

HIDDEN TRUTH SHOW WITH JIM BRESLO



BENJAMIN BRECKHEIMER



1
00:00:07,110 --> 00:00:03,590
okay now for our interview with benjamin

2
00:00:08,310 --> 00:00:07,120
breckheimer i was 18 when i joined and i

3
00:00:12,390 --> 00:00:08,320
graduated high school

4
00:00:14,629 --> 00:00:12,400
june 2002 i joined the us army reserves

5
00:00:17,590 --> 00:00:14,639
in november of 2002 under the delayed

6
00:00:19,590 --> 00:00:17,600
entry program so i wasn't quite ready to

7
00:00:23,029 --> 00:00:19,600
commit i wanted to say my goodbyes to my

8
00:00:25,750 --> 00:00:23,039
family and stuff so i didn't officially

9
00:00:27,109 --> 00:00:25,760
get to uh basic training until march of

10
00:00:29,349 --> 00:00:27,119
2003

11
00:00:31,029 --> 00:00:29,359
i think that was during shock and off

12
00:00:32,470 --> 00:00:31,039
phase of the war if i remember

13
00:00:34,790 --> 00:00:32,480

because there was a lot of coverage of

14

00:00:36,950 --> 00:00:34,800

that going on and a lot of rumors in the

15

00:00:40,310 --> 00:00:36,960

basic trading mill

16

00:00:42,630 --> 00:00:40,320

rumors meaning uh i remember one

17

00:00:44,549 --> 00:00:42,640

distinct rumor going around

18

00:00:46,310 --> 00:00:44,559

this was at fort benning when i was in

19

00:00:50,950 --> 00:00:46,320

uh

20

00:00:51,430 --> 00:00:50,960

lot of your paperwork and stuff a week

21

00:00:53,110 --> 00:00:51,440

that

22

00:00:55,670 --> 00:00:53,120

prior to actually going to basic

23

00:00:58,229 --> 00:00:55,680

training and i remember hearing

24

00:00:59,590 --> 00:00:58,239

a rumor going around that the entire

25

00:01:02,790 --> 00:00:59,600

third infantry division

26
00:01:04,070 --> 00:01:02,800
in iraq got wiped out by mustard gas and

27
00:01:06,870 --> 00:01:04,080
all this stuff

28
00:01:07,990 --> 00:01:06,880
um so that was yeah it was pretty scary

29
00:01:09,590 --> 00:01:08,000
i think they kind of did that

30
00:01:11,190 --> 00:01:09,600
intentionally to steer the out of

31
00:01:12,630 --> 00:01:11,200
you in all honesty

32
00:01:14,950 --> 00:01:12,640
and it worked it worked that was

33
00:01:16,789 --> 00:01:14,960
terrified

34
00:01:18,390 --> 00:01:16,799
yeah well we didn't know what he had at

35
00:01:20,070 --> 00:01:18,400
that point but yeah chemical weapons i

36
00:01:22,149 --> 00:01:20,080
mean certainly in syria

37
00:01:23,590 --> 00:01:22,159
um apparently some major chemical

38
00:01:26,149 --> 00:01:23,600

weapons were used but

39

00:01:27,749 --> 00:01:26,159

um i don't think in iraq there was ever

40

00:01:29,270 --> 00:01:27,759

chemical weapons used as far as we know

41

00:01:31,429 --> 00:01:29,280

right

42

00:01:32,710 --> 00:01:31,439

as far as we know i mean i'm a big

43

00:01:34,950 --> 00:01:32,720

believer that i'm sure there was

44

00:01:38,069 --> 00:01:34,960

chemical weapons around but

45

00:01:39,270 --> 00:01:38,079

that has yet to be determined yeah what

46

00:01:43,030 --> 00:01:39,280

what is it that

47

00:01:48,550 --> 00:01:46,710

oh uh agent orange yeah

48

00:01:49,910 --> 00:01:48,560

that was not exactly was that kind of a

49

00:01:53,109 --> 00:01:49,920

chemical weapon

50

00:01:54,870 --> 00:01:53,119

i think it was i i have to i actually

51
00:01:56,870 --> 00:01:54,880
need to talk to a couple of my vietnam

52
00:01:59,990 --> 00:01:56,880
friends because i never really

53
00:02:01,830 --> 00:02:00,000
dwelled into their stories but yeah i'm

54
00:02:03,109 --> 00:02:01,840
pretty sure it was actually a chemical

55
00:02:04,870 --> 00:02:03,119
agent

56
00:02:06,149 --> 00:02:04,880
so but you know overall as far as the

57
00:02:08,630 --> 00:02:06,159
iraq war goes

58
00:02:10,949 --> 00:02:08,640
extremely controversial war obviously

59
00:02:11,350 --> 00:02:10,959
but as far as u.s casualties i mean it

60
00:02:13,350 --> 00:02:11,360
was

61
00:02:15,110 --> 00:02:13,360
very very limited as far as u.s

62
00:02:17,510 --> 00:02:15,120
casualties

63
00:02:19,990 --> 00:02:17,520

yeah definitely compared to you know the

64

00:02:23,270 --> 00:02:20,000

wars from previous years

65

00:02:24,949 --> 00:02:23,280

this is kind of i this was told to me

66

00:02:25,990 --> 00:02:24,959

and i actually didn't know it but uh

67

00:02:28,309 --> 00:02:26,000

this is the longest

68

00:02:29,589 --> 00:02:28,319

ongoing war in our country's history and

69

00:02:29,990 --> 00:02:29,599

that's pretty amazing to me because

70

00:02:32,229 --> 00:02:30,000

that's

71

00:02:33,350 --> 00:02:32,239

what you talked about the afghan war

72

00:02:36,390 --> 00:02:33,360

you're talking about

73

00:02:39,990 --> 00:02:36,400

or uh on terror

74

00:02:40,949 --> 00:02:40,000

yeah yeah yeah you know it's all how you

75

00:02:43,190 --> 00:02:40,959

define

76

00:02:44,229 --> 00:02:43,200

a war i mean we still have troops in

77

00:02:45,750 --> 00:02:44,239

japan in

78

00:02:48,630 --> 00:02:45,760

in germany does that mean that world war

79

00:02:51,589 --> 00:02:49,990

no you make a very good point and i

80

00:02:52,869 --> 00:02:51,599

think honestly that's where this might

81

00:02:55,509 --> 00:02:52,879

be headed we might have

82

00:02:57,270 --> 00:02:55,519

actual basis there for good yeah and

83

00:02:58,149 --> 00:02:57,280

that's not necessarily a bad thing i

84

00:03:00,149 --> 00:02:58,159

mean it means it's an

85

00:03:02,149 --> 00:03:00,159

ally and it means that you know we can

86

00:03:05,190 --> 00:03:02,159

protect us interests there and

87

00:03:08,710 --> 00:03:05,200

protect their interests um but

88

00:03:10,630 --> 00:03:08,720

um so uh

89

00:03:11,990 --> 00:03:10,640

so you joined soon after or right around

90

00:03:14,710 --> 00:03:12,000

the time of shock and awe in

91

00:03:15,990 --> 00:03:14,720

iraq afghanistan war had already

92

00:03:17,509 --> 00:03:16,000

commenced and

93

00:03:19,430 --> 00:03:17,519

you know both of those wars we had kind

94

00:03:22,070 --> 00:03:19,440

of immediate successes in i mean

95

00:03:24,309 --> 00:03:22,080

the taliban was gone and gone so to

96

00:03:27,190 --> 00:03:24,319

speaking in afghanistan

97

00:03:29,430 --> 00:03:27,200

you know soon after we invaded and then

98

00:03:29,750 --> 00:03:29,440

um in iraq you know saddam hussein was

99

00:03:33,030 --> 00:03:29,760

out

100

00:03:34,550 --> 00:03:33,040

very quickly due to shock and awe it was

101
00:03:36,630 --> 00:03:34,560
really the

102
00:03:38,390 --> 00:03:36,640
what happened next and kind of the

103
00:03:41,589 --> 00:03:38,400
nation building

104
00:03:43,270 --> 00:03:41,599
that becomes very difficult yeah

105
00:03:45,670 --> 00:03:43,280
definitely and

106
00:03:47,430 --> 00:03:45,680
it's hard to believe that you know our

107
00:03:49,509 --> 00:03:47,440
presence is going to change things in

108
00:03:51,990 --> 00:03:49,519
afghanistan i mean they've been

109
00:03:53,350 --> 00:03:52,000
uh that way for a thousand plus years

110
00:03:56,149 --> 00:03:53,360
and uh

111
00:03:57,670 --> 00:03:56,159
i i'd be i'd be a little pissed off if

112
00:03:59,429 --> 00:03:57,680
someone was coming to my country and

113
00:04:01,910 --> 00:03:59,439

telling me i had to change

114

00:04:03,030 --> 00:04:01,920

right but you know i remember the the

115

00:04:05,429 --> 00:04:03,040

the the stories

116

00:04:06,070 --> 00:04:05,439

that came out of afghanistan after we

117

00:04:09,190 --> 00:04:06,080

quickly

118

00:04:10,470 --> 00:04:09,200

won that battle we'll call it um you

119

00:04:12,710 --> 00:04:10,480

know but you know girls

120

00:04:14,149 --> 00:04:12,720

that were could now go to school and i

121

00:04:17,189 --> 00:04:14,159

think girls weren't even even

122

00:04:18,949 --> 00:04:17,199

allowed to play the piano and

123

00:04:20,469 --> 00:04:18,959

you know the taliban was very you know

124

00:04:24,230 --> 00:04:20,479

it's a very sexist

125

00:04:26,390 --> 00:04:24,240

uh ideology and

126

00:04:28,629 --> 00:04:26,400

so it certainly felt like we did some

127

00:04:30,550 --> 00:04:28,639

serious good there besides

128

00:04:31,670 --> 00:04:30,560

rooting out al qaeda to whatever extent

129

00:04:33,430 --> 00:04:31,680

we did that

130

00:04:35,189 --> 00:04:33,440

but it seemed like we did really some

131

00:04:37,110 --> 00:04:35,199

good things for

132

00:04:38,390 --> 00:04:37,120

just the people of afghanistan who had

133

00:04:42,230 --> 00:04:38,400

been suffering under this

134

00:04:44,230 --> 00:04:42,240

horrendous talent regime yeah um and

135

00:04:45,590 --> 00:04:44,240

ever since then we've been trying to get

136

00:04:48,629 --> 00:04:45,600

things into shape

137

00:04:49,110 --> 00:04:48,639

to allow us to leave and allow them to

138

00:04:51,510 --> 00:04:49,120

have

139

00:04:52,790 --> 00:04:51,520

you know a better government and that's

140

00:04:54,830 --> 00:04:52,800

really been the struggle and

141

00:04:57,030 --> 00:04:54,840

now i guess we might be leaving

142

00:04:59,670 --> 00:04:57,040

permanently

143

00:05:00,550 --> 00:04:59,680

yeah i uh i have mixed feelings on that

144

00:05:03,029 --> 00:05:00,560

uh you know

145

00:05:04,390 --> 00:05:03,039

i wish we'd kind of take care of our own

146

00:05:06,790 --> 00:05:04,400

country

147

00:05:09,270 --> 00:05:06,800

mind our own p's and q's for a while and

148

00:05:11,430 --> 00:05:09,280

let the world sort itself out but that's

149

00:05:12,790 --> 00:05:11,440

unfortunately not the way things work

150

00:05:14,390 --> 00:05:12,800

yeah yeah no

151
00:05:16,070 --> 00:05:14,400
i mean that's foreign policy and that's

152
00:05:17,830 --> 00:05:16,080
what gets really difficult because you

153
00:05:19,510 --> 00:05:17,840
know

154
00:05:21,270 --> 00:05:19,520
even if i'm correct that we did some

155
00:05:23,430 --> 00:05:21,280
good in afghanistan

156
00:05:24,710 --> 00:05:23,440
right well there's a hundred places you

157
00:05:26,469 --> 00:05:24,720
could go do good in

158
00:05:28,469 --> 00:05:26,479
right afghanistan's not the only country

159
00:05:30,550 --> 00:05:28,479
that suffers from poverty and

160
00:05:31,670 --> 00:05:30,560
oppression of minorities or women or

161
00:05:34,629 --> 00:05:31,680
what have you and

162
00:05:35,189 --> 00:05:34,639
you know is the us going to take this on

163
00:05:37,029 --> 00:05:35,199

you know

164

00:05:38,790 --> 00:05:37,039

protecting national interests as far as

165

00:05:39,830 --> 00:05:38,800

rooting out al qaeda that certainly

166

00:05:42,150 --> 00:05:39,840

seems to make sense

167

00:05:43,990 --> 00:05:42,160

you know hey you're going to come you're

168

00:05:46,230 --> 00:05:44,000

going to come and fly planes

169

00:05:47,029 --> 00:05:46,240

into the world trade center and into the

170

00:05:50,629 --> 00:05:47,039

pentagon

171

00:05:52,390 --> 00:05:50,639

and get away with it i don't think so

172

00:05:53,990 --> 00:05:52,400

right so then it's really just a matter

173

00:05:55,430 --> 00:05:54,000

of defining

174

00:05:57,670 --> 00:05:55,440

the root cause of the problem i think

175

00:05:59,510 --> 00:05:57,680

that bush seemed to

176

00:06:01,350 --> 00:05:59,520

believe that the root cause of the

177

00:06:04,070 --> 00:06:01,360

problem was kind of these

178

00:06:05,670 --> 00:06:04,080

dictatorships in in the middle east that

179

00:06:06,469 --> 00:06:05,680

you know are not giving opportunity to

180

00:06:09,189 --> 00:06:06,479

young people

181

00:06:10,790 --> 00:06:09,199

and are teaching very anti-american uh

182

00:06:13,430 --> 00:06:10,800

thinking and so on and

183

00:06:14,309 --> 00:06:13,440

he was going to democratize the middle

184

00:06:16,550 --> 00:06:14,319

east

185

00:06:18,870 --> 00:06:16,560

and kind of started down down that road

186

00:06:20,790 --> 00:06:18,880

and you know that's a long expensive

187

00:06:22,550 --> 00:06:20,800

road if you want to go down that road

188

00:06:24,230 --> 00:06:22,560

and the problem with the us is you know

189

00:06:25,590 --> 00:06:24,240

every four years or eight years you get

190

00:06:27,110 --> 00:06:25,600

a different president and a different

191

00:06:28,950 --> 00:06:27,120

vision so

192

00:06:30,629 --> 00:06:28,960

bush may have been committed to that but

193

00:06:31,909 --> 00:06:30,639

then you know obama comes in

194

00:06:33,670 --> 00:06:31,919

and doesn't have the same vision and

195

00:06:36,230 --> 00:06:33,680

poof there goes

196

00:06:37,029 --> 00:06:36,240

all of the the blood sweat and tears

197

00:06:40,070 --> 00:06:37,039

right i mean

198

00:06:43,029 --> 00:06:40,080

that's really what happened i mean

199

00:06:43,909 --> 00:06:43,039

you know obama pulls out of iraq and

200

00:06:47,189 --> 00:06:43,919

next thing you know

201
00:06:49,670 --> 00:06:47,199
isis or or al qaeda in iraq

202
00:06:50,629 --> 00:06:49,680
you know pops up and then we're back

203
00:06:51,990 --> 00:06:50,639
there again

204
00:06:53,909 --> 00:06:52,000
trying to re-win some of the same

205
00:06:55,270 --> 00:06:53,919
battles that we had won before

206
00:06:57,749 --> 00:06:55,280
because of this change in policy it's

207
00:06:59,749 --> 00:06:57,759
not to say one is right or the other but

208
00:07:01,110 --> 00:06:59,759
that's the problem with america in wars

209
00:07:03,749 --> 00:07:01,120
is that it's

210
00:07:04,550 --> 00:07:03,759
the the the leadership changing so often

211
00:07:08,070 --> 00:07:04,560
right

212
00:07:09,749 --> 00:07:08,080
yeah yeah definitely four years is well

213
00:07:11,909 --> 00:07:09,759

you'd think it'd be enough time to fix

214

00:07:12,870 --> 00:07:11,919

things but in in the long run it's

215

00:07:16,150 --> 00:07:12,880

really

216

00:07:17,990 --> 00:07:16,160

not ideal yeah much to be involved

217

00:07:19,670 --> 00:07:18,000

yeah i mean you still have it going on

218

00:07:21,670 --> 00:07:19,680

now because he got trump

219

00:07:23,589 --> 00:07:21,680

saying that he wants to get out and now

220

00:07:25,430 --> 00:07:23,599

biden's wanting to get out so

221

00:07:27,589 --> 00:07:25,440

you know every president's always trying

222

00:07:29,029 --> 00:07:27,599

to reverse what the prior president did

223

00:07:30,790 --> 00:07:29,039

um because they're from a different

224

00:07:34,550 --> 00:07:30,800

party and and

225

00:07:36,950 --> 00:07:34,560

you guys the soldiers out there

226

00:07:38,070 --> 00:07:36,960

are the ones kind of stuck in the middle

227

00:07:39,430 --> 00:07:38,080

because that's

228

00:07:42,230 --> 00:07:39,440

you know i'll never forget watching

229

00:07:45,350 --> 00:07:42,240

american sniper which i just think is a

230

00:07:45,670 --> 00:07:45,360

amazing movie an amazing story and you

231

00:07:47,830 --> 00:07:45,680

know

232

00:07:50,230 --> 00:07:47,840

when they bring the battles to life like

233

00:07:53,029 --> 00:07:50,240

that i i forget if it was fallujah

234

00:07:54,309 --> 00:07:53,039

what was the main battle in that movie

235

00:07:57,589 --> 00:07:54,319

i'm pretty sure yeah

236

00:07:58,309 --> 00:07:57,599

yeah and and they're in there and i'm

237

00:08:00,070 --> 00:07:58,319

just watching

238

00:08:03,029 --> 00:08:00,080

thinking wow look what these guys went

239

00:08:04,469 --> 00:08:03,039

through to take over this

240

00:08:06,070 --> 00:08:04,479

town which i guess is an important city

241

00:08:08,390 --> 00:08:06,080

in iraq and but

242

00:08:09,510 --> 00:08:08,400

as i'm watching it i already know that

243

00:08:12,230 --> 00:08:09,520

we since

244

00:08:14,309 --> 00:08:12,240

gave it back that basically isis took

245

00:08:15,990 --> 00:08:14,319

over the same city that we had fought

246

00:08:17,909 --> 00:08:16,000

to get because of the change in policy

247

00:08:21,670 --> 00:08:17,919

of pulling the troops out

248

00:08:24,869 --> 00:08:21,680

and um you know soldiers can only

249

00:08:26,070 --> 00:08:24,879

do the job that's given to them and you

250

00:08:27,430 --> 00:08:26,080

know try to

251

00:08:29,270 --> 00:08:27,440

keep the politics out of their head i

252

00:08:30,390 --> 00:08:29,280

guess i don't know what wha what's your

253

00:08:32,630 --> 00:08:30,400

thoughts on that

254

00:08:34,230 --> 00:08:32,640

how do you kind of separate one from the

255

00:08:36,790 --> 00:08:34,240

other

256

00:08:38,149 --> 00:08:36,800

you know it's funny you bring that up

257

00:08:40,389 --> 00:08:38,159

because

258

00:08:41,909 --> 00:08:40,399

you know there's definitely soldiers

259

00:08:45,030 --> 00:08:41,919

think about politics a lot

260

00:08:45,990 --> 00:08:45,040

um especially like the little minute

261

00:08:48,070 --> 00:08:46,000

things that

262

00:08:49,750 --> 00:08:48,080

are very nitpicky not necessarily

263

00:08:50,710 --> 00:08:49,760

politics throughout our government but

264

00:08:53,269 --> 00:08:50,720

just through our

265

00:08:54,710 --> 00:08:53,279

chain of commands at times and it's uh

266

00:08:58,230 --> 00:08:54,720

you know all these

267

00:09:01,830 --> 00:08:58,240

like um what's uh uh

268

00:09:04,949 --> 00:09:03,269

[Applause]

