following them around that the girls can trust. So I had to get my information about what they were doing or not doing. Other kids. There is a hard thing. It takes a toll. But if you're with the person, if you know why you were with them, you know, you understand that there was a friendship and a foundation there that may it may feel like it goes away during some of those hard times, but it it's something that you can that we always come back to. And we're coming back to that point where we see each other to hang in there. You know, you can't quit the minute it gets hard because this this thing of living life and building a life together is a naturally hard thing to do. So you can't quit when it's hard because then you miss the good part. And I do when I say this. But if you live long enough to be married for 40 years, 50 years, which is what we're working towards, if you get to the point flats, some people are slow and methodical about how they walk. And I always found that when I was not enjoying my walk is when I was comparing my walk to somebody else in the group. And I had to sort of start telling myself of these four hours, stop comparing yourself to the person walking ahead of you or behind you. Walk your walk, do your walk. Why are you here? How fast do you need to go? How how fast do you need to take that? It's not the same body. We we are we're living things. We're not machines. You know, we run out of gas. We need the best that I can and that it will serve me well as I get older. And that is doing that. What I did at thirty does not take care of this body at 56. So I can't look at some little can. It makes you sort of wonder what are people seeing in the time to get to know my grandparents full stories? Because a lot of what I talk about are my impressions of what my grandparents must have been going through. I talk about my paternal grandfather, Datchet, the old man I write about, and now that I'm older, I can look back enough to sit down with him and ask him what you know, what he went through, how did he how did he survive at such limited that I come in contact with feel seen and heard for power is empathy. You know, I try very hard even in these times to understand what people are going through when they're angry or hateful or when they're doing things that just don't feel right. I try to stand in their shoes and say, there's got to be something. There's got to be a context that I can understand that helps me see how you see the world so that I can connect with you on some level. And I think that's an honor to serve. I mean, it was it was it was of the people who don't have a voice, the people who don't have jobs, the people who don't have any of becoming is is is is really continuing to make sure that what I do has meaning and purpose to somebody outside of myself. So my vision is in particular is to keep helping young people to find and build and support that next generation of leaders to for something. And it's time for them to step up and to take the lead because we're getting older and we need to move out of the way for them because they're going to have answers that we've never thought of. So my hope is that I want to empower young people. I want to empower the next generation of politicians and community activists and teachers and doctors and lawyers. And I want to I want to be a part of laying out a set of values and principles that we can. All be proud of this country, you know, honesty, change the habit of people in voting, we're not we're not in the habit of being engaged citizens, and that's not something you do every four years, OK? It's a presidential campaign. Get registered. Now, we have to be talking about this every day when we want to do something in this country. When a company wants to market and sell something to us, they don't do it every four years. They do it every day, every minute, every 30 seconds. They are telling you what to buy, what to do. We need to do that with civic engagement because people don't understand why government is important in their lives. Because I always say government doesn't have a marketing budget. It's doing for you and your schools and your roads in your community. So we start taking it for granted and thinking that this is all a game. But we have to be having these conversations every day, every day. Why it's important. Why is it relevant? You know, and so, no, it's not just this year. It's every year. It's not just this election. It's every election. We have to change our culture in terms of our engagement in this political person walking next to me, not the person in the magazine. I'm trying to understand what my blood pressure level should be and what my flexibility should be and what cardio means for me and when do I feel good, because we can also overdo it, right? We can work out so hard and diet so much that we might be thin and look a certain way. But our bodies are broken inside because we're not walking our path. We're walking somebody else's path. So I am trying to figure that out every day. And it changes because women, our bodies change drastically in comparison to men. We're going through menopause. We've got a lot going on and I don't think we've done.