269

00:09:06,949 --> 00:09:04,959

you know like not being able to fire

270

00:09:08,790 --> 00:09:06,959

until fired upon but now you have to do

271

00:09:10,389 --> 00:09:08,800

three three steps before you can

272

00:09:10,949 --> 00:09:10,399

actually fire a shot if you're being

273

00:09:13,670 --> 00:09:10,959

threatened

274

00:09:13,990 --> 00:09:13,680

rules of engagement rules of engagement

275

00:09:17,190 --> 00:09:14,000

that's

276

00:09:18,310 --> 00:09:17,200

it right it's it's just wild how that

277

00:09:20,470 --> 00:09:18,320

works it's like

278

00:09:22,070 --> 00:09:20,480

yeah fighting with one hand tied behind

279

00:09:23,750 --> 00:09:22,080

your back

280

00:09:25,750 --> 00:09:23,760

exactly and you're fighting ghosts

281

00:09:28,550 --> 00:09:25,760

essentially you know they hide behind

282

00:09:29,829 --> 00:09:28,560

kids and their wives and all that stuff

283

00:09:32,470 --> 00:09:29,839

so

284

00:09:33,430 --> 00:09:32,480

what was what what was that is that the

285

00:09:36,070 --> 00:09:33,440

rule i mean

286

00:09:37,590 --> 00:09:36,080

what's an example of a rule that was

287

00:09:39,350 --> 00:09:37,600

most troublesome for you guys in

288

00:09:41,990 --> 00:09:39,360

afghanistan

289

00:09:43,590 --> 00:09:42,000

that was definitely a troublesome rule

290

00:09:45,430 --> 00:09:43,600

when we were doing a lot of convoys in

291

00:09:47,670 --> 00:09:45,440

afghanistan we'd have

292

00:09:48,829 --> 00:09:47,680

issues with vehicles that were pretty

293

00:09:51,509 --> 00:09:48,839

much

294

00:09:52,310 --> 00:09:51,519

coming speeding up to the rear of our uh

295

00:09:55,590 --> 00:09:52,320

convoy

296

00:09:56,870 --> 00:09:55,600

and we'd first have to fire a pin flare

297

00:09:59,110 --> 00:09:56,880

so we'd have to

298

00:10:00,870 --> 00:09:59,120

basically fire a firework at the vehicle

299

00:10:02,790 --> 00:10:00,880

to kind of warn them but if they kept

300

00:10:04,790 --> 00:10:02,800

going then you could fire a warning shot

301

00:10:06,389 --> 00:10:04,800

but not at the vehicle

302

00:10:08,069 --> 00:10:06,399

and then if they were posing an

303

00:10:08,710 --> 00:10:08,079

immediate threat you could fire so it's

304

00:10:12,630 --> 00:10:08,720

essentially

305

00:10:15,590 --> 00:10:12,640

three steps to finally uh be able to

306

00:10:18,470 --> 00:10:15,600

you know but but ultimately you have to

307

00:10:21,910 --> 00:10:18,480

be fired upon in order to fire

308

00:10:24,790 --> 00:10:21,920

essentially yeah i mean yeah

309

00:10:26,069 --> 00:10:24,800

and and that imply applies to almost all

310

00:10:27,829 --> 00:10:26,079

circumstances i mean you're talking

311

00:10:28,949 --> 00:10:27,839

about a convoy but i mean what if it was

312

00:10:31,350 --> 00:10:28,959

uh

313

00:10:32,230 --> 00:10:31,360

you know you're walking along and you

314

00:10:36,069 --> 00:10:32,240

come upon

315

00:10:37,670 --> 00:10:36,079

trouble yeah uh that's definitely one of

316

00:10:39,190 --> 00:10:37,680

those things that you

317

00:10:41,190 --> 00:10:39,200

kind of have to use your best judgment

318

00:10:44,150 --> 00:10:41,200

like if you see a weapon and you

319

00:10:45,030 --> 00:10:44,160

know it's a bad guy i still should

320

00:10:48,630 --> 00:10:45,040

probably

321

00:10:50,230 --> 00:10:48,640

try and not fire at them which is weird

322

00:10:52,310 --> 00:10:50,240

to say but i feel like

323

00:10:54,230 --> 00:10:52,320

that's kind of how it's going especially

324

00:10:57,430 --> 00:10:54,240

probably now well i don't know now

325

00:10:59,990 --> 00:10:57,440

but um and then it's like they're in a

326

00:11:01,030 --> 00:11:00,000

vehicle and you're on foot patrol

327

00:11:03,110 --> 00:11:01,040

that'd probably be a different

328

00:11:05,670 --> 00:11:03,120

circumstance if someone's kind of

329

00:11:07,030 --> 00:11:05,680

flying at you and has no uh show of

330

00:11:08,630 --> 00:11:07,040

stopping then you definitely

331

00:11:10,630 --> 00:11:08,640

could probably fire upon them without

332

00:11:12,550 --> 00:11:10,640

any issues i mean

333

00:11:14,150 --> 00:11:12,560

perhaps it's the difference between you

334

00:11:15,430 --> 00:11:14,160

know once we had already kind of won the

335

00:11:17,990 --> 00:11:15,440

initial battle and we

336

00:11:18,790 --> 00:11:18,000

we went into kind of this peacekeeping

337

00:11:21,829 --> 00:11:18,800

role

338

00:11:23,430 --> 00:11:21,839

want to call it

339

00:11:25,110 --> 00:11:23,440

that that's probably when the rules of

340

00:11:27,829 --> 00:11:25,120

engagement change

341

00:11:29,910 --> 00:11:27,839

perhaps yeah i i definitely think so it

342

00:11:32,069 --> 00:11:29,920

was really weird in 2009 when i went to

343

00:11:34,069 --> 00:11:32,079

afghanistan because

344

00:11:35,590 --> 00:11:34,079

at a certain point in the deployment uh

345

00:11:37,750 --> 00:11:35,600

we weren't allowed to do like night

346

00:11:40,389 --> 00:11:37,760

raids anymore like that was

347

00:11:41,990 --> 00:11:40,399

forbidden like the afghan president said

348

00:11:44,150 --> 00:11:42,000

u.s troops aren't allowed to do night

349

00:11:45,590 --> 00:11:44,160

raids or anything anymore so it's like

350

00:11:49,110 --> 00:11:45,600

they're giving you rules to

351

00:11:53,110 --> 00:11:49,120

fight a war but you know it's just crazy

352

00:11:55,990 --> 00:11:53,120

i can only imagine how things are

353

00:11:57,430 --> 00:11:56,000

have been or are now and the taliban

354

00:11:59,670 --> 00:11:57,440

just sits back and laughs

355

00:12:00,470 --> 00:11:59,680

at it because they've got no rules

356

00:12:05,509 --> 00:12:00,480

exactly

357

00:12:07,110 --> 00:12:05,519

tell us about your experience in

358

00:12:09,430 --> 00:12:07,120

afghanistan how long you were there and

359

00:12:13,030 --> 00:12:09,440

ultimately i know that's where you

360

00:12:14,230 --> 00:12:13,040

were injured yeah afghanistan was very

361

00:12:16,470 --> 00:12:14,240

different for me

362

00:12:17,750 --> 00:12:16,480

um because when i deployed iraq i

363

00:12:19,190 --> 00:12:17,760

actually deployed as a

364

00:12:20,470 --> 00:12:19,200

operating room specialist so i was

365

00:12:21,750 --> 00:12:20,480

working in the medical field in the

366

00:12:24,870 --> 00:12:21,760

operating room

367

00:12:27,590 --> 00:12:24,880

and i was in a bay uh the green zone

368

00:12:28,790 --> 00:12:27,600

in baghdad even seen a hospital so we

369

00:12:31,670 --> 00:12:28,800

were relatively safe

370

00:12:33,430 --> 00:12:31,680

we'd only you know have mortar fire

371

00:12:35,269 --> 00:12:33,440

mortars come in occasionally in the

372

00:12:36,069 --> 00:12:35,279

green zone and we'd have to go duck and

373

00:12:38,949 --> 00:12:36,079

cover

374

00:12:39,990 --> 00:12:38,959

uh but we were in zero danger whatsoever

375

00:12:43,190 --> 00:12:40,000

essentially

376

00:12:45,430 --> 00:12:43,200

and um i actually felt

377

00:12:46,310 --> 00:12:45,440

like we were appreciated in iraq

378

00:12:48,949 --> 00:12:46,320

compared to

379

00:12:51,350 --> 00:12:48,959

when i went to afghanistan uh so when i

380

00:12:53,990 --> 00:12:51,360

went in 2009 to afghanistan

381

00:12:54,949 --> 00:12:54,000

i went as a cavalry scout so it's

382

00:12:56,389 --> 00:12:54,959

totally

383

00:12:58,470 --> 00:12:56,399

opposite end of the spectrum from the

384

00:12:59,430 --> 00:12:58,480

medical field it's a combat arms job

385

00:13:01,430 --> 00:12:59,440

you're doing

386

00:13:02,949 --> 00:13:01,440

a lot of reconnaissance surveillance

387

00:13:05,430 --> 00:13:02,959

presence patrols

388

00:13:06,230 --> 00:13:05,440

and painting targets that would be

389

00:13:09,670 --> 00:13:06,240

essentially

390

00:13:11,350 --> 00:13:09,680

eliminated if they needed to be and um

391

00:13:12,790 --> 00:13:11,360

you know just going out on convoys and

392

00:13:16,550 --> 00:13:12,800

doing patrols

393

00:13:18,629 --> 00:13:16,560

uh the elders most of them just

394

00:13:19,990 --> 00:13:18,639

really didn't want you there the little

395

00:13:22,230 --> 00:13:20,000

kids would throw rocks

396

00:13:24,150 --> 00:13:22,240

spit at you throw bottles of water at

397

00:13:26,230 --> 00:13:24,160

you and you just

398

00:13:28,150 --> 00:13:26,240

i felt no appreciation being there

399

00:13:30,069 --> 00:13:28,160

whatsoever so it's kind of

400

00:13:31,670 --> 00:13:30,079

weird to see two different sides of war

401
00:13:35,509 --> 00:13:31,680
in two different countries

402
00:13:37,910 --> 00:13:35,519
um but yeah and and and just to be clear

403
00:13:38,790 --> 00:13:37,920
in iraq you did feel appreciated people

404
00:13:40,710 --> 00:13:38,800
would come up to you

405
00:13:42,470 --> 00:13:40,720
and you could tell me that they're

406
00:13:45,189 --> 00:13:42,480
grateful for you being there

407
00:13:46,870 --> 00:13:45,199
yeah yeah i i i personally got that

408
00:13:47,990 --> 00:13:46,880
feeling i think a lot of people i

409
00:13:50,389 --> 00:13:48,000
deployed with felt that

410
00:13:52,550 --> 00:13:50,399
way too for the most part but it's

411
00:13:54,790 --> 00:13:52,560
probably different outside the wire

412
00:13:56,389 --> 00:13:54,800
in iraq than it was for us but i wonder

413
00:13:59,350 --> 00:13:56,399

if some of it has to do with how

414

00:14:02,310 --> 00:13:59,360

westernized the country is because iraq

415

00:14:03,269 --> 00:14:02,320

i think is way more westernized than

416

00:14:06,949 --> 00:14:03,279

afghanistan

417

00:14:09,110 --> 00:14:06,959

right so yeah by far right so so iraqis

418

00:14:11,269 --> 00:14:09,120

probably already

419

00:14:13,829 --> 00:14:11,279

very aware of america watching american

420

00:14:16,629 --> 00:14:13,839

movies and

421

00:14:18,949 --> 00:14:16,639

kind of liking america yeah we're in

422

00:14:23,750 --> 00:14:18,959

afghanistan

423

00:14:26,470 --> 00:14:23,760

there you feel like you're back in time

424

00:14:27,350 --> 00:14:26,480

a hundred or a couple hundred years yeah

425

00:14:30,150 --> 00:14:27,360

exactly

426

00:14:31,910 --> 00:14:30,160

i mean these individuals live in mud

427

00:14:34,629 --> 00:14:31,920

huts essentially and

428

00:14:36,629 --> 00:14:34,639

there's no electricity they're very

429

00:14:38,710 --> 00:14:36,639

old-school way of farming they

430

00:14:39,829 --> 00:14:38,720

take drainage ditch for their farms and

431

00:14:41,509 --> 00:14:39,839

everything so it's

432

00:14:43,110 --> 00:14:41,519

i mean they make it work but it's

433

00:14:46,470 --> 00:14:43,120

definitely

434

00:14:49,269 --> 00:14:46,480

very much stuck in their ways

435

00:14:49,829 --> 00:14:49,279

so it was very interesting to see that

436

00:14:51,430 --> 00:14:49,839

side

437

00:14:53,189 --> 00:14:51,440

unless you were in like a big city like

438

00:14:55,110 --> 00:14:53,199

kandahar which they'd have

439

00:14:56,629 --> 00:14:55,120

you know do you think some of it could

440

00:14:58,550 --> 00:14:56,639

have also had to do with the fact that

441

00:15:01,509 --> 00:14:58,560

they know that the taliban

442

00:15:03,189 --> 00:15:01,519

is watching or aware and and so they

443

00:15:05,269 --> 00:15:03,199

have to

444

00:15:06,230 --> 00:15:05,279

at least at minimum pretend to be

445

00:15:09,110 --> 00:15:06,240

against you

446

00:15:10,470 --> 00:15:09,120

could that be part of it yeah absolutely

447

00:15:12,550 --> 00:15:10,480

i didn't even think of that until you

448

00:15:15,030 --> 00:15:12,560

brought that up but that is for sure

449

00:15:15,990 --> 00:15:15,040

something that uh we were actually told

450

00:15:17,910 --> 00:15:16,000

uh you know

451
00:15:19,030 --> 00:15:17,920
if they were to show any allegiance to

452
00:15:21,269 --> 00:15:19,040
the us there

453
00:15:22,949 --> 00:15:21,279
they'd be essentially they could be

454
00:15:25,590 --> 00:15:22,959
killed or the family could be killed or

455
00:15:28,550 --> 00:15:25,600
at least punished in a very severe way

456
00:15:31,990 --> 00:15:28,560
so i i could see that i mean so your job

457
00:15:35,430 --> 00:15:32,000
basically was to continue to try to

458
00:15:38,949 --> 00:15:35,440
root out the taliban yeah

459
00:15:40,790 --> 00:15:38,959
you know it was weird

460
00:15:42,150 --> 00:15:40,800
the big thing was winning hearts and

461
00:15:44,230 --> 00:15:42,160
minds like that was our

462
00:15:47,350 --> 00:15:44,240
main goal in the spin bold act region of

463
00:15:50,949 --> 00:15:47,360

afghanistan and uh

464

00:15:54,310 --> 00:15:50,959

it was just so boring like

465

00:15:56,069 --> 00:15:54,320

there was we were basically stuck on a

466

00:15:58,069 --> 00:15:56,079

forward operating base on the

467

00:15:59,829 --> 00:15:58,079

southeastern part of afghanistan along

468

00:16:03,430 --> 00:15:59,839

the pakistan border

469

00:16:05,430 --> 00:16:03,440

and uh it was a main like a hub for

470

00:16:08,230 --> 00:16:05,440

a lot of their trucks to go across the

471

00:16:10,470 --> 00:16:08,240

border into pakistan and vice versa

472

00:16:11,990 --> 00:16:10,480

so that part was pretty exciting you

473

00:16:14,230 --> 00:16:12,000

know being around

474

00:16:15,910 --> 00:16:14,240

patrolling watching that area but as

475

00:16:17,910 --> 00:16:15,920

soon as you got on the outskirts of

476
00:16:19,829 --> 00:16:17,920
the busy were part of spin bowl deck it

477
00:16:21,430 --> 00:16:19,839
was just

478
00:16:23,110 --> 00:16:21,440
you're like thinking yourself what are

479
00:16:23,749 --> 00:16:23,120
we doing here i mean we're just sitting

480
00:16:25,829 --> 00:16:23,759
here

481
00:16:27,030 --> 00:16:25,839
on a observation post watching this

482
00:16:29,509 --> 00:16:27,040
village where

483
00:16:30,550 --> 00:16:29,519
we don't really have any good intel on

484
00:16:32,150 --> 00:16:30,560
so there's

485
00:16:33,910 --> 00:16:32,160
we feel like there's no reason we should

486
00:16:37,350 --> 00:16:33,920
be watching it but

487
00:16:40,710 --> 00:16:37,360
it's just

488
00:16:41,829 --> 00:16:40,720

i don't it's weird and what were you

489

00:16:44,710 --> 00:16:41,839

supposed to do to

490

00:16:46,069 --> 00:16:44,720

win hearts and minds that's a very good

491

00:16:47,829 --> 00:16:46,079

question because i could never figure

492

00:16:50,870 --> 00:16:47,839

that out

493

00:16:53,030 --> 00:16:50,880

i mean just giving giving them mre

494

00:16:56,150 --> 00:16:53,040

rations or water bottles is

495

00:16:57,030 --> 00:16:56,160

all we could essentially do but i i

496

00:16:59,430 --> 00:16:57,040

really don't know

497

00:17:01,189 --> 00:16:59,440

that's something i was never able to

498

00:17:02,550 --> 00:17:01,199

understand and i imagine that most of

499

00:17:04,630 --> 00:17:02,560

them don't speak english so it's not

500

00:17:07,669 --> 00:17:04,640

real easy to communicate with them

501
00:17:09,909 --> 00:17:07,679
not one bit not one bit we did have a

502
00:17:12,000 --> 00:17:09,919
translator though with us and uh

503
00:17:13,750 --> 00:17:12,010
every once in a while um

504
00:17:15,350 --> 00:17:13,760
[Music]

505
00:17:17,510 --> 00:17:15,360
he'd come out with us but for the most

506
00:17:19,429 --> 00:17:17,520
part we we weren't really

507
00:17:20,870 --> 00:17:19,439
uh interacting at least when i was there

508
00:17:23,350 --> 00:17:20,880
for the three months before i got

509
00:17:26,069 --> 00:17:23,360
wounded we we didn't really do any

510
00:17:27,110 --> 00:17:26,079
uh presence patrols by foot so we didn't

511
00:17:30,630 --> 00:17:27,120
get to interact

512
00:17:32,870 --> 00:17:30,640
as closely as uh they did later down the

513
00:17:35,909 --> 00:17:32,880

road after i got hurt

514

00:17:39,510 --> 00:17:35,919

yeah so tell us about that yeah

515

00:17:41,750 --> 00:17:39,520

so september 13th 2009

516

00:17:43,590 --> 00:17:41,760

is when my life pretty much did a com

517

00:17:46,390 --> 00:17:43,600

did a complete 180.

518

00:17:48,549 --> 00:17:46,400

uh we were three months into the tour

519

00:17:52,390 --> 00:17:48,559

and we were on just a regular routine

520

00:17:55,430 --> 00:17:52,400

uh patrol presence patrol and a convoy

521

00:17:58,549 --> 00:17:55,440

and um you know just driving along

522

00:18:01,350 --> 00:17:58,559

and in the vehicle you kind of

523

00:18:02,470 --> 00:18:01,360

rig up your ipod to your comms so you

524

00:18:04,870 --> 00:18:02,480

can listen to music

525

00:18:06,630 --> 00:18:04,880

and also listen to radio traffic if

526

00:18:09,750 --> 00:18:06,640

anything important is coming along

527

00:18:11,750 --> 00:18:09,760

uh so i remember we were i was driving

528

00:18:13,909 --> 00:18:11,760

the vehicle i was the fourth vehicle

529

00:18:15,029 --> 00:18:13,919

uh in the convoy of four so i was the

530

00:18:17,590 --> 00:18:15,039

last vehicle

531

00:18:19,350 --> 00:18:17,600

and we were just listening to music

532

00:18:20,950 --> 00:18:19,360

singing to kenny chesney

533

00:18:22,549 --> 00:18:20,960

country stuff like she thinks my

534

00:18:25,669 --> 00:18:22,559

tractor's sexy

535

00:18:29,110 --> 00:18:25,679

and everything just went black

536

00:18:32,390 --> 00:18:29,120

like i remember just pure

537

00:18:33,909 --> 00:18:32,400

blackness and it took me a while to

538

00:18:35,909 --> 00:18:33,919

come to i think i was knocked

539

00:18:38,230 --> 00:18:35,919

unconscious for about 45

540

00:18:39,990 --> 00:18:38,240

seconds and i didn't realize what

541

00:18:41,029 --> 00:18:40,000

happened at all i just felt like we hit

542

00:18:43,590 --> 00:18:41,039

a brick wall

543

00:18:45,270 --> 00:18:43,600

and what had happened was i drove over a

544

00:18:46,310 --> 00:18:45,280

pressure plate improvised explosive

545

00:18:49,110 --> 00:18:46,320

device

546

00:18:50,710 --> 00:18:49,120

and setting that off it went off

547

00:18:52,150 --> 00:18:50,720

completely underneath the driver's seat

548

00:18:54,789 --> 00:18:52,160

where i was sitting

549

00:18:56,390 --> 00:18:54,799

and on the striker vehicle there's a

550

00:18:58,710 --> 00:18:56,400

inch thick armor plate

551
00:19:00,549 --> 00:18:58,720
and it pushed up that armor plate and

552
00:19:03,669 --> 00:19:00,559
crushed my legs into the driver's

553
00:19:06,070 --> 00:19:03,679
uh steering wheel compartment and

554
00:19:07,270 --> 00:19:06,080
uh when i realized what was going on i

555
00:19:10,310 --> 00:19:07,280
just

556
00:19:10,870 --> 00:19:10,320
tried to gather up as much as a big

557
00:19:14,390 --> 00:19:10,880
breath

558
00:19:17,029 --> 00:19:14,400
because just all the dust and fumes

559
00:19:19,750 --> 00:19:17,039
you're choking on all that stuff kind of

560
00:19:21,830 --> 00:19:19,760
coming soon and things are really hazy

561
00:19:23,669 --> 00:19:21,840
and i just remember hearing them scream

562
00:19:27,270 --> 00:19:23,679
my last name like

563
00:19:29,110 --> 00:19:27,280

and i just let out this god-awful scream

564

00:19:31,990 --> 00:19:29,120

i can only imagine what it sounded like

565

00:19:34,870 --> 00:19:32,000

but i'm sure it didn't sound too great

566

00:19:36,310 --> 00:19:34,880

but i feel like it was probably good for

567

00:19:38,070 --> 00:19:36,320

them to hear because they knew i was

568

00:19:40,630 --> 00:19:38,080

alive

569

00:19:42,470 --> 00:19:40,640

but then as things started to calm down

570

00:19:44,710 --> 00:19:42,480

i had looked at my legs

571

00:19:47,110 --> 00:19:44,720

and my left leg felt fine i could see my

572

00:19:49,110 --> 00:19:47,120

whole entire left leg

573

00:19:51,510 --> 00:19:49,120

but i looked at my right leg and i saw

574

00:19:53,590 --> 00:19:51,520

nothing below my right knee so i

575

00:19:54,630 --> 00:19:53,600

pretty much assumed it was gone at that

576
00:19:57,830 --> 00:19:54,640
moment

577
00:19:59,990 --> 00:19:57,840
and yeah it was

578
00:20:00,870 --> 00:20:00,000
pretty crazy having that experience

579
00:20:03,350 --> 00:20:00,880
because

580
00:20:04,230 --> 00:20:03,360
when i tried to explain the feeling of

581
00:20:07,350 --> 00:20:04,240
that

582
00:20:09,909 --> 00:20:07,360
i felt like my entire lower half of my

583
00:20:10,950 --> 00:20:09,919
body was just being squeezed by a vice

584
00:20:13,750 --> 00:20:10,960
and there was like

585
00:20:14,310 --> 00:20:13,760
an immense amount of pressure and i

586
00:20:16,070 --> 00:20:14,320
remember

587
00:20:17,830 --> 00:20:16,080
the adrenaline going through my body

588
00:20:20,149 --> 00:20:17,840

like i didn't even shed a tear

589

00:20:21,750 --> 00:20:20,159

during that time so it was kind of

590

00:20:23,990 --> 00:20:21,760

incredible to think that way i didn't

591

00:20:25,830 --> 00:20:24,000

cry or shed a tear

592

00:20:28,310 --> 00:20:25,840

but i just felt this immense amount of

593

00:20:31,430 --> 00:20:28,320

pressure below my waist

594

00:20:33,669 --> 00:20:31,440

pressure and pain pain

595

00:20:35,740 --> 00:20:33,679

yes but it was pretty much blocked off

596

00:20:36,870 --> 00:20:35,750

because of the adrenaline

597

00:20:40,870 --> 00:20:36,880

[Music]

598

00:20:42,549 --> 00:20:40,880

so it was just really crazy what

599

00:20:44,149 --> 00:20:42,559

the enviro the events that kind of

600

00:20:45,830 --> 00:20:44,159

transpired because

601
00:20:47,510 --> 00:20:45,840
when they were extracting me from the

602
00:20:48,870 --> 00:20:47,520
vehicle they tried to bring me through

603
00:20:50,230 --> 00:20:48,880
the top of the vehicle through the

604
00:20:52,789 --> 00:20:50,240
driver's hatch

605
00:20:54,950 --> 00:20:52,799
and they couldn't and i didn't realize

606
00:20:56,710 --> 00:20:54,960
this at the time but my lower right leg

607
00:20:58,630 --> 00:20:56,720
was stuck in the engine compartment

608
00:21:00,230 --> 00:20:58,640
which would be on the driver's immediate

609
00:21:02,789 --> 00:21:00,240
right

610
00:21:03,750 --> 00:21:02,799
and they weren't able to basically pull

611
00:21:06,789 --> 00:21:03,760
me up through

612
00:21:08,149 --> 00:21:06,799
the top because my leg was stuck in the

613
00:21:10,230 --> 00:21:08,159

engine compartment

614

00:21:11,750 --> 00:21:10,240

uh so my platoon sergeant had to go to

615

00:21:15,270 --> 00:21:11,760

the back of the vehicle

616

00:21:17,110 --> 00:21:15,280

and he lowered my seat uh backwards

617

00:21:18,630 --> 00:21:17,120

uh cut my seatbelt off and i just

618

00:21:21,029 --> 00:21:18,640

remember him

619

00:21:22,950 --> 00:21:21,039

pull pulling both of his putting both

620

00:21:25,990 --> 00:21:22,960

his arms underneath my armpits

621

00:21:27,830 --> 00:21:26,000

and just pulling and that's when

622

00:21:29,990 --> 00:21:27,840

i felt probably the most disgusting

623

00:21:33,029 --> 00:21:30,000

thing in my life just feeling my

624

00:21:34,710 --> 00:21:33,039

left femur kind of crumble uh you like

625

00:21:37,909 --> 00:21:34,720

just feeling the bones rub

626

00:21:38,950 --> 00:21:37,919

i was cringe-worthy like it was totally

627

00:21:42,789 --> 00:21:38,960

cringe-worthy

628

00:21:44,710 --> 00:21:42,799

but it didn't hurt which was wild um

629

00:21:46,310 --> 00:21:44,720

once they got me out of the driver's

630

00:21:50,070 --> 00:21:46,320

compartment they

631

00:21:52,470 --> 00:21:50,080

you know my medic didn't skip a beat he

632

00:21:53,190 --> 00:21:52,480

started an ivy right away hit me up with

633

00:21:56,630 --> 00:21:53,200

uh

634

00:21:59,190 --> 00:21:56,640

morphine and i i just remember

635

00:22:00,470 --> 00:21:59,200

telling myself uh while this was going

636

00:22:01,909 --> 00:22:00,480

on and while they were sending up the

637

00:22:04,390 --> 00:22:01,919

nine line medevac

638

00:22:05,590 --> 00:22:04,400

that uh you know being a medical

639

00:22:07,669 --> 00:22:05,600

professional i was kind of

640

00:22:09,990 --> 00:22:07,679

trying to in my head keep telling myself

641

00:22:13,430 --> 00:22:10,000

to keep calm just keep breathing

642

00:22:15,029 --> 00:22:13,440

um and while this was happening i

643

00:22:17,350 --> 00:22:15,039

remember

644

00:22:19,669 --> 00:22:17,360

my arms because of all the shock and

645

00:22:22,230 --> 00:22:19,679

trauma my body was experiencing my arms

646

00:22:24,789 --> 00:22:22,240

was kind of like stiffening up like this

647

00:22:25,350 --> 00:22:24,799

and my medic was trying to put the iv in

648

00:22:27,270 --> 00:22:25,360

but

649

00:22:28,950 --> 00:22:27,280

he wasn't able to because my arms were

650

00:22:30,549 --> 00:22:28,960

curled and he's like you gotta

651
00:22:31,669 --> 00:22:30,559
straighten out your arms i'm like dude i

652
00:22:34,070 --> 00:22:31,679
can't

653
00:22:35,590 --> 00:22:34,080
like i think my body was just going into

654
00:22:38,870 --> 00:22:35,600
shock with everything

655
00:22:42,390 --> 00:22:38,880
uh but he eventually got the iv in and

656
00:22:45,830 --> 00:22:42,400
it was yeah it was crazy how

657
00:22:49,270 --> 00:22:45,840
good that stuff works like i don't

658
00:22:52,470 --> 00:22:49,280
i don't remember too much of

659
00:22:55,510 --> 00:22:52,480
uh too much

660
00:22:58,710 --> 00:22:55,520
of anything after that aside from

661
00:23:00,310 --> 00:22:58,720
one of my uh buddies i asked him how my

662
00:23:02,470 --> 00:23:00,320
teeth looked because

663
00:23:03,510 --> 00:23:02,480

my one of my lower tooth felt like it

664

00:23:05,830 --> 00:23:03,520

was missing

665

00:23:07,430 --> 00:23:05,840

and i was like are my teeth all right or

666

00:23:09,590 --> 00:23:07,440

my teeth missing he's like

667

00:23:11,110 --> 00:23:09,600

brother your teeth are the last of your

668

00:23:13,669 --> 00:23:11,120

problems right now and nobody wants to

669

00:23:15,909 --> 00:23:13,679

see your ugly mug anyways

670

00:23:17,029 --> 00:23:15,919

so it's kind of good to have that

671

00:23:19,590 --> 00:23:17,039

feeling of knowing

672

00:23:20,789 --> 00:23:19,600

i knew i was going to be okay at that

673

00:23:23,750 --> 00:23:20,799

moment

674

00:23:25,190 --> 00:23:23,760

i was able to laugh and within 45

675

00:23:28,789 --> 00:23:25,200

minutes i was uh

676

00:23:31,590 --> 00:23:28,799

airlifted to kandahar uh airfield and

677

00:23:32,310 --> 00:23:31,600

i went into emergency surgery there and

678

00:23:33,750 --> 00:23:32,320

that was um

679

00:23:35,909 --> 00:23:33,760

[Music]

680

00:23:36,789 --> 00:23:35,919

one of the most terrifying moments in my

681

00:23:39,270 --> 00:23:36,799

life

682

00:23:40,070 --> 00:23:39,280

uh just seeing all the people in the er

683

00:23:41,510 --> 00:23:40,080

that

684

00:23:43,190 --> 00:23:41,520

were looking at you they want to get

685

00:23:45,430 --> 00:23:43,200

their hands on you to help you

686

00:23:46,230 --> 00:23:45,440

but at that moment you're so vulnerable

687

00:23:48,870 --> 00:23:46,240

and

688

00:23:49,990 --> 00:23:48,880

you just feel like there's everything's

689

00:23:52,870 --> 00:23:50,000

out of your control

690

00:23:54,390 --> 00:23:52,880

and you know knowing that i was going to

691

00:23:56,310 --> 00:23:54,400

be on the operating room table

692

00:23:57,430 --> 00:23:56,320

knowing what can happen on the operating

693

00:23:59,269 --> 00:23:57,440

room table

694

00:24:01,269 --> 00:23:59,279

uh was something that was definitely

695

00:24:05,909 --> 00:24:01,279

rolling through my mind but

696

00:24:08,149 --> 00:24:05,919

you know i was lucky i ended up having

697

00:24:09,190 --> 00:24:08,159

external fixator on my lower right leg

698

00:24:12,470 --> 00:24:09,200

as well as

699

00:24:14,470 --> 00:24:12,480

both of my femurs and waking up and

700

00:24:17,350 --> 00:24:14,480

seeing i still had both my legs was a

701
00:24:18,789 --> 00:24:17,360
pretty awesome feeling

702
00:24:20,390 --> 00:24:18,799
is it fair to say that you were

703
00:24:25,990 --> 00:24:20,400
surprised

704
00:24:29,830 --> 00:24:26,000
i was shocked when i woke up and i saw

705
00:24:34,390 --> 00:24:29,840
that you know i saw my right foot

706
00:24:36,630 --> 00:24:34,400
wow wow you got to be very grateful to

707
00:24:38,149 --> 00:24:36,640
everyone uh starting with the medic and

708
00:24:40,870 --> 00:24:38,159
and your oh yeah

709
00:24:42,870 --> 00:24:40,880
fellow soldiers and then the the doctors

710
00:24:44,950 --> 00:24:42,880
and everybody at the hospital

711
00:24:45,990 --> 00:24:44,960
yeah absolutely they did an amazing job

712
00:24:47,590 --> 00:24:46,000
and i've been

713
00:24:49,350 --> 00:24:47,600

getting you the the helicopter so

714

00:24:51,830 --> 00:24:49,360

quickly too

715

00:24:53,350 --> 00:24:51,840

yeah yeah it was uh actually the air

716

00:24:56,390 --> 00:24:53,360

force pair of rescue

717

00:24:57,990 --> 00:24:56,400

uh jumpers the jolly green guys that

718

00:25:00,470 --> 00:24:58,000

came out and got me and

719

00:25:01,110 --> 00:25:00,480

i actually kept in contact with a couple

720

00:25:02,950 --> 00:25:01,120

of them

721

00:25:05,029 --> 00:25:02,960

and i'm hoping to meet them again

722

00:25:07,190 --> 00:25:05,039

eventually sometime soon so i'm

723

00:25:08,390 --> 00:25:07,200

getting kind of excited about that did

724

00:25:11,510 --> 00:25:08,400

they actually land

725

00:25:14,149 --> 00:25:11,520

to pick you up or they yeah yeah

726
00:25:15,110 --> 00:25:14,159
yeah yeah they landed uh my platoon had

727
00:25:18,149 --> 00:25:15,120
set up a

728
00:25:19,830 --> 00:25:18,159
landing zone for them um transferred me

729
00:25:20,630 --> 00:25:19,840
to the black hawk and then uh and you

730
00:25:23,430 --> 00:25:20,640
were pretty much

731
00:25:24,149 --> 00:25:23,440
the only one injured yeah i was the only

732
00:25:28,149 --> 00:25:24,159
one injured

733
00:25:29,350 --> 00:25:28,159
uh my medic i think he hit his head but

734
00:25:33,110 --> 00:25:29,360
it wasn't anything

735
00:25:34,710 --> 00:25:33,120
serious at all and i'm grateful that i'm

736
00:25:35,510 --> 00:25:34,720
actually the only one that got injured

737
00:25:37,110 --> 00:25:35,520
because

738
00:25:38,789 --> 00:25:37,120

i feel like the putts that drove over

739

00:25:41,430 --> 00:25:38,799

the ied

740

00:25:42,230 --> 00:25:41,440

but you said you were the fourth car so

741

00:25:43,830 --> 00:25:42,240

i was

742

00:25:45,830 --> 00:25:43,840

yeah and it's weird to think about

743

00:25:46,630 --> 00:25:45,840

because i was following the tracks in

744

00:25:49,669 --> 00:25:46,640

front of me

745

00:25:50,630 --> 00:25:49,679

and i must have been an inch or two mark

746

00:25:53,350 --> 00:25:50,640

to left or right

747

00:25:54,549 --> 00:25:53,360

of the tracks and i just happened to hit

748

00:25:57,269 --> 00:25:54,559

the pressure plate

749

00:25:58,149 --> 00:25:57,279

wow well the the other thing to be

750

00:26:00,390 --> 00:25:58,159

appreciative of

751
00:26:01,669 --> 00:26:00,400
is the that one inch of armor or

752
00:26:03,190 --> 00:26:01,679
whatever it is that

753
00:26:04,950 --> 00:26:03,200
they put in the vehicle are these

754
00:26:06,710 --> 00:26:04,960
humvees or

755
00:26:08,390 --> 00:26:06,720
so they're striker vehicles there

756
00:26:09,350 --> 00:26:08,400
there's four wheels on each side of the

757
00:26:12,310 --> 00:26:09,360
vehicle and it

758
00:26:13,029 --> 00:26:12,320
almost looks like a tank and uh there's

759
00:26:15,669 --> 00:26:13,039
like

760
00:26:16,470 --> 00:26:15,679
oh gosh six different versions four of

761
00:26:19,029 --> 00:26:16,480
them now

762
00:26:19,990 --> 00:26:19,039
but uh ours is a reconnaissance one so

763
00:26:23,590 --> 00:26:20,000

we had

764

00:26:26,149 --> 00:26:23,600

the driver uh the vehicle commander

765

00:26:28,070 --> 00:26:26,159

and like four dismounts so there's about

766

00:26:30,070 --> 00:26:28,080

six people in our vehicle

767

00:26:31,590 --> 00:26:30,080

and uh yeah thankfully i was the only

768

00:26:33,269 --> 00:26:31,600

one that got hurt and i'm

769

00:26:34,710 --> 00:26:33,279

grateful for that yeah but i mean but

770

00:26:38,230 --> 00:26:34,720

for that armor you'd probably

771

00:26:41,350 --> 00:26:38,240

be dead right yeah i i yeah it was

772

00:26:44,310 --> 00:26:41,360

it was a pretty significant blast

773

00:26:45,830 --> 00:26:44,320

so um so and what were what was the main

774

00:26:47,590 --> 00:26:45,840

thing they were able to do to save your

775

00:26:50,710 --> 00:26:47,600

leg

776

00:26:51,110 --> 00:26:50,720

so they did a limb salvage uh once i got

777

00:26:55,029 --> 00:26:51,120

back

778

00:26:58,390 --> 00:26:55,039

surgeries i had was

779

00:27:00,470 --> 00:26:58,400

uh external fixator placed on my uh

780

00:27:02,070 --> 00:27:00,480

lower right leg which suffered the most

781

00:27:05,190 --> 00:27:02,080

damage and

782

00:27:08,470 --> 00:27:05,200

and what's going to fix yeah it's a

783

00:27:09,909 --> 00:27:08,480

an external fixator is almost like an

784

00:27:12,549 --> 00:27:09,919

erector set

785

00:27:13,029 --> 00:27:12,559

like you can put it on all the limbs

786

00:27:15,590 --> 00:27:13,039

i've see

787

00:27:16,549 --> 00:27:15,600

i actually had a small one on my pelvis

788

00:27:20,549 --> 00:27:16,559

too for

789

00:27:23,510 --> 00:27:20,559

a pelvic fracture i had um but there's

790

00:27:24,470 --> 00:27:23,520

four uh they look like drill bits

791

00:27:27,590 --> 00:27:24,480

basically

792

00:27:31,029 --> 00:27:27,600

uh they place four drill bits on

793

00:27:31,350 --> 00:27:31,039

uh two on distal side of a fracture and

794

00:27:33,909 --> 00:27:31,360

two

795

00:27:35,190 --> 00:27:33,919

on the proximal side of the fracture so

796

00:27:35,909 --> 00:27:35,200

say the fracture would be in the middle

797

00:27:38,789 --> 00:27:35,919

there'd be like

798

00:27:39,269 --> 00:27:38,799

two uh drill bit looking things on each

799

00:27:44,310 --> 00:27:39,279

uh

800

00:27:46,549 --> 00:27:44,320

fiber rod it would just stabilize your

801
00:27:48,950 --> 00:27:46,559
leg basically holding it together until

802
00:27:49,750 --> 00:27:48,960
kind of this frame around your leg

803
00:27:52,710 --> 00:27:49,760
exactly

804
00:27:54,389 --> 00:27:52,720
yeah if you've ever seen what uh if

805
00:27:55,590 --> 00:27:54,399
you've seen what alex smith had that's

806
00:27:57,029 --> 00:27:55,600
exactly what i had

807
00:27:58,310 --> 00:27:57,039
right right right yeah i just didn't

808
00:27:59,830 --> 00:27:58,320
know what they were called but but now i

809
00:28:02,070 --> 00:27:59,840
know what you're talking about

810
00:28:03,110 --> 00:28:02,080
so and how many you had further

811
00:28:06,230 --> 00:28:03,120
operations

812
00:28:07,269 --> 00:28:06,240
back in the states i did i actually got

813
00:28:10,070 --> 00:28:07,279

back in the states

814

00:28:11,350 --> 00:28:10,080

on september 18th so five days from

815

00:28:13,510 --> 00:28:11,360

point of impact

816

00:28:16,070 --> 00:28:13,520

and i was sent to brook army medical

817

00:28:18,149 --> 00:28:16,080

center in san antonio texas

818

00:28:19,990 --> 00:28:18,159

which is kind of where my story began

819

00:28:21,669 --> 00:28:20,000

because that was my first duty simon as

820

00:28:23,830 --> 00:28:21,679

a medical specialist

821

00:28:25,830 --> 00:28:23,840

and you know one of the doctors i

822

00:28:27,669 --> 00:28:25,840

deployed to iraq with when he found out

823

00:28:28,710 --> 00:28:27,679

i was changing my job when we got back

824

00:28:30,710 --> 00:28:28,720

home

825

00:28:32,630 --> 00:28:30,720

he said i better not ever see you on my

826

00:28:34,630 --> 00:28:32,640

operating room table well

827

00:28:36,310 --> 00:28:34,640

september 18th i was on his operating

828

00:28:40,310 --> 00:28:36,320

room table

829

00:28:42,470 --> 00:28:40,320

um yeah and i think in the four years

830

00:28:44,070 --> 00:28:42,480

i spent recovering at brooke army

831

00:28:47,750 --> 00:28:44,080

medical center in the limb salvage

832

00:28:51,269 --> 00:28:47,760

program i had

833

00:28:53,909 --> 00:28:51,279

at least 20 surgeries total

834

00:28:56,070 --> 00:28:53,919

and i honestly didn't even know the

835

00:28:59,430 --> 00:28:56,080

extent of my injuries

836

00:29:02,950 --> 00:28:59,440

i was pretty naive um at first

837

00:29:04,710 --> 00:29:02,960

until uh this doctor dr joseph shu

838

00:29:05,990 --> 00:29:04,720

was telling me like he's like dude

839

00:29:07,909 --> 00:29:06,000

you're not gonna go back

840

00:29:09,269 --> 00:29:07,919

and see your friends anytime soon so you

841

00:29:11,350 --> 00:29:09,279

better just kind of

842

00:29:13,590 --> 00:29:11,360

take it easy on your physical therapy

843

00:29:17,909 --> 00:29:13,600

and just let your body heal but

844

00:29:20,389 --> 00:29:17,919

four years in recovery was very humbling

845

00:29:21,190 --> 00:29:20,399

so and when you say four years does that

846

00:29:23,590 --> 00:29:21,200

mean that

847

00:29:25,510 --> 00:29:23,600

after four years you were fully

848

00:29:27,430 --> 00:29:25,520

recovered or to whatever extent you were

849

00:29:29,750 --> 00:29:27,440

going to be able to recover

850

00:29:30,630 --> 00:29:29,760

exactly yeah uh four years i was still

851
00:29:34,070 --> 00:29:30,640
active duty

852
00:29:35,750 --> 00:29:34,080
um and my job at that point was just

853
00:29:38,310 --> 00:29:35,760
going to all my medical appointments

854
00:29:41,510 --> 00:29:38,320
going to physical therapy every day

855
00:29:44,470 --> 00:29:41,520
and still doing uh very

856
00:29:45,350 --> 00:29:44,480
minimal uh actual military type stuff

857
00:29:48,310 --> 00:29:45,360
but

858
00:29:49,350 --> 00:29:48,320
uh that was my job for four years and i

859
00:29:51,990 --> 00:29:49,360
was

860
00:29:54,149 --> 00:29:52,000
unfortunately uh medically retired in

861
00:29:56,630 --> 00:29:54,159
august of 2013.

862
00:29:58,389 --> 00:29:56,640
and that was definitely not in my books

863
00:30:01,830 --> 00:29:58,399

because i definitely wanted to stay

864

00:30:04,950 --> 00:30:01,840

in for life and what about

865

00:30:06,230 --> 00:30:04,960

um ptsd did you feel like you suffered

866

00:30:10,870 --> 00:30:06,240

from that

867

00:30:14,389 --> 00:30:12,789

i i was gonna say better but it hasn't

868

00:30:16,310 --> 00:30:14,399

gotten better it's just been a little

869

00:30:19,269 --> 00:30:16,320

bit more spread out like i have a lot of

870

00:30:20,789 --> 00:30:19,279

uh nightmares and insomnia uh when i do

871

00:30:23,350 --> 00:30:20,799

sleep i haven't sound or

872

00:30:24,789 --> 00:30:23,360

nightmares and every once in a while my

873

00:30:26,549 --> 00:30:24,799

wife will

874

00:30:28,470 --> 00:30:26,559

hear me like scream in the middle of the

875

00:30:30,870 --> 00:30:28,480

night and she'll kind of calm me down

876

00:30:32,230 --> 00:30:30,880

or sometimes i'll just wake up in a cold

877

00:30:34,950 --> 00:30:32,240

sweat and panic

878

00:30:36,950 --> 00:30:34,960

and just catch my breath uh just because

879

00:30:40,389 --> 00:30:36,960

we're talking about still today

880

00:30:41,269 --> 00:30:40,399

still today yeah still today um and for

881

00:30:44,630 --> 00:30:41,279

the most part

882

00:30:47,430 --> 00:30:44,640

uh the medications really helped i know

883

00:30:49,350 --> 00:30:47,440

uh for a while i tried to have my

884

00:30:50,870 --> 00:30:49,360

medication lowered because i wanted to

885

00:30:53,269 --> 00:30:50,880

see where i was at

886

00:30:54,310 --> 00:30:53,279

and i was actually at the lowest dose

887

00:30:56,470 --> 00:30:54,320

they could give me

888

00:30:59,430 --> 00:30:56,480

and one of the doctors basically called

889

00:31:01,750 --> 00:30:59,440

it a non-effective dose

890

00:31:03,750 --> 00:31:01,760

and it wasn't working i actually had to

891

00:31:05,590 --> 00:31:03,760

go back up on my medication which is

892

00:31:08,870 --> 00:31:05,600

what medication is it

893

00:31:11,669 --> 00:31:08,880

uh mertazapine is what i use for sleep

894

00:31:12,710 --> 00:31:11,679

but it's also uh for anxiety and

895

00:31:15,430 --> 00:31:12,720

depression

896

00:31:17,430 --> 00:31:15,440

and also venlafaxine which is more for

897

00:31:19,350 --> 00:31:17,440

depression and anxiety

898

00:31:20,789 --> 00:31:19,360

and do you believe that ptsd all stems

899

00:31:24,149 --> 00:31:20,799

from the

900

00:31:24,950 --> 00:31:24,159

uh the the accident or or the incident

901
00:31:26,950 --> 00:31:24,960
or

902
00:31:28,230 --> 00:31:26,960
something else it actually it actually

903
00:31:30,950 --> 00:31:28,240
started before that

904
00:31:32,470 --> 00:31:30,960
it started um after i came back from

905
00:31:36,630 --> 00:31:32,480
iraq

906
00:31:39,110 --> 00:31:36,640
but it was also pretty

907
00:31:40,789 --> 00:31:39,120
mentally traumatizing because you know

908
00:31:43,830 --> 00:31:40,799
at 20 years old i had never

909
00:31:45,750 --> 00:31:43,840
ever seen anyone die in front of me and

910
00:31:49,430 --> 00:31:45,760
having that occurrence happen on the

911
00:31:53,190 --> 00:31:49,440
operating room table i was working on

912
00:31:55,269 --> 00:31:53,200
for the first time i just remember i

913
00:31:56,389 --> 00:31:55,279

this kid and i always say kid very

914

00:31:58,149 --> 00:31:56,399

lightly because

915

00:32:00,230 --> 00:31:58,159

they're all pretty much grown-ass adults

916

00:32:03,350 --> 00:32:00,240

when you're fighting for your country um

917

00:32:05,750 --> 00:32:03,360

but this individual uh u.s soldier

918

00:32:07,750 --> 00:32:05,760

passed on our operating room table after

919

00:32:11,029 --> 00:32:07,760

we've been working so hard

920

00:32:13,350 --> 00:32:11,039

on him and i immediately thought that

921

00:32:14,630 --> 00:32:13,360

it wasn't fair that he was dying he was

922

00:32:16,630 --> 00:32:14,640

could have been younger than me could

923

00:32:19,350 --> 00:32:16,640

have had a wife for kids of his own

924

00:32:20,630 --> 00:32:19,360

and i was 20 single i mean i had parents

925

00:32:22,789 --> 00:32:20,640

and all that stuff but i didn't have a

926
00:32:25,590 --> 00:32:22,799
girlfriend or anything so i was like

927
00:32:28,149 --> 00:32:25,600
uh i i had i had to do more and that's

928
00:32:31,750 --> 00:32:28,159
part of the reason why i changed my job

929
00:32:35,830 --> 00:32:31,760
but just seeing the amount of death and

930
00:32:37,350 --> 00:32:35,840
the you know physical traumas of war

931
00:32:39,430 --> 00:32:37,360
was something that i really struggled

932
00:32:42,149 --> 00:32:39,440
with and i didn't realize it

933
00:32:44,389 --> 00:32:42,159
until like a year or two after i

934
00:32:45,430 --> 00:32:44,399
deployed iraq i noticed a lot of things

935
00:32:47,509 --> 00:32:45,440
change in me

936
00:32:49,430 --> 00:32:47,519
and my family noticed too they noticed

937
00:32:52,070 --> 00:32:49,440
that you know

938
00:32:54,950 --> 00:32:52,080

before i deployed i was always joking

939

00:32:57,430 --> 00:32:54,960

around and very outgoing outspoken

940

00:32:59,350 --> 00:32:57,440

always happy and smiling and they

941

00:32:59,750 --> 00:32:59,360

noticed when i came back i just looked

942

00:33:03,350 --> 00:32:59,760

like

943

00:33:06,470 --> 00:33:03,360

old

944

00:33:09,750 --> 00:33:06,480

and i was no longer that bubbly happy

945

00:33:10,470 --> 00:33:09,760

joking person and what about did you

946

00:33:11,909 --> 00:33:10,480

also have

947

00:33:13,430 --> 00:33:11,919

trouble with those feelings when you're

948

00:33:14,870 --> 00:33:13,440

back from iraq or then back from

949

00:33:16,950 --> 00:33:14,880

afghanistan of

950

00:33:17,990 --> 00:33:16,960

you know guilt that you know your your

951

00:33:20,149 --> 00:33:18,000

buddies are there

952

00:33:22,870 --> 00:33:20,159

and and putting their lives on the line

953

00:33:25,990 --> 00:33:22,880

and you feel like you need to be there

954

00:33:28,070 --> 00:33:26,000

absolutely like like i said i was very

955

00:33:29,669 --> 00:33:28,080

naive i didn't realize the extents of my

956

00:33:32,389 --> 00:33:29,679

injuries and i should have

957

00:33:33,909 --> 00:33:32,399

um because i've worked on individuals

958

00:33:37,990 --> 00:33:33,919

that had these injuries

959

00:33:41,669 --> 00:33:38,000

um but i was very

960

00:33:44,710 --> 00:33:41,679

very disappointed i was very guilty of

961

00:33:45,909 --> 00:33:44,720

you know being home safe and i know my

962

00:33:47,350 --> 00:33:45,919

bodies are happy that i was

963

00:33:49,590 --> 00:33:47,360

home and safe but i would have rather

964

00:33:52,070 --> 00:33:49,600

been with them and i tried during

965

00:33:55,190 --> 00:33:52,080

physical therapy just to push myself as

966

00:33:56,230 --> 00:33:55,200

hard as i could to try and get back to

967

00:33:58,149 --> 00:33:56,240

them but

968

00:34:01,190 --> 00:33:58,159

in doing so i was just doing a lot more

969

00:34:03,590 --> 00:34:01,200

damage to my body so i really had to

970

00:34:05,430 --> 00:34:03,600

heed the doctor's advice and let my body

971

00:34:08,710 --> 00:34:05,440

do the healing

972

00:34:10,629 --> 00:34:08,720

for the ptsd um i'm curious what kind of

973

00:34:12,950 --> 00:34:10,639

treatment you receive besides the

974

00:34:13,829 --> 00:34:12,960

medication because on our show we've

975

00:34:17,270 --> 00:34:13,839

talked about

976
00:34:18,230 --> 00:34:17,280
this emdr treatment after this rapid eye

977
00:34:20,550 --> 00:34:18,240
movement

978
00:34:21,990 --> 00:34:20,560
thing that they use lasers with and kind

979
00:34:23,669 --> 00:34:22,000
of it's a resetting of the brain thing

980
00:34:26,550 --> 00:34:23,679
have you heard of this

981
00:34:28,149 --> 00:34:26,560
i haven't um what i have tried i've

982
00:34:29,270 --> 00:34:28,159
definitely tried the groups and

983
00:34:32,790 --> 00:34:29,280
individual

984
00:34:34,550 --> 00:34:32,800
therapy medications they have

985
00:34:35,909 --> 00:34:34,560
almost like a nerve stimulator i've

986
00:34:38,550 --> 00:34:35,919
actually tried

987
00:34:39,270 --> 00:34:38,560
um putting that like on my temples and

988
00:34:43,510 --> 00:34:39,280

stuff

989

00:34:46,310 --> 00:34:43,520

and nothing really kind of stuck

990

00:34:46,950 --> 00:34:46,320

i just have been managing and dealing

991

00:34:51,109 --> 00:34:46,960

with it

992

00:34:53,030 --> 00:34:51,119

ever since um but i've noticed that

993

00:34:55,909 --> 00:34:53,040

you know there's things that i can kind

994

00:34:59,990 --> 00:34:55,919

of focus on now that'll really

995

00:35:02,069 --> 00:35:00,000

keep my mind off the perceived bad stuff

996

00:35:03,910 --> 00:35:02,079

well i'm happy to i'll send you an email

997

00:35:06,550 --> 00:35:03,920

that has a couple links to

998

00:35:07,430 --> 00:35:06,560

to this treatment amazing yeah that'd be

999

00:35:10,470 --> 00:35:07,440

great

1000

00:35:11,670 --> 00:35:10,480

it it it's a there's one form of

1001
00:35:13,670 --> 00:35:11,680
treatment where

1002
00:35:14,870 --> 00:35:13,680
they want you to kind of relive some of

1003
00:35:16,630 --> 00:35:14,880
the experiences

1004
00:35:18,230 --> 00:35:16,640
which but then there's another treatment

1005
00:35:19,109 --> 00:35:18,240
where apparently you don't have to

1006
00:35:21,190 --> 00:35:19,119
relive them which

1007
00:35:23,109 --> 00:35:21,200
theoretically is better to not have to

1008
00:35:24,790 --> 00:35:23,119
do that but the whole idea is

1009
00:35:26,630 --> 00:35:24,800
a left brain right brain thing and in

1010
00:35:27,990 --> 00:35:26,640
rem sleep you know how

1011
00:35:29,270 --> 00:35:28,000
rapid eye movement your eyes are going

1012
00:35:31,030 --> 00:35:29,280
like this in rem sleep well that's kind

1013
00:35:31,510 --> 00:35:31,040

of a resetting of the brain apparently

1014

00:35:33,670 --> 00:35:31,520

and that's

1015

00:35:34,710 --> 00:35:33,680

that's your best sleep and why you wake

1016

00:35:36,790 --> 00:35:34,720

up refreshed because

1017

00:35:37,750 --> 00:35:36,800

the brain has been reset well they use

1018

00:35:40,630 --> 00:35:37,760

that

1019

00:35:41,910 --> 00:35:40,640

uh to somehow kind of reset the brain as

1020

00:35:45,510 --> 00:35:41,920

far as memories and so on

1021

00:35:46,870 --> 00:35:45,520

of the trauma and um

1022

00:35:48,069 --> 00:35:46,880

from the couple interviews that i did it

1023

00:35:49,829 --> 00:35:48,079

sounded pretty amazing and very

1024

00:35:51,910 --> 00:35:49,839

effective

1025

00:35:53,430 --> 00:35:51,920

yeah that would be awesome i'd love to

1026

00:35:54,870 --> 00:35:53,440

look into that and try it and bring it

1027

00:35:56,550 --> 00:35:54,880

up to my doctors because that

1028

00:35:58,470 --> 00:35:56,560

sounds like something i'd be more than

1029

00:36:02,390 --> 00:35:58,480

willing to try cool

1030

00:36:03,990 --> 00:36:02,400

so ultimately after your four years

1031

00:36:05,430 --> 00:36:04,000

how much back to normal would you say

1032

00:36:07,829 --> 00:36:05,440

you were in other words how good was

1033

00:36:10,550 --> 00:36:07,839

your leg

1034

00:36:12,150 --> 00:36:10,560

my leg was great i'd still suffer from a

1035

00:36:13,190 --> 00:36:12,160

lot of smelling and soreness and even

1036

00:36:16,630 --> 00:36:13,200

today i do

1037

00:36:19,270 --> 00:36:16,640

um today though it's

1038

00:36:20,150 --> 00:36:19,280

the swellness will go away overnight um

1039

00:36:22,150 --> 00:36:20,160

but back then

1040

00:36:24,069 --> 00:36:22,160

swellness would stay for at least a week

1041

00:36:27,109 --> 00:36:24,079

or two um

1042

00:36:29,349 --> 00:36:27,119

and life was a lot different

1043

00:36:30,310 --> 00:36:29,359

uh before i deployed to afghanistan you

1044

00:36:33,030 --> 00:36:30,320

know i was

1045

00:36:35,030 --> 00:36:33,040

young happily married uh you know i come

1046

00:36:37,349 --> 00:36:35,040

back after getting wounded and

1047

00:36:38,870 --> 00:36:37,359

not months after i arrived or not long

1048

00:36:42,550 --> 00:36:38,880

after i arrived in the hospital

1049

00:36:45,030 --> 00:36:42,560

hospital bed my wife asked for a divorce

1050

00:36:46,790 --> 00:36:45,040

so that was uh my life was kind of

1051

00:36:49,750 --> 00:36:46,800

falling apart during that time

1052

00:36:50,470 --> 00:36:49,760

and i really started doing a lot of

1053

00:36:54,069 --> 00:36:50,480

drinking

1054

00:36:55,670 --> 00:36:54,079

a lot of tinkering tinkering around with

1055

00:36:56,630 --> 00:36:55,680

medications that i shouldn't have been

1056

00:36:59,109 --> 00:36:56,640

doing

1057

00:37:01,030 --> 00:36:59,119

and um you know just a lot of suicidal

1058

00:37:03,510 --> 00:37:01,040

thoughts and tendencies

1059

00:37:04,630 --> 00:37:03,520

and i really i really struggled with

1060

00:37:06,950 --> 00:37:04,640

that and

1061

00:37:08,470 --> 00:37:06,960

i tell people and this might surprise

1062

00:37:11,030 --> 00:37:08,480

some people but the divorce

1063

00:37:11,990 --> 00:37:11,040

actually hurt me more than the blast did

1064

00:37:13,430 --> 00:37:12,000

uh it just

1065

00:37:15,190 --> 00:37:13,440

you know that one person you thought you

1066

00:37:17,510 --> 00:37:15,200

could count on uh

1067

00:37:18,710 --> 00:37:17,520

you know that shoulder to lean on just

1068

00:37:20,150 --> 00:37:18,720

was gone

1069

00:37:22,150 --> 00:37:20,160

i mean she was physically there for a

1070

00:37:26,069 --> 00:37:22,160

little bit but then she was gone

1071

00:37:29,589 --> 00:37:26,079

and i struggled with that for years

1072

00:37:31,829 --> 00:37:29,599

and there was a moment after i had

1073

00:37:34,109 --> 00:37:31,839

gotten out of the military and this

1074

00:37:36,950 --> 00:37:34,119

would have been

1075

00:37:39,829 --> 00:37:36,960

2016 so three years uh

1076

00:37:40,950 --> 00:37:39,839

after i got out the military no not 2016

1077

00:37:44,790 --> 00:37:40,960

sorry

1078

00:37:46,950 --> 00:37:44,800

2010 is when we got divorced so 2013

1079

00:37:47,910 --> 00:37:46,960

uh is when i got medically retired and

1080

00:37:50,390 --> 00:37:47,920

then

1081

00:37:51,750 --> 00:37:50,400

um you know there was a moment in my

1082

00:37:54,950 --> 00:37:51,760

life where

1083

00:37:57,750 --> 00:37:54,960

uh just one day i was

1084

00:37:59,589 --> 00:37:57,760

hammered by 10 o'clock in the morning uh

1085

00:38:02,069 --> 00:37:59,599

continued drinking throughout the day

1086

00:38:03,990 --> 00:38:02,079

and was just really fed up with myself

1087

00:38:07,190 --> 00:38:04,000

fed up with my life fed up with the pain

1088

00:38:10,230 --> 00:38:07,200

and hurting and i contemplated

1089

00:38:11,990 --> 00:38:10,240

uh taking my own life i actually had my

1090

00:38:14,310 --> 00:38:12,000

handgun in my lap and i was sitting at

1091

00:38:16,710 --> 00:38:14,320

the edge of my bed with my two dogs

1092

00:38:18,470 --> 00:38:16,720

and i was seconds away from pulling the

1093

00:38:19,349 --> 00:38:18,480

trigger until i happen to look to my

1094

00:38:22,230 --> 00:38:19,359

left

1095

00:38:23,670 --> 00:38:22,240

and my sweet little girl asia if you

1096

00:38:26,550 --> 00:38:23,680

have dogs i mean

1097

00:38:27,750 --> 00:38:26,560

they it they always look happy but

1098

00:38:30,550 --> 00:38:27,760

whatever it was in her

1099

00:38:31,349 --> 00:38:30,560

eye really kind of snapped me out of it

1100

00:38:34,470 --> 00:38:31,359

and

1101

00:38:35,349 --> 00:38:34,480

i thought to myself that you know the

1102

00:38:37,270 --> 00:38:35,359

harsh reality

1103

00:38:38,870 --> 00:38:37,280

is if i would have taken my life nobody

1104

00:38:39,430 --> 00:38:38,880

would have known for at least a week or

1105

00:38:42,710 --> 00:38:39,440

two

1106

00:38:45,990 --> 00:38:42,720

to survive

1107

00:38:48,950 --> 00:38:46,000

um but then i thought about instead

1108

00:38:51,510 --> 00:38:48,960

of taking away my pain i'm creating a

1109

00:38:55,510 --> 00:38:51,520

lot more pain for a lot of other people

1110

00:38:59,349 --> 00:38:55,520

and that's the moment when my life

1111

00:39:02,069 --> 00:38:59,359

went back to where it is now um

1112

00:39:03,750 --> 00:39:02,079

you know i'm no longer look at all the

1113

00:39:05,670 --> 00:39:03,760

bad things that have happened or the

1114

00:39:08,550 --> 00:39:05,680

perceived bad things that have happened

1115

00:39:10,630 --> 00:39:08,560

as a curse um i look at them as a

1116

00:39:12,630 --> 00:39:10,640

blessing in disguise because

1117

00:39:14,310 --> 00:39:12,640

you know if i hadn't gotten medically

1118

00:39:17,510 --> 00:39:14,320

retired from the military

1119

00:39:19,430 --> 00:39:17,520

i honestly don't know where i'd be

1120

00:39:22,550 --> 00:39:19,440

if i hadn't gotten a divorce i wouldn't

1121

00:39:26,150 --> 00:39:22,560

have the wife i have now who's amazing

1122

00:39:26,550 --> 00:39:26,160

and i decided that i was going to try

1123

00:39:28,470 --> 00:39:26,560

and

1124

00:39:29,750 --> 00:39:28,480

accomplish something with my life aside

1125

00:39:32,470 --> 00:39:29,760

from just being a veteran

1126

00:39:34,069 --> 00:39:32,480

so i got into mountaineering yeah so so

1127

00:39:34,870 --> 00:39:34,079

that was kind of your rock bottom

1128

00:39:37,190 --> 00:39:34,880

obviously

1129

00:39:38,390 --> 00:39:37,200

and and asia your dog was there to save

1130

00:39:42,150 --> 00:39:38,400

your life

1131

00:39:43,670 --> 00:39:42,160

yes she was well amazing and

1132

00:39:45,190 --> 00:39:43,680

before you joined the military i mean

1133

00:39:48,310 --> 00:39:45,200

had you had any issues with

1134

00:39:51,510 --> 00:39:48,320

depression or or or drink or or

1135

00:39:54,950 --> 00:39:51,520

you know a drinking problem or anything

1136

00:39:58,470 --> 00:39:54,960

not necessarily no um

1137

00:40:01,190 --> 00:39:58,480

i think there's some and drinking

1138

00:40:03,109 --> 00:40:01,200

is kind of big in my family but there's

1139

00:40:03,510 --> 00:40:03,119

a couple individuals who struggle with

1140

00:40:07,270 --> 00:40:03,520

it

1141

00:40:10,309 --> 00:40:07,280

until after

1142

00:40:11,430 --> 00:40:10,319

iraq and that was pretty much my coping

1143

00:40:14,710 --> 00:40:11,440

mechanism from

1144

00:40:15,670 --> 00:40:14,720

2006 till i mean i still drink but

1145

00:40:18,390 --> 00:40:15,680

socially now

1146

00:40:20,390 --> 00:40:18,400

um but i don't use it as coping

1147

00:40:21,910 --> 00:40:20,400

mechanism anymore so

1148

00:40:23,430 --> 00:40:21,920

um and before we get into the

1149

00:40:25,510 --> 00:40:23,440

mountaineering

1150

00:40:27,270 --> 00:40:25,520

what is your bottom line advice to

1151

00:40:29,030 --> 00:40:27,280

veterans who have

1152

00:40:30,309 --> 00:40:29,040

you know find themselves in similar

1153

00:40:34,069 --> 00:40:30,319

circumstances to what

1154

00:40:35,270 --> 00:40:34,079

you were in you know it sounds very

1155

00:40:38,470 --> 00:40:35,280

cliche

1156

00:40:41,589 --> 00:40:38,480

to say this but hang in there we live

1157

00:40:43,829 --> 00:40:41,599

unfortunately in the society today where

1158

00:40:44,790 --> 00:40:43,839

we get instant gratification instant

1159

00:40:47,030 --> 00:40:44,800

fixes

1160

00:40:49,990 --> 00:40:47,040

and sometimes our bodies and minds just

1161

00:40:52,950 --> 00:40:50,000

don't respond that well to that

1162

00:40:54,470 --> 00:40:52,960

you know it took me four plus two years

1163

00:40:57,030 --> 00:40:54,480

to get over my ex-wife

1164

00:40:57,990 --> 00:40:57,040

uh it's taken my body four years to

1165

00:41:00,790 --> 00:40:58,000

recover from

1166

00:41:01,910 --> 00:41:00,800

trauma and uh we really just have to

1167

00:41:03,990 --> 00:41:01,920

hang in there and

1168

00:41:06,069 --> 00:41:04,000

never ever be afraid to ask for help

1169

00:41:07,589 --> 00:41:06,079

because there's a lot of people in this

1170

00:41:08,309 --> 00:41:07,599

world that are more than willing to help

1171

00:41:12,470 --> 00:41:08,319

you

1172

00:41:14,390 --> 00:41:12,480

and in any way possible and also

1173

00:41:15,670 --> 00:41:14,400

you have to have a goal in life that's

1174

00:41:18,550 --> 00:41:15,680

one thing i really

1175

00:41:20,710 --> 00:41:18,560

uh noticed about myself is i always have

1176

00:41:23,510 --> 00:41:20,720

to have something on the horizon

1177

00:41:25,430 --> 00:41:23,520

and um you know when you get whomped

1178

00:41:28,230 --> 00:41:25,440

upside the head by a baseball bat

1179

00:41:29,670 --> 00:41:28,240

metaphorically because it all happens to

1180

00:41:33,109 --> 00:41:29,680

one of us whether it be

1181

00:41:34,069 --> 00:41:33,119

financial issues divorces deaths in the

1182

00:41:36,870 --> 00:41:34,079

family stuff like

1183

00:41:38,230 --> 00:41:36,880

that it'll definitely set you back but

1184

00:41:39,829 --> 00:41:38,240

when you have

1185

00:41:41,589 --> 00:41:39,839

uh something on the horizon to look

1186

00:41:43,109 --> 00:41:41,599

forward to it makes things a little bit

1187

00:41:46,470 --> 00:41:43,119

easier

1188

00:41:48,309 --> 00:41:46,480

yeah and unfortunately suicide among

1189

00:41:51,750 --> 00:41:48,319

vets is a

1190

00:41:53,349 --> 00:41:51,760

way more common than it should be it is

1191

00:41:54,150 --> 00:41:53,359

and i noticed that with a few of my

1192

00:41:57,190 --> 00:41:54,160

friends who

1193

00:41:59,270 --> 00:41:57,200

struggle that i mean the va system is a

1194

00:42:00,069 --> 00:41:59,280

very good system overall or at least

1195

00:42:03,270 --> 00:42:00,079

i've had

1196

00:42:06,309 --> 00:42:03,280

great success with it um but i do notice

1197

00:42:08,550 --> 00:42:06,319

um that some of my friends have

1198

00:42:10,309 --> 00:42:08,560

uh they still have this military mindset

1199

00:42:12,870 --> 00:42:10,319

where they have to be

1200

00:42:14,069 --> 00:42:12,880

as tough as possible to the very last

1201
00:42:16,309 --> 00:42:14,079
point and that's

1202
00:42:17,829 --> 00:42:16,319
not a good way to be in the va system

1203
00:42:21,109 --> 00:42:17,839
because you're not going to get a

1204
00:42:23,270 --> 00:42:21,119
appointment for any issues anytime soon

1205
00:42:24,790 --> 00:42:23,280
so when the first sign of something's

1206
00:42:26,309 --> 00:42:24,800
going wrong you really

1207
00:42:28,790 --> 00:42:26,319
need to ask for help otherwise you're

1208
00:42:30,230 --> 00:42:28,800
going to be stuck in the system waiting

1209
00:42:32,230 --> 00:42:30,240
yeah well i think you know it's a very

1210
00:42:35,190 --> 00:42:32,240
good thing that ptsd is being

1211
00:42:36,550 --> 00:42:35,200
uh so much more recognized because

1212
00:42:37,990 --> 00:42:36,560
that's something in your head

1213
00:42:39,510 --> 00:42:38,000

and when you're supposed to be a tough

1214

00:42:40,710 --> 00:42:39,520

soldier you know to have something in

1215

00:42:41,510 --> 00:42:40,720

your head that's not something that

1216

00:42:44,069 --> 00:42:41,520

people like to

1217

00:42:44,550 --> 00:42:44,079

acknowledge but you know we know that it

1218

00:42:48,150 --> 00:42:44,560

is a

1219

00:42:51,270 --> 00:42:48,160

real injury as much as a physical injury

1220

00:42:54,309 --> 00:42:51,280

and um yeah it's just proven

1221

00:42:58,390 --> 00:42:54,319

it it is and i george bush

1222

00:43:00,150 --> 00:42:58,400

actually calls it pts he uh you know

1223

00:43:02,230 --> 00:43:00,160

because it's post traumatic stress it's

1224

00:43:06,230 --> 00:43:02,240

no longer disorder you can actually

1225

00:43:08,470 --> 00:43:06,240

heal it essentially and uh it's

1226
00:43:09,829 --> 00:43:08,480
pretty awesome to think that you know if

1227
00:43:19,430 --> 00:43:09,839
you

1228
00:43:21,109 --> 00:43:19,440
yeah i mean just to recognize that it's

1229
00:43:21,910 --> 00:43:21,119
simply human and and it would almost

1230
00:43:24,150 --> 00:43:21,920
frankly be

1231
00:43:25,030 --> 00:43:24,160
a little bit inhuman to not come back

1232
00:43:28,309 --> 00:43:25,040
from war

1233
00:43:30,550 --> 00:43:28,319
without pts yeah

1234
00:43:32,470 --> 00:43:30,560
and i i will say like my family and

1235
00:43:33,670 --> 00:43:32,480
friends have been a huge part of my

1236
00:43:36,390 --> 00:43:33,680
healing

1237
00:43:37,510 --> 00:43:36,400
they've always been like my foundation

1238
00:43:41,670 --> 00:43:37,520

and

1239

00:43:43,910 --> 00:43:41,680

every time they're at my side is like

1240

00:43:45,750 --> 00:43:43,920

an additional brick on that foundation

1241

00:43:49,030 --> 00:43:45,760

to build me up to who i am today

1242

00:43:51,030 --> 00:43:49,040

so i've been incredibly blessed to have

1243

00:43:52,069 --> 00:43:51,040

such amazing individuals in my life to

1244

00:43:54,870 --> 00:43:52,079

help

1245

00:43:55,910 --> 00:43:54,880

so you you embark on mountaineering and

1246

00:43:58,710 --> 00:43:55,920

according to

1247

00:43:59,270 --> 00:43:58,720

what i took off the internet your your

1248

00:44:05,910 --> 00:43:59,280

first

1249

00:44:07,510 --> 00:44:05,920

mountain that you summited of the seven

1250

00:44:11,829 --> 00:44:07,520

tallest of each continent

1251
00:44:14,470 --> 00:44:11,839
was in russia yeah that's right

1252
00:44:16,950 --> 00:44:14,480
yeah mount elbrus in russia it's uh

1253
00:44:19,589 --> 00:44:16,960
august 1st 2014

1254
00:44:21,109 --> 00:44:19,599
which would have been approximately a

1255
00:44:24,230 --> 00:44:21,119
little less than

1256
00:44:27,589 --> 00:44:24,240
a year after your recovery right yeah

1257
00:44:29,990 --> 00:44:27,599
yeah it was unfortunately

1258
00:44:31,910 --> 00:44:30,000
that wasn't the first mountain i tried i

1259
00:44:35,030 --> 00:44:31,920
actually tried mount baker and mount

1260
00:44:36,950 --> 00:44:35,040
rainier in washington state and i didn't

1261
00:44:40,710 --> 00:44:36,960
reach the summit of either mountain

1262
00:44:42,870 --> 00:44:40,720
and i honestly started

1263
00:44:44,710 --> 00:44:42,880

to get that feeling of failure uh you

1264

00:44:46,470 --> 00:44:44,720

know i say that because i felt like i

1265

00:44:47,910 --> 00:44:46,480

failed in my military career even though

1266

00:44:49,829 --> 00:44:47,920

that was out of my control

1267

00:44:51,510 --> 00:44:49,839

i felt like i failed in my marriage with

1268

00:44:53,589 --> 00:44:51,520

the divorce even though that was

1269

00:44:55,750 --> 00:44:53,599

really not my choice but this was

1270

00:44:57,829 --> 00:44:55,760

something that i really wanted to try

1271

00:44:59,349 --> 00:44:57,839

and not reaching the summit of either of

1272

00:45:01,990 --> 00:44:59,359

those mountains was

1273

00:45:02,950 --> 00:45:02,000

kind of demoralizing at first until my

1274

00:45:04,390 --> 00:45:02,960

guide

1275

00:45:06,470 --> 00:45:04,400

who's become one of my really good

1276

00:45:08,790 --> 00:45:06,480

friends dennis he

1277

00:45:09,670 --> 00:45:08,800

saw what me being in the outdoors was

1278

00:45:13,030 --> 00:45:09,680

doing

1279

00:45:16,550 --> 00:45:13,040

for my mental health and physical health

1280

00:45:18,150 --> 00:45:16,560

he saw how much i was smiling how much i

1281

00:45:20,150 --> 00:45:18,160

enjoyed being out there and

1282

00:45:21,430 --> 00:45:20,160

how i was actually embracing the

1283

00:45:23,109 --> 00:45:21,440

challenge

1284

00:45:25,430 --> 00:45:23,119

because it definitely hurt i was still

1285

00:45:26,470 --> 00:45:25,440

pretty soon after i was fully recovered

1286

00:45:28,390 --> 00:45:26,480

but

1287

00:45:29,990 --> 00:45:28,400

i still had a lot of issues with

1288

00:45:32,470 --> 00:45:30,000

swelling and pain

1289

00:45:34,150 --> 00:45:32,480

but um he pretty much pulled me aside

1290

00:45:36,390 --> 00:45:34,160

and saw

1291

00:45:38,309 --> 00:45:36,400

told me what he was seeing in me and he

1292

00:45:38,950 --> 00:45:38,319

told me to stick with it and reminded me

1293

00:45:40,630 --> 00:45:38,960

that

1294

00:45:42,630 --> 00:45:40,640

uh sometimes the most successful

1295

00:45:45,670 --> 00:45:42,640

mountaineers uh don't summit

1296

00:45:48,710 --> 00:45:45,680

as many mountains as they uh plan

1297

00:45:51,030 --> 00:45:48,720

so i stuck with it and he gave me the

1298

00:45:52,790 --> 00:45:51,040

opportunity to join a team to go climb

1299

00:45:55,270 --> 00:45:52,800

out albers in russia

1300

00:45:56,710 --> 00:45:55,280

and i honestly had never even heard of

1301

00:45:59,990 --> 00:45:56,720

this mountain before

1302

00:46:01,829 --> 00:46:00,000

uh google search yeah it's amazing

1303

00:46:03,349 --> 00:46:01,839

i google searched it and i saw it was an

1304

00:46:06,390 --> 00:46:03,359

18 000 foot summit

1305

00:46:08,710 --> 00:46:06,400

i'm like oh boy uh

1306

00:46:10,950 --> 00:46:08,720

you know mount baker is only 10 000 feet

1307

00:46:12,470 --> 00:46:10,960

mount rainier is 14 000 feet so now i'm

1308

00:46:13,990 --> 00:46:12,480

kind of thinking what the hell did i get

1309

00:46:17,990 --> 00:46:14,000

myself into

1310

00:46:19,750 --> 00:46:18,000

um but yeah august 1st 2014 i reached

1311

00:46:21,510 --> 00:46:19,760

the summit of mount alberous

1312

00:46:23,030 --> 00:46:21,520

and it was obviously higher than the

1313

00:46:25,510 --> 00:46:23,040

alps i mean you don't really

1314

00:46:28,630 --> 00:46:25,520

again you know when you i this being the

1315

00:46:30,790 --> 00:46:28,640

tall summit i guess in europe um

1316

00:46:31,910 --> 00:46:30,800

you know you would have guessed the alps

1317

00:46:35,750 --> 00:46:31,920

yeah

1318

00:46:41,270 --> 00:46:35,760

um

1319

00:46:42,790 --> 00:46:41,280

google search i found out it was one of

1320

00:46:43,750 --> 00:46:42,800

the seven summits that was pretty

1321

00:46:46,710 --> 00:46:43,760

awesome

1322

00:46:48,710 --> 00:46:46,720

um but actually probably the one thing

1323

00:46:49,510 --> 00:46:48,720

that really stuck with me on this climb

1324

00:46:51,750 --> 00:46:49,520

was

1325

00:46:54,790 --> 00:46:51,760

you know for the four years after my

1326
00:46:57,670 --> 00:46:54,800
divorce i'd carry around my wedding ring

1327
00:46:59,750 --> 00:46:57,680
just as kind of hope uh that my ex-wife

1328
00:47:01,430 --> 00:46:59,760
would come back to me like if i

1329
00:47:03,109 --> 00:47:01,440
climb these big tall mountains i'll

1330
00:47:04,630 --> 00:47:03,119
prove how worthy i am and she'll come

1331
00:47:06,550 --> 00:47:04,640
back to me sort of thing

1332
00:47:09,030 --> 00:47:06,560
and i can laugh about it now but at the

1333
00:47:11,510 --> 00:47:09,040
time it was something that i really

1334
00:47:13,349 --> 00:47:11,520
thought of and i actually had that ring

1335
00:47:16,470 --> 00:47:13,359
with me on the summit

1336
00:47:18,710 --> 00:47:16,480
and um it's amazing what that little

1337
00:47:20,950 --> 00:47:18,720
thing so cylindrical thing that weighed

1338
00:47:22,870 --> 00:47:20,960

less than an ounce could do to someone

1339

00:47:24,200 --> 00:47:22,880

and i actually chucked it off the

1340

00:47:26,069 --> 00:47:24,210

mountain in russia

1341

00:47:28,710 --> 00:47:26,079

[Laughter]

1342

00:47:30,390 --> 00:47:28,720

yeah you checked it off the summit i did

1343

00:47:32,870 --> 00:47:30,400

i did so it's somewhere in between the

1344

00:47:35,670 --> 00:47:32,880

border of russia and georgia

1345

00:47:36,470 --> 00:47:35,680

so but but you brought it with you

1346

00:47:39,109 --> 00:47:36,480

thinking

1347

00:47:40,549 --> 00:47:39,119

that without the intention of chucking

1348

00:47:43,349 --> 00:47:40,559

it off the summit

1349

00:47:45,190 --> 00:47:43,359

not at all i just brought it with me i

1350

00:47:48,630 --> 00:47:45,200

thought it was my little good luck charm

1351

00:47:50,829 --> 00:47:48,640

sort of thing and uh you know

1352

00:47:53,589 --> 00:47:50,839

thinking back at it now it's funny

1353

00:47:54,630 --> 00:47:53,599

because i look at this mountaineering

1354

00:47:57,109 --> 00:47:54,640

journey and

1355

00:47:58,710 --> 00:47:57,119

i was i started it because of her uh you

1356

00:48:01,349 --> 00:47:58,720

know i wanted to claim

1357

00:48:02,390 --> 00:48:01,359

mount everest to prove how tough i was

1358

00:48:04,870 --> 00:48:02,400

and

1359

00:48:05,670 --> 00:48:04,880

i i give some of the credit to her

1360

00:48:08,870 --> 00:48:05,680

because

1361

00:48:10,470 --> 00:48:08,880

she got me into this and now after i let

1362

00:48:14,069 --> 00:48:10,480

that ring fly off my

1363

00:48:15,990 --> 00:48:14,079

uh off the summit i found that it was

1364

00:48:17,109 --> 00:48:16,000

the weight of the world was no longer

1365

00:48:19,990 --> 00:48:17,119

holding me back

1366

00:48:21,910 --> 00:48:20,000

um you know i wasn't climbing for her

1367

00:48:23,430 --> 00:48:21,920

anymore i was climbing for me

1368

00:48:25,670 --> 00:48:23,440

and that's when i really fell in love

1369

00:48:27,109 --> 00:48:25,680

with it i it mountaineering became my

1370

00:48:31,030 --> 00:48:27,119

drug the mountains are

1371

00:48:33,349 --> 00:48:31,040

my truck so i i decided to stick with it

1372

00:48:35,589 --> 00:48:33,359

and a couple months later i got the

1373

00:48:38,630 --> 00:48:35,599

opportunity to go to mount kilimanjaro

1374

00:48:40,710 --> 00:48:38,640

in uh tanzania and uh

1375

00:48:42,950 --> 00:48:40,720

unfortunately i ended up getting sick on

1376

00:48:46,390 --> 00:48:42,960

that mountain after a couple days

1377

00:48:47,030 --> 00:48:46,400

um but i wasn't tough on myself about it

1378

00:49:03,589 --> 00:48:47,040

i

1379

00:49:05,750 --> 00:49:03,599

ended up

1380

00:49:07,589 --> 00:49:05,760

just basically saying i'll come back and

1381

00:49:09,190 --> 00:49:07,599

try again some other day

1382

00:49:11,030 --> 00:49:09,200

so i didn't have that feeling of failure

1383

00:49:12,790 --> 00:49:11,040

which was awesome it was just

1384

00:49:14,150 --> 00:49:12,800

uh something that happens but but on

1385

00:49:17,510 --> 00:49:14,160

that same trip

1386

00:49:21,430 --> 00:49:17,520

you then attempted it a second time and

1387

00:49:23,349 --> 00:49:21,440

got to the summit no no no i actually uh

1388

00:49:24,910 --> 00:49:23,359

i actually went to mount everest after

1389

00:49:27,829 --> 00:49:24,920

that in uh april

1390

00:49:28,790 --> 00:49:27,839

2015 and uh that was through the south

1391

00:49:32,069 --> 00:49:28,800

route so you do the

1392

00:49:35,750 --> 00:49:32,079

nine-day trek uh from luckily airport

1393

00:49:38,710 --> 00:49:35,760

into everest base camp and that feeling

1394

00:49:40,870 --> 00:49:38,720

of being in the himalaya is a truly it

1395

00:49:41,589 --> 00:49:40,880

was truly a dream for me just to be able

1396

00:49:44,710 --> 00:49:41,599

to

1397

00:49:46,549 --> 00:49:44,720

that tracking

1398

00:49:49,510 --> 00:49:46,559

so we're about to talk about your your

1399

00:49:52,710 --> 00:49:49,520

climb to the top of everest

1400

00:49:56,870 --> 00:49:52,720

um the attempt this is the attempt okay

1401

00:49:59,589 --> 00:49:56,880

okay yeah um

1402

00:50:00,470 --> 00:49:59,599

so you went there you but you went there

1403

00:50:02,790 --> 00:50:00,480

with the

1404

00:50:04,150 --> 00:50:02,800

plan that i'm going to climb everest i'm

1405

00:50:07,349 --> 00:50:04,160

going to summit everest

1406

00:50:08,230 --> 00:50:07,359

and this is in 2015. right so it's just

1407

00:50:11,349 --> 00:50:08,240

a year after

1408

00:50:13,190 --> 00:50:11,359

uh and you're part of an expedition and

1409

00:50:14,390 --> 00:50:13,200

by the way these things are not cheap

1410

00:50:16,309 --> 00:50:14,400

right so i mean

1411

00:50:18,710 --> 00:50:16,319

they are not were you you were paying

1412

00:50:21,910 --> 00:50:18,720

for this out of your own pocket or what

1413

00:50:23,430 --> 00:50:21,920

i actually paid for uh mount elbrus i

1414

00:50:25,829 --> 00:50:23,440

completely drained my bank account to

1415

00:50:26,230 --> 00:50:25,839

pay it and i say that as a young stupid

1416

00:50:28,150 --> 00:50:26,240

kid

1417

00:50:29,990 --> 00:50:28,160

at the time who only had like five grand

1418

00:50:32,630 --> 00:50:30,000

in his bank account anyways

1419

00:50:34,710 --> 00:50:32,640

so i actually bought all my gear drained

1420

00:50:37,430 --> 00:50:34,720

my bank account bought the flights

1421

00:50:38,950 --> 00:50:37,440

uh summited that mountain and i was like

1422

00:50:41,109 --> 00:50:38,960

well let's keep this rolling

1423

00:50:42,549 --> 00:50:41,119

and you know social media is an

1424

00:50:43,750 --> 00:50:42,559

incredible thing when used for all the

1425

00:50:45,270 --> 00:50:43,760

right reasons

1426

00:50:46,870 --> 00:50:45,280

um when i first got on this

1427

00:50:50,069 --> 00:50:46,880

mountaineering thing i'd

1428

00:50:52,230 --> 00:50:50,079

google search every famous mountaineer

1429

00:50:54,390 --> 00:50:52,240

ever and trying to basically facebook

1430

00:50:56,549 --> 00:50:54,400

stalk them and find them and

1431

00:50:58,309 --> 00:50:56,559

i had friend requests them asked them

1432

00:51:01,190 --> 00:50:58,319

questions through messenger

1433

00:51:02,710 --> 00:51:01,200

and uh anyone that looked like they were

1434

00:51:04,309 --> 00:51:02,720

a mountaineer i pretty much friend

1435

00:51:07,670 --> 00:51:04,319

requested it was pretty

1436

00:51:10,150 --> 00:51:07,680

creepy thinking about it now but um

1437

00:51:12,069 --> 00:51:10,160

by the grace of god uh these three

1438

00:51:13,030 --> 00:51:12,079

individuals from new zealand out of all

1439

00:51:16,549 --> 00:51:13,040

places

1440

00:51:19,910 --> 00:51:16,559

uh were heard my story

1441

00:51:21,990 --> 00:51:19,920

um they saw what my goal was and

1442

00:51:23,910 --> 00:51:22,000

they wanted to be a part of that so they

1443

00:51:26,470 --> 00:51:23,920

sponsored me for

1444

00:51:27,990 --> 00:51:26,480

uh pretty much the rest of my climbs and

1445

00:51:29,190 --> 00:51:28,000

uh will you say what your goal was was

1446

00:51:31,589 --> 00:51:29,200

that to climb everest

1447

00:51:33,349 --> 00:51:31,599

or to climb all seven initially it was

1448

00:51:35,829 --> 00:51:33,359

just to climb everest

1449

00:51:37,430 --> 00:51:35,839

and then it grew into the seven once uh

1450

00:51:40,230 --> 00:51:37,440

things started really rolling

1451

00:51:41,270 --> 00:51:40,240

gotcha so they supported you you became

1452

00:51:44,630 --> 00:51:41,280

part of their group

1453

00:51:44,950 --> 00:51:44,640

in climbing everest yeah they supported

1454

00:51:47,349 --> 00:51:44,960

me

1455

00:51:49,430 --> 00:51:47,359

uh they were climbers themselves but not

1456

00:51:52,630 --> 00:51:49,440

uh big mountain climbers

1457

00:51:55,750 --> 00:51:52,640

so they actually didn't come with me

1458

00:51:58,309 --> 00:51:55,760

on any of these trips until i went to

1459

00:51:58,790 --> 00:51:58,319

a certain mountain which i'll get to but

1460

00:52:02,150 --> 00:51:58,800

uh

1461

00:52:05,030 --> 00:52:02,160

yeah everest in 2015 was an incredible

1462

00:52:08,150 --> 00:52:05,040

experience i was there for

1463

00:52:10,870 --> 00:52:08,160

two and a half weeks until um you know

1464

00:52:11,510 --> 00:52:10,880

april 25th happened in 2015 when the

1465

00:52:14,870 --> 00:52:11,520

earthquake

1466

00:52:17,990 --> 00:52:14,880

shook all of nepal and kathmandu

1467

00:52:22,069 --> 00:52:18,000

and i was pretty much when my dream

1468

00:52:23,589 --> 00:52:22,079

ended and i was super

1469

00:52:25,430 --> 00:52:23,599

this sounds really selfish but i was

1470

00:52:28,549 --> 00:52:25,440

super bummed about that knowing that

1471

00:52:31,349 --> 00:52:28,559

my dream was ending at that moment but

1472

00:52:32,950 --> 00:52:31,359

you know being caught in an avalanche

1473

00:52:35,109 --> 00:52:32,960

after an earthquake

1474

00:52:38,069 --> 00:52:35,119

uh from a cerak breaking off of mount

1475

00:52:41,589 --> 00:52:38,079

mori directly across from everest was

1476

00:52:43,190 --> 00:52:41,599

uh now i kind of went up myself it was

1477

00:52:43,990 --> 00:52:43,200

definitely the most terrifying thing i

1478

00:52:47,270 --> 00:52:44,000

wanted

1479

00:52:50,309 --> 00:52:47,280

i experienced um

1480

00:52:52,950 --> 00:52:50,319

i was actually coming down from camp one

1481

00:52:54,790 --> 00:52:52,960

making my way through the kumbu ice fall

1482

00:52:56,630 --> 00:52:54,800

and we had just gotten to the base of

1483

00:52:57,510 --> 00:52:56,640

the ice ball we're walking towards base

1484

00:52:59,349 --> 00:52:57,520

camp

1485

00:53:00,870 --> 00:52:59,359

and uh that's when the earthquake

1486

00:53:01,910 --> 00:53:00,880

happened and i really didn't think too

1487

00:53:04,390 --> 00:53:01,920

much of it

1488

00:53:06,309 --> 00:53:04,400

um you know we were on the mountain for

1489

00:53:08,230 --> 00:53:06,319

two weeks of two plus weeks already at

1490

00:53:09,670 --> 00:53:08,240

this moment going up and down

1491

00:53:11,270 --> 00:53:09,680

so i just kind of you're going up and

1492

00:53:14,870 --> 00:53:11,280

down to acclimate

1493

00:53:17,750 --> 00:53:14,880

to the elevation exactly exactly

1494

00:53:19,270 --> 00:53:17,760

and you know with my disability i just

1495

00:53:20,790 --> 00:53:19,280

kind of thought my legs were a little

1496

00:53:23,270 --> 00:53:20,800

shaky i was a little tired

1497

00:53:24,549 --> 00:53:23,280

uh they were wobbling and then it got a

1498

00:53:26,230 --> 00:53:24,559

little more intense and i

1499

00:53:29,190 --> 00:53:26,240

just happened to look down at the ground

1500

00:53:31,349 --> 00:53:29,200

and i saw these rocks start shifting

1501
00:53:35,510 --> 00:53:31,359
and then my climbing partner and sherpa

1502
00:53:37,030 --> 00:53:35,520
perba he goes earthquake and i'm like

1503
00:53:38,710 --> 00:53:37,040
like i thought he was kidding i really

1504
00:53:41,750 --> 00:53:38,720
did right and he's like no

1505
00:53:43,670 --> 00:53:41,760
earthquake like i'm like all right i'm

1506
00:53:45,349 --> 00:53:43,680
starting to believe you a little bit now

1507
00:53:47,510 --> 00:53:45,359
because i started hearing like little

1508
00:53:49,990 --> 00:53:47,520
avalanches go off around us

1509
00:53:51,190 --> 00:53:50,000
and uh saw even the rocks shift even

1510
00:53:53,589 --> 00:53:51,200
more and

1511
00:53:54,710 --> 00:53:53,599
uh he kind of not necessarily started

1512
00:53:57,349 --> 00:53:54,720
running away

1513
00:53:58,390 --> 00:53:57,359

but he kind of started walking in a fast

1514

00:54:00,870 --> 00:53:58,400

pace away from

1515

00:54:02,230 --> 00:54:00,880

the uh ice fall because the kumbo ice

1516

00:54:03,910 --> 00:54:02,240

fall is the most dangerous part of

1517

00:54:06,230 --> 00:54:03,920

everest on the south side

1518

00:54:07,430 --> 00:54:06,240

it's just these huge ice blocks as big

1519

00:54:10,870 --> 00:54:07,440

as buildings that could come

1520

00:54:12,710 --> 00:54:10,880

toppling down and um when he started

1521

00:54:15,109 --> 00:54:12,720

high tailing it away from theirs

1522

00:54:16,549 --> 00:54:15,119

that's when i started uh taking it

1523

00:54:18,710 --> 00:54:16,559

pretty serious and

1524

00:54:20,309 --> 00:54:18,720

this day and age everyone has a gopro or

1525

00:54:22,630 --> 00:54:20,319

a camera of some sorts

1526

00:54:24,390 --> 00:54:22,640

and i actually had one on my helmet and

1527

00:54:28,069 --> 00:54:24,400

uh flipped that bad boy

1528

00:54:29,190 --> 00:54:28,079

on uh and a part of me was hoping to get

1529

00:54:32,630 --> 00:54:29,200

youtube famous

1530

00:54:34,549 --> 00:54:32,640

uh i only have 25 000 views now but uh

1531

00:54:35,750 --> 00:54:34,559

and i haven't seen a dime from youtube

1532

00:54:40,630 --> 00:54:35,760

so that didn't work

1533

00:54:43,430 --> 00:54:40,640

um but also it was kind of

1534

00:54:46,069 --> 00:54:43,440

it was obviously to catch what was going

1535

00:54:48,309 --> 00:54:46,079

on but it was more for my family

1536

00:54:50,309 --> 00:54:48,319

as comfort knowing that i wasn't alone

1537

00:54:52,390 --> 00:54:50,319

if i were to die

1538

00:54:54,309 --> 00:54:52,400

but my climbing partner and i were very

1539

00:54:55,589 --> 00:54:54,319

very lucky we caught the very tail end

1540

00:54:58,630 --> 00:54:55,599

of the avalanche and only

1541

00:55:02,150 --> 00:54:58,640

got a little bit of a dusting over us

1542

00:55:04,870 --> 00:55:02,160

and uh because how many people died

1543

00:55:07,270 --> 00:55:04,880

uh at base camp there's been conflicting

1544

00:55:08,549 --> 00:55:07,280

reports i've heard anywhere between 18

1545

00:55:12,230 --> 00:55:08,559

to 21

1546

00:55:14,950 --> 00:55:12,240

um i think it's 20 um but i

1547

00:55:16,710 --> 00:55:14,960

can't be too sure that um there was

1548

00:55:19,750 --> 00:55:16,720

another

1549

00:55:20,390 --> 00:55:19,760

the kumbu ice fall crashing and sliding

1550

00:55:22,789 --> 00:55:20,400

down

1551
00:55:23,589 --> 00:55:22,799
over to base camp is that what happened

1552
00:55:25,349 --> 00:55:23,599
it was

1553
00:55:27,430 --> 00:55:25,359
actually from the opposite side of

1554
00:55:28,069 --> 00:55:27,440
everest it was from uh mount pumauri

1555
00:55:29,750 --> 00:55:28,079
which is

1556
00:55:32,150 --> 00:55:29,760
directly across from everest on the

1557
00:55:33,829 --> 00:55:32,160
other side uh

1558
00:55:35,670 --> 00:55:33,839
between base camp so it'd be like

1559
00:55:36,390 --> 00:55:35,680
everest base camp and then another

1560
00:55:39,670 --> 00:55:36,400
mountain mount

1561
00:55:43,750 --> 00:55:39,680
mori and a big

1562
00:55:47,750 --> 00:55:43,760
basically football field uh snowfall

1563
00:55:51,030 --> 00:55:47,760

broke off or not a snowfall

1564

00:55:53,829 --> 00:55:51,040

football field size ice surak just

1565

00:55:55,589 --> 00:55:53,839

came tumbling down from pumari and went

1566

00:55:57,270 --> 00:55:55,599

through the midsection of base camp

1567

00:55:59,510 --> 00:55:57,280

towards the kumble ice fall where we

1568

00:56:01,109 --> 00:55:59,520

were and um

1569

00:56:03,270 --> 00:56:01,119

yeah we caught the tail end of it

1570

00:56:05,349 --> 00:56:03,280

unfortunately there were 100 plus

1571

00:56:08,470 --> 00:56:05,359

wounded at base camp and another

1572

00:56:09,990 --> 00:56:08,480

i'd say 20 that died but more

1573

00:56:12,069 --> 00:56:10,000

traumatically is what happened to that

1574

00:56:14,950 --> 00:56:12,079

country because that was

1575

00:56:16,230 --> 00:56:14,960

that was devastating to see after i got

1576

00:56:19,589 --> 00:56:16,240

off the mountain

1577

00:56:22,309 --> 00:56:19,599

just seeing all these people that lost

1578

00:56:24,150 --> 00:56:22,319

their homes and family members and

1579

00:56:25,349 --> 00:56:24,160

unfortunately the nepali government is

1580

00:56:28,309 --> 00:56:25,359

very corrupt so

1581

00:56:29,990 --> 00:56:28,319

they know that there's really no hope

1582

00:56:32,309 --> 00:56:30,000

from their government to help them out

1583

00:56:33,750 --> 00:56:32,319

so it was very very hard to see that on

1584

00:56:35,910 --> 00:56:33,760

my way out

1585

00:56:37,349 --> 00:56:35,920

and was that the end of the climbing for

1586

00:56:39,510 --> 00:56:37,359

that season

1587

00:56:40,470 --> 00:56:39,520

it was that ended the climbing season

1588

00:56:42,870 --> 00:56:40,480

for everyone

1589

00:56:45,270 --> 00:56:42,880

and one of my big regrets is actually

1590

00:56:46,789 --> 00:56:45,280

not staying for the time i was supposed

1591

00:56:48,230 --> 00:56:46,799

to be there just kind of helping out

1592

00:56:49,910 --> 00:56:48,240

throughout the country

1593

00:56:51,270 --> 00:56:49,920

uh that was one of one of my bigger

1594

00:56:54,470 --> 00:56:51,280

regrets in life but

1595

00:56:57,270 --> 00:56:54,480

uh yeah it was just

1596

00:56:59,030 --> 00:56:57,280

that that was i really had to dig deep

1597

00:56:59,829 --> 00:56:59,040

and think about what i was doing with my

1598

00:57:02,630 --> 00:56:59,839

life if i really

1599

00:57:04,950 --> 00:57:02,640

wanted to achieve this goal and i took a

1600

00:57:08,069 --> 00:57:04,960

good year off of climbing because

1601
00:57:09,430 --> 00:57:08,079
i was shook i i really didn't know if i

1602
00:57:13,109 --> 00:57:09,440
wanted to stick with this

1603
00:57:14,309 --> 00:57:13,119
and i decided that i did so i went back

1604
00:57:18,230 --> 00:57:14,319
to uh

1605
00:57:21,349 --> 00:57:18,240
mount kilimanjaro in 2017 and i summited

1606
00:57:22,950 --> 00:57:21,359
in february with a group of 17 other

1607
00:57:26,150 --> 00:57:22,960
individuals who

1608
00:57:27,510 --> 00:57:26,160
uh supported me on that climb just being

1609
00:57:30,069 --> 00:57:27,520
there with me and getting me back

1610
00:57:31,990 --> 00:57:30,079
on that climbing train so that was very

1611
00:57:32,390 --> 00:57:32,000
special and that became my second of the

1612
00:57:35,750 --> 00:57:32,400
seven

1613
00:57:36,230 --> 00:57:35,760

summits and then just a couple months

1614

00:57:38,789 --> 00:57:36,240

later

1615

00:57:40,309 --> 00:57:38,799

you're back in everest yeah a couple

1616

00:57:43,030 --> 00:57:40,319

months later uh

1617

00:57:43,910 --> 00:57:43,040

2017 was a great year for me is that is

1618

00:57:45,430 --> 00:57:43,920

that unusual

1619

00:57:47,990 --> 00:57:45,440

because i'm i'm not an expert in

1620

00:57:48,630 --> 00:57:48,000

climbers climbing but i'm fascinated by

1621

00:57:50,470 --> 00:57:48,640

it and i read

1622

00:57:52,150 --> 00:57:50,480

into thin air i assume you've read into

1623

00:57:57,190 --> 00:57:52,160

thin air oh yes

1624

00:58:02,630 --> 00:58:00,789

yeah yeah so that that made that

1625

00:58:04,630 --> 00:58:02,640

caused me to get really interested in in

1626

00:58:07,430 --> 00:58:04,640

all of it but how is that

1627

00:58:07,990 --> 00:58:07,440

uncommon to do two big summits like that

1628

00:58:11,109 --> 00:58:08,000

within a couple

1629

00:58:14,470 --> 00:58:11,119

months it is

1630

00:58:16,230 --> 00:58:14,480

it is um more so doing like everest

1631

00:58:18,230 --> 00:58:16,240

right after kilimanjaro is probably the

1632

00:58:20,150 --> 00:58:18,240

least uncommon thing

1633

00:58:21,910 --> 00:58:20,160

a lot of people tend to save everest as

1634

00:58:23,990 --> 00:58:21,920

their last of the summits or one of the

1635

00:58:26,710 --> 00:58:24,000

last

1636

00:58:27,430 --> 00:58:26,720

but i was in a point in my life where i

1637

00:58:30,870 --> 00:58:27,440

was in

1638

00:58:31,829 --> 00:58:30,880

really good shape and with the help of

1639

00:58:35,670 --> 00:58:31,839

my sponsors

1640

00:58:37,910 --> 00:58:35,680

and the individual my climbing partner

1641

00:58:41,030 --> 00:58:37,920

shearing dorje

1642

00:58:42,069 --> 00:58:41,040

who summoned it over 16 times now on may

1643

00:58:43,750 --> 00:58:42,079

22nd

1644

00:58:45,510 --> 00:58:43,760

via the north road so i went through

1645

00:58:47,670 --> 00:58:45,520

china and tibet

1646

00:58:48,789 --> 00:58:47,680

i summoned it at 8 20 in the morning

1647

00:58:50,150 --> 00:58:48,799

becoming the third

1648

00:58:53,030 --> 00:58:50,160

purple artists have been to reach the

1649

00:58:57,190 --> 00:58:53,040

summit of everest wow

1650

00:59:00,390 --> 00:58:57,200

amazing only the third

1651
00:59:00,789 --> 00:59:00,400
to ever summit everest huh yeah the

1652
00:59:03,030 --> 00:59:00,799
third

1653
00:59:05,030 --> 00:59:03,040
and as far as i know the last one to do

1654
00:59:07,430 --> 00:59:05,040
it um

1655
00:59:08,470 --> 00:59:07,440
which is unfortunate because i really

1656
00:59:11,430 --> 00:59:08,480
want to try and get

1657
00:59:12,870 --> 00:59:11,440
uh the first female kerbat recipient to

1658
00:59:15,270 --> 00:59:12,880
the summit of everest hopefully in the

1659
00:59:17,589 --> 00:59:15,280
next couple years

1660
00:59:19,270 --> 00:59:17,599
and are you the first to have summoned

1661
00:59:21,510 --> 00:59:19,280
at all seven then

1662
00:59:23,589 --> 00:59:21,520
i am yeah the first combat wounded and

1663
00:59:24,950 --> 00:59:23,599

purple recipient to summon all seven

1664

00:59:27,670 --> 00:59:24,960

summons

1665

00:59:28,390 --> 00:59:27,680

and that feat was as we were talking

1666

00:59:31,510 --> 00:59:28,400

about the other day

1667

00:59:34,870 --> 00:59:31,520

just completed last month yeah

1668

00:59:35,829 --> 00:59:34,880

june 13th uh my second attempt on denali

1669

00:59:38,870 --> 00:59:35,839

to finish the seven

1670

00:59:39,910 --> 00:59:38,880

summits uh i went in 2019 the first

1671

00:59:43,589 --> 00:59:39,920

attempt

1672

00:59:45,109 --> 00:59:43,599

and uh you know the mountain and weather

1673

00:59:47,829 --> 00:59:45,119

had a different plan for us

1674

00:59:49,589 --> 00:59:47,839

unfortunately so we i didn't get to the

1675

00:59:51,910 --> 00:59:49,599

summit that year

1676
00:59:53,030 --> 00:59:51,920
last year everything was called off due

1677
00:59:56,390 --> 00:59:53,040
to covid

1678
00:59:58,549 --> 00:59:56,400
and i left myself zero doubt during that

1679
01:00:00,710 --> 00:59:58,559
year and a half span to get myself into

1680
01:00:03,190 --> 01:00:00,720
shape and uh

1681
01:00:04,950 --> 01:00:03,200
we were blessed with such an amazing

1682
01:00:07,829 --> 01:00:04,960
team and great weather

1683
01:00:09,589 --> 01:00:07,839
and reached the summit on june 13th for

1684
01:00:11,750 --> 01:00:09,599
the seventh of my summits

1685
01:00:13,829 --> 01:00:11,760
and did you have the same guys kind of

1686
01:00:15,910 --> 01:00:13,839
sponsoring you or

1687
01:00:17,670 --> 01:00:15,920
yeah same same individuals from new

1688
01:00:20,069 --> 01:00:17,680

zealand were sponsoring me

1689

01:00:21,750 --> 01:00:20,079

uh i've been supported also by a

1690

01:00:22,950 --> 01:00:21,760

non-profit that i'm a volunteer and

1691

01:00:26,630 --> 01:00:22,960

mentor for

1692

01:00:30,069 --> 01:00:26,640

called uh one team colgan foundation

1693

01:00:32,950 --> 01:00:30,079

it was actually called american 300 and

1694

01:00:34,630 --> 01:00:32,960

they decided at the wrong time to start

1695

01:00:36,390 --> 01:00:34,640

switching names because it's caused a

1696

01:00:37,430 --> 01:00:36,400

lot of confusion lately in the past

1697

01:00:41,190 --> 01:00:37,440

month

1698

01:00:44,789 --> 01:00:41,200

but um yeah what's the name

1699

01:00:48,549 --> 01:00:44,799

one team kogan foundation okay

1700

01:00:49,430 --> 01:00:48,559

um but this uh organization and

1701

01:00:51,190 --> 01:00:49,440

nonprofit

1702

01:00:53,750 --> 01:00:51,200

is actually composed of a lot of

1703

01:00:56,230 --> 01:00:53,760

military mentors and civilian patriots

1704

01:00:59,190 --> 01:00:56,240

who have stories of resiliency

1705

01:01:00,069 --> 01:00:59,200

and our mission essentially through this

1706

01:01:02,470 --> 01:01:00,079

non-profit

1707

01:01:04,150 --> 01:01:02,480

is to go off to military bases

1708

01:01:06,710 --> 01:01:04,160

throughout the world and talk to

1709

01:01:08,309 --> 01:01:06,720

soldiers airmen air women and marines

1710

01:01:12,549 --> 01:01:08,319

and i've been fortunate enough to be

1711

01:01:15,270 --> 01:01:12,559

on bases in germany england kosovo

1712

01:01:17,670 --> 01:01:15,280

honduras plenty of aces here in the

1713

01:01:19,910 --> 01:01:17,680

states and i was sharing my story

1714

01:01:21,750 --> 01:01:19,920

and i didn't realize the impact it was

1715

01:01:23,670 --> 01:01:21,760

going to have on a lot of individuals

1716

01:01:25,750 --> 01:01:23,680

because

1717

01:01:26,710 --> 01:01:25,760

hearing from them after i do my talks

1718

01:01:28,470 --> 01:01:26,720

with them

1719

01:01:30,309 --> 01:01:28,480

uh through email and telling me how

1720

01:01:33,190 --> 01:01:30,319

appreciative and how

1721

01:01:34,230 --> 01:01:33,200

uh inspire inspired they are to just you

1722

01:01:36,309 --> 01:01:34,240

know

1723

01:01:37,910 --> 01:01:36,319

kind of look past all the negative

1724

01:01:38,630 --> 01:01:37,920

things in their life and focus on

1725

01:01:41,510 --> 01:01:38,640

something

1726

01:01:41,829 --> 01:01:41,520

that's truly good whether it be climbing

1727

01:01:46,549 --> 01:01:41,839

or

1728

01:01:47,510 --> 01:01:46,559

that's been a huge part of my healing

1729

01:01:50,710 --> 01:01:47,520

process as well

1730

01:01:54,150 --> 01:01:50,720

sharing my story and

1731

01:01:55,029 --> 01:01:54,160

they uh started purple art summits under

1732

01:01:58,069 --> 01:01:55,039

the umbrella

1733

01:01:58,710 --> 01:01:58,079

of one team colgan foundation uh because

1734

01:02:01,430 --> 01:01:58,720

of me

1735

01:02:02,630 --> 01:02:01,440

to start getting more uh not necessarily

1736

01:02:04,710 --> 01:02:02,640

provide recipients

1737

01:02:06,390 --> 01:02:04,720

or combat wounded into the mountains but

1738

01:02:08,870 --> 01:02:06,400

veterans and

1739

01:02:10,230 --> 01:02:08,880

essentially uh civilian patriots in the

1740

01:02:11,589 --> 01:02:10,240

mountains to

1741

01:02:13,349 --> 01:02:11,599

achieve something that they never

1742

01:02:16,710 --> 01:02:13,359

thought they could wow

1743

01:02:18,630 --> 01:02:16,720

amazing very cool so a couple quick

1744

01:02:19,990 --> 01:02:18,640

questions before we wrap up on on the

1745

01:02:23,109 --> 01:02:20,000

summit so which

1746

01:02:23,829 --> 01:02:23,119

one was the most difficult most people

1747

01:02:25,829 --> 01:02:23,839

would assume

1748

01:02:27,109 --> 01:02:25,839

everest is that the most difficult or

1749

01:02:30,789 --> 01:02:27,119

not

1750

01:02:35,029 --> 01:02:30,799

it

1751

01:02:38,150 --> 01:02:35,039

mount denali is the hardest

1752

01:02:39,029 --> 01:02:38,160

and i say that because on everest you're

1753

01:02:41,349 --> 01:02:39,039

blessed to have

1754

01:02:42,549 --> 01:02:41,359

a lot of sherpas and porters and yaks

1755

01:02:45,589 --> 01:02:42,559

carry 95

1756

01:02:47,510 --> 01:02:45,599

of your gear unfortunately on denali you

1757

01:02:50,789 --> 01:02:47,520

don't have that luxury

1758

01:02:52,870 --> 01:02:50,799

alaska and the national park service do

1759

01:02:55,109 --> 01:02:52,880

a very good job of trying to keep

1760

01:02:56,549 --> 01:02:55,119

denali as pure as possible so you have

1761

01:02:59,910 --> 01:02:56,559

to carry

1762

01:03:03,670 --> 01:02:59,920

all your own food

1763

01:03:07,029 --> 01:03:03,680

cooking utensils tents your own waste

1764

01:03:09,349 --> 01:03:07,039

your own trash and it adds up i think

1765

01:03:11,750 --> 01:03:09,359

before we departed we averaged out to

1766

01:03:13,109 --> 01:03:11,760

about 120 to 130 pounds we were each

1767

01:03:15,990 --> 01:03:13,119

carrying

1768

01:03:18,230 --> 01:03:16,000

wow whereas when you're climbing everest

1769

01:03:20,870 --> 01:03:18,240

are you carrying anything

1770

01:03:21,349 --> 01:03:20,880

you are carrying the bare minimum you'll

1771

01:03:24,230 --> 01:03:21,359

carry

1772

01:03:26,150 --> 01:03:24,240

a couple of snacks uh extra gloves extra

1773

01:03:26,950 --> 01:03:26,160

puffy jacket just in case you get too

1774

01:03:30,230 --> 01:03:26,960

cold

1775

01:03:32,870 --> 01:03:30,240

and an oxygen container but yeah

1776

01:03:33,270 --> 01:03:32,880

it's uh it's pretty amazing to think

1777

01:03:34,950 --> 01:03:33,280

that

1778

01:03:37,270 --> 01:03:34,960

mount denali is a lot harder than

1779

01:03:38,470 --> 01:03:37,280

everest and i didn't believe it at first

1780

01:03:41,270 --> 01:03:38,480

but it

1781

01:03:43,589 --> 01:03:41,280

it's a true mountain and another kind of

1782

01:03:45,750 --> 01:03:43,599

fun fact is you actually climb

1783

01:03:48,549 --> 01:03:45,760

more vertical feet on denali than you do

1784

01:03:50,309 --> 01:03:48,559

the whole time on everest so it's pretty

1785

01:03:52,789 --> 01:03:50,319

interesting to think about and do you

1786

01:03:56,230 --> 01:03:52,799

bring oxygen to denali or not

1787

01:04:00,309 --> 01:03:56,240

no you don't um the only mountain

1788

01:04:03,750 --> 01:04:00,319

is everest that you'd use oxygen on um

1789

01:04:06,870 --> 01:04:03,760

most people on mountains like denali

1790

01:04:09,910 --> 01:04:06,880

may use a diamox which

1791

01:04:10,950 --> 01:04:09,920

kind of helps with like uh altitude

1792

01:04:13,589 --> 01:04:10,960

sickness sort of thing

1793

01:04:16,069 --> 01:04:13,599

so it helps prevent anything at what

1794

01:04:20,150 --> 01:04:16,079

elevation on everest do you start using

1795

01:04:23,270 --> 01:04:20,160

the oxygen i started at

1796

01:04:26,309 --> 01:04:23,280

just over 20 000 feet actually uh it was

1797

01:04:29,349 --> 01:04:26,319

a little uncommon i started a camp early

1798

01:04:31,190 --> 01:04:29,359

at the discretion of my sherpa who uh

1799

01:04:32,950 --> 01:04:31,200

definitely knows everest more than i do

1800

01:04:33,750 --> 01:04:32,960

so i definitely took his advice and

1801
01:04:36,150 --> 01:04:33,760
started

1802
01:04:37,190 --> 01:04:36,160
using it in one camp earlier and it

1803
01:04:39,270 --> 01:04:37,200
worked out great

1804
01:04:41,750 --> 01:04:39,280
now does that mean you're on it 24 hours

1805
01:04:45,190 --> 01:04:41,760
or just intermittently

1806
01:04:49,750 --> 01:04:45,200
i was on it 24 hours at that time

1807
01:04:51,670 --> 01:04:49,760
some people might be on it

1808
01:04:53,589 --> 01:04:51,680
they'll start usually at the north coal

1809
01:04:54,789 --> 01:04:53,599
i started just below it on the north

1810
01:04:57,910 --> 01:04:54,799
side of everest

1811
01:04:59,109 --> 01:04:57,920
and uh i i was on it 24 hours but at

1812
01:05:02,230 --> 01:04:59,119
that point

1813
01:05:06,069 --> 01:05:02,240

i think we only had two

1814

01:05:06,630 --> 01:05:06,079

three four days where i would need it so

1815

01:05:09,349 --> 01:05:06,640

that was

1816

01:05:10,390 --> 01:05:09,359

i think eight bottles of oxygen i had at

1817

01:05:12,789 --> 01:05:10,400

that time

1818

01:05:13,430 --> 01:05:12,799

i mean you actually sleep with it then

1819

01:05:16,630 --> 01:05:13,440

yep

1820

01:05:19,430 --> 01:05:16,640

yeah yeah it's it was pretty

1821

01:05:20,309 --> 01:05:19,440

eerie starting with it because i did i'd

1822

01:05:22,390 --> 01:05:20,319

never

1823

01:05:24,470 --> 01:05:22,400

wore an oxygen mask like that before and

1824

01:05:27,109 --> 01:05:24,480

did a lot of physical exertion

1825

01:05:28,710 --> 01:05:27,119

and i really started when they put it on

1826

01:05:31,109 --> 01:05:28,720

me i started freaking out a little bit

1827

01:05:33,349 --> 01:05:31,119

like i was feeling really claustrophobic

1828

01:05:34,549 --> 01:05:33,359

and i really took me like 10 to 15

1829

01:05:36,549 --> 01:05:34,559

minutes to kind of settle

1830

01:05:38,950 --> 01:05:36,559

myself down and just kind of get in a

1831

01:05:39,910 --> 01:05:38,960

rhythm but once you get into that rhythm

1832

01:05:45,109 --> 01:05:39,920

it's

1833

01:05:46,470 --> 01:05:45,119

that pure oxygen flow through your body

1834

01:05:49,109 --> 01:05:46,480

and what kind of shape were you in

1835

01:05:50,950 --> 01:05:49,119

before you climbed everest i mean

1836

01:05:52,390 --> 01:05:50,960

i assume you're you're running a lot and

1837

01:05:54,390 --> 01:05:52,400

that that kind of thing

1838

01:05:57,589 --> 01:05:54,400

i actually don't run i can't even

1839

01:05:59,990 --> 01:05:57,599

remember the last time i ran

1840

01:06:01,190 --> 01:06:00,000

i do a lot of like leg and weight

1841

01:06:04,230 --> 01:06:01,200

training exercises

1842

01:06:06,630 --> 01:06:04,240

a lot of strengthening exercises and

1843

01:06:09,029 --> 01:06:06,640

before everest what i would do is i'd

1844

01:06:10,789 --> 01:06:09,039

wear like a 60-pound weighted vest and

1845

01:06:12,950 --> 01:06:10,799

i'd go to planet fitness

1846

01:06:15,029 --> 01:06:12,960

and just crank up the treadmill on the

1847

01:06:18,870 --> 01:06:15,039

highest incline it would go

1848

01:06:21,190 --> 01:06:18,880

and go for at least an hour to just

1849

01:06:22,390 --> 01:06:21,200

trying to get that weight feeling on me

1850

01:06:25,589 --> 01:06:22,400

and just get my

1851
01:06:26,870 --> 01:06:25,599
blood flow and heart rate going um and

1852
01:06:29,109 --> 01:06:26,880
that was pretty much it

1853
01:06:30,870 --> 01:06:29,119
i know a lot of people tend to start

1854
01:06:32,470 --> 01:06:30,880
training at least a year out from

1855
01:06:34,150 --> 01:06:32,480
everest but i only started training

1856
01:06:36,710 --> 01:06:34,160
maybe three months out

1857
01:06:38,630 --> 01:06:36,720
and and what was the last day day like

1858
01:06:41,109 --> 01:06:38,640
where you're you know

1859
01:06:42,230 --> 01:06:41,119
going up the uh final summit what what

1860
01:06:46,549 --> 01:06:42,240
we call that last

1861
01:06:48,710 --> 01:06:46,559
the the hillary step is that kind of

1862
01:06:50,710 --> 01:06:48,720
yeah that's on the south side so when i

1863
01:06:51,029 --> 01:06:50,720

went through the north side you actually

1864

01:06:53,990 --> 01:06:51,039

go

1865

01:06:54,870 --> 01:06:54,000

through um there's three steps then

1866

01:06:59,510 --> 01:06:54,880

they're

1867

01:07:02,069 --> 01:06:59,520

i think 10 feet 20 feet and a 40 feet

1868

01:07:03,190 --> 01:07:02,079

uh basically a rock face that you'd have

1869

01:07:06,789 --> 01:07:03,200

to

1870

01:07:08,950 --> 01:07:06,799

maneuver your way up and once you got

1871

01:07:09,910 --> 01:07:08,960

through those uh three steps you were

1872

01:07:11,589 --> 01:07:09,920

pretty much

1873

01:07:12,950 --> 01:07:11,599

clear to the summit unless weather

1874

01:07:15,589 --> 01:07:12,960

started turning

1875

01:07:16,150 --> 01:07:15,599

so does it ultimately form one line to

1876

01:07:18,870 --> 01:07:16,160

the summit

1877

01:07:19,349 --> 01:07:18,880

the the the north and this yeah gotcha

1878

01:07:21,829 --> 01:07:19,359

yeah

1879

01:07:22,390 --> 01:07:21,839

it was it's pretty wild actually because

1880

01:07:24,390 --> 01:07:22,400

that

1881

01:07:25,990 --> 01:07:24,400

summit push night was something i will

1882

01:07:28,069 --> 01:07:26,000

never ever forget

1883

01:07:30,069 --> 01:07:28,079

um just being that high up in the

1884

01:07:31,670 --> 01:07:30,079

mountains and seeing

1885

01:07:33,670 --> 01:07:31,680

when you're doing your summit push you

1886

01:07:36,470 --> 01:07:33,680

look down and see clouds and

1887

01:07:37,990 --> 01:07:36,480

lightning underneath you uh off in the

1888

01:07:41,270 --> 01:07:38,000

distance was such an

1889

01:07:43,349 --> 01:07:41,280

awesome i mean just being

1890

01:07:44,549 --> 01:07:43,359

as high as you are on your own two feet

1891

01:07:46,309 --> 01:07:44,559

and seeing

1892

01:07:47,829 --> 01:07:46,319

how high you are above the clouds is

1893

01:07:49,750 --> 01:07:47,839

such an awesome feeling

1894

01:07:51,430 --> 01:07:49,760

and then actually there's a point on the

1895

01:07:52,549 --> 01:07:51,440

north side where you can actually see

1896

01:07:54,549 --> 01:07:52,559

headlights from

1897

01:07:56,309 --> 01:07:54,559

the climbers on the south side coming up

1898

01:07:58,549 --> 01:07:56,319

towards the summit so it's such a

1899

01:07:59,670 --> 01:07:58,559

surreal feeling when you get to that

1900

01:08:02,789 --> 01:07:59,680

point

1901

01:08:05,750 --> 01:08:02,799

did you have any scary moments on there

1902

01:08:06,710 --> 01:08:05,760

i did um i watched a lot of horror

1903

01:08:08,309 --> 01:08:06,720

movies

1904

01:08:09,910 --> 01:08:08,319

so when i first started seeing the

1905

01:08:11,829 --> 01:08:09,920

bodies it was kind of like one of those

1906

01:08:14,309 --> 01:08:11,839

things where i'd walk by them

1907

01:08:16,229 --> 01:08:14,319

and i was like oh what if this dude like

1908

01:08:17,749 --> 01:08:16,239

just pops up and grabs me and throws me

1909

01:08:19,749 --> 01:08:17,759

off the mountain

1910

01:08:21,349 --> 01:08:19,759

um but you probably do kind of

1911

01:08:24,709 --> 01:08:21,359

hallucinate a little bit right

1912

01:08:26,950 --> 01:08:24,719

if because yeah yeah you definitely do

1913

01:08:28,630 --> 01:08:26,960

uh you really have to kind of play some

1914

01:08:31,030 --> 01:08:28,640

mind games in your head

1915

01:08:31,990 --> 01:08:31,040

um one of the things i would do is i try

1916

01:08:36,470 --> 01:08:32,000

to beat

1917

01:08:38,870 --> 01:08:36,480

uh my previous steps so i would

1918

01:08:40,870 --> 01:08:38,880

probably walk 10 steps then i'd stop and

1919

01:08:42,709 --> 01:08:40,880

take like 20 seconds to catch my breath

1920

01:08:45,349 --> 01:08:42,719

and then i'd walk 11 steps

1921

01:08:46,870 --> 01:08:45,359

and then i'd do another 10 seconds or 20

1922

01:08:49,349 --> 01:08:46,880

seconds where i'd just stop and

1923

01:08:51,189 --> 01:08:49,359

catch my breath and try and do 12 steps

1924

01:08:53,110 --> 01:08:51,199

so just trying to keep my mind sharp

1925

01:08:55,669 --> 01:08:53,120

like that

1926

01:08:57,430 --> 01:08:55,679

but there was one point on the way down

1927

01:09:00,709 --> 01:08:57,440

from the summit where

1928

01:09:01,669 --> 01:09:00,719

uh i was just incredibly tired at that

1929

01:09:04,070 --> 01:09:01,679

point and i was

1930

01:09:04,950 --> 01:09:04,080

kind of puttsy and i was tripping over

1931

01:09:06,870 --> 01:09:04,960

my own feet

1932

01:09:08,870 --> 01:09:06,880

and thankfully i was clipped in the line

1933

01:09:12,229 --> 01:09:08,880

because that could have been a

1934

01:09:13,829 --> 01:09:12,239

good fall but um nothing nothing too

1935

01:09:17,510 --> 01:09:13,839

crazy and my mom probably shouldn't hear

1936

01:09:21,189 --> 01:09:17,520

that but it's all right

1937

01:09:23,829 --> 01:09:21,199

yeah and um it's a morbid

1938

01:09:26,550 --> 01:09:23,839

morbid question but i mean how many dead

1939

01:09:29,829 --> 01:09:26,560

bodies do you actually pass when you

1940

01:09:33,669 --> 01:09:29,839

climb it yeah uh so i actually counted

1941

01:09:34,070 --> 01:09:33,679

seven um and eerily enough the very

1942

01:09:36,789 --> 01:09:34,080

first

1943

01:09:39,030 --> 01:09:36,799

one i saw was of an individual i met at

1944

01:09:42,950 --> 01:09:39,040

base camp a couple days before

1945

01:09:46,309 --> 01:09:42,960

uh his name was frank and uh he ended up

1946

01:09:47,349 --> 01:09:46,319

passing on his way up during his summit

1947

01:09:49,590 --> 01:09:47,359

attempt

1948

01:09:50,630 --> 01:09:49,600

and uh just kind of walking by and

1949

01:09:53,430 --> 01:09:50,640

seeing that body

1950

01:09:53,829 --> 01:09:53,440

and you saw some familiar clothes uh

1951

01:09:55,590 --> 01:09:53,839

like

1952

01:09:58,149 --> 01:09:55,600

the jacket look familiar the boots look

1953

01:09:59,910 --> 01:09:58,159

very familiar and you're kind of like

1954

01:10:02,070 --> 01:09:59,920

walking by you don't really think too

1955

01:10:05,030 --> 01:10:02,080

much of it but you're like

1956

01:10:07,270 --> 01:10:05,040

wow i think that was frank and then uh

1957

01:10:09,110 --> 01:10:07,280

when i got to my camp i had asked

1958

01:10:10,870 --> 01:10:09,120

one of the other climbers i was with she

1959

01:10:12,790 --> 01:10:10,880

was from poland i was like

1960

01:10:14,870 --> 01:10:12,800

was that frank she was like yeah that

1961

01:10:17,750 --> 01:10:14,880

was frank i was like oh

1962

01:10:19,110 --> 01:10:17,760

i just met this dude two days before um

1963

01:10:21,990 --> 01:10:19,120

but yeah i counted seven

1964

01:10:23,750 --> 01:10:22,000

total and that was including him am and

1965

01:10:25,350 --> 01:10:23,760

they don't bring the bodies down is that

1966

01:10:27,990 --> 01:10:25,360

right

1967

01:10:29,750 --> 01:10:28,000

they don't um the only circumstances

1968

01:10:31,430 --> 01:10:29,760

they will is if a family is really

1969

01:10:34,709 --> 01:10:31,440

willing to pay for it

1970

01:10:38,310 --> 01:10:34,719

um or if it's somebody of importance

1971

01:10:41,110 --> 01:10:38,320

which is sad to say um otherwise

1972

01:10:43,189 --> 01:10:41,120

they'll leave them there they'll push

1973

01:10:45,750 --> 01:10:43,199

them off the path

1974

01:10:50,149 --> 01:10:45,760

and uh sometimes they just roll down the

1975

01:10:52,950 --> 01:10:51,350

that's gotta really make you scratch

1976

01:10:54,709 --> 01:10:52,960

your head as you're going up when you're

1977

01:10:55,430 --> 01:10:54,719

passing someone who you just saw two

1978

01:10:58,390 --> 01:10:55,440

days later you're like

1979

01:10:59,590 --> 01:10:58,400

what the hell am i doing yeah it was

1980

01:11:01,750 --> 01:10:59,600

that moment i started

1981

01:11:02,709 --> 01:11:01,760

uh thinking to myself this is this is

1982

01:11:07,430 --> 01:11:02,719

real this is

1983

01:11:11,830 --> 01:11:09,430

well congratulations my friend you did

1984

01:11:13,669 --> 01:11:11,840

it and we did it on our third attempt

1985

01:11:15,830 --> 01:11:13,679

for this interview

1986

01:11:17,270 --> 01:11:15,840

but it was it was well it was well worth

1987

01:11:17,830 --> 01:11:17,280

it i think the listeners are going to

1988

01:11:20,229 --> 01:11:17,840

love it i

1989

01:11:21,110 --> 01:11:20,239

i enjoyed it tell me real quick what do

1990

01:11:23,990 --> 01:11:21,120

you want to kind of

1991

01:11:25,669 --> 01:11:24,000

promote or have people go check out oh

1992

01:11:28,070 --> 01:11:25,679

wow that's a great question

1993

01:11:29,030 --> 01:11:28,080

so i'm just kind of kind of go through

1994

01:11:30,470 --> 01:11:29,040

one of my plans

1995

01:11:32,229 --> 01:11:30,480

or a couple of my plans in the near

1996

01:11:33,910 --> 01:11:32,239

future here i'm working on a book

1997

01:11:35,910 --> 01:11:33,920

uh i've actually started it over a year

1998

01:11:40,229 --> 01:11:35,920

and a half ago and i've only got

1999

01:11:41,750 --> 01:11:40,239

maybe 60 pages done if that

2000

01:11:43,270 --> 01:11:41,760

so hopefully the next year and a half

2001

01:11:45,030 --> 01:11:43,280

i'll have that done you certainly have

2002

01:11:47,470 --> 01:11:45,040

enough stories for it

2003

01:11:48,630 --> 01:11:47,480

i do i do it's a going to be an

2004

01:11:51,990 --> 01:11:48,640

inspirational

2005

01:11:54,950 --> 01:11:52,000

bio biography book but

2006

01:11:55,430 --> 01:11:54,960

also i'm going to take the next year or

2007

01:11:57,590 --> 01:11:55,440

two

2008

01:11:59,510 --> 01:11:57,600

off from any sorts of adventures

2009

01:12:01,510 --> 01:11:59,520

especially big mountain climbing i think

2010

01:12:03,189 --> 01:12:01,520

those days are behind me

2011

01:12:05,590 --> 01:12:03,199

but i had gotten the green light from my

2012

01:12:08,229 --> 01:12:05,600

wife to try and get sponsorship to

2013

01:12:10,470 --> 01:12:08,239

ski to the south pole to work on the

2014

01:12:11,669 --> 01:12:10,480

explorers grand slam which is the seven

2015

01:12:14,149 --> 01:12:11,679

summits and then

2016

01:12:15,510 --> 01:12:14,159

uh getting to both the north and south

2017

01:12:18,149 --> 01:12:15,520

pole

2018

01:12:19,110 --> 01:12:18,159

but other than that i really want to try

2019

01:12:20,630 --> 01:12:19,120

and promote

2020

01:12:23,110 --> 01:12:20,640

the non-profit i'm a volunteer and

2021

01:12:25,830 --> 01:12:23,120

mentor for in purple heart summits

2022

01:12:26,470 --> 01:12:25,840

under the one team kogon foundation

2023

01:12:31,510 --> 01:12:26,480

umbrella

2024

01:12:35,189 --> 01:12:31,520

which is at www.oneteamcf.org

2025

01:12:37,750 --> 01:12:35,199

and our goal is to have the first female

2026

01:12:40,470 --> 01:12:37,760

per part recipient to get to the summit

2027

01:12:42,149 --> 01:12:40,480

and uh hopefully in the next couple

2028

01:12:42,950 --> 01:12:42,159

years we're gonna raise enough money to

2029

01:12:45,189 --> 01:12:42,960

get her there

2030

01:12:48,149 --> 01:12:45,199

whoever she may be so if she's listening

2031

01:12:49,910 --> 01:12:48,159

to this please feel free to reach out

2032

01:12:51,830 --> 01:12:49,920

thank you again to benjamin breckheimer

2033

01:12:53,910 --> 01:12:51,840

you can check out him and all the great

2034

01:12:55,750 --> 01:12:53,920

work he is doing on his website

2035

01:12:57,350 --> 01:12:55,760

just google benjamin breckheimer and

2036

01:12:59,510 --> 01:12:57,360

you'll see his

2037

01:13:00,950 --> 01:12:59,520

website thank you to our producer

2038

01:13:02,310 --> 01:13:00,960

michael parker thank you all for

2039

01:13:06,090 --> 01:13:02,320

listening we'll be back soon with

2040

01:13:10,790 --> 01:13:06,100

another episode of the hidden truth show

2041

01:13:13,990 --> 01:13:12,229

thank you for listening to the truth

2042

01:13:17,510 --> 01:13:14,000

show with jim breslow

2043

01:13:19,750 --> 01:13:17,520

you can find us at hiddentruthshow.com

2044

01:13:20,550 --> 01:13:19,760

follow us on facebook twitter and

2045

01:13:23,189 --> 01:13:20,560

instagram

2046

01:13:25,510 --> 01:13:23,199

that hit the truth show join us again

2047

01:13:26,550 --> 01:13:25,520

next week for another episode of hidden

2048

01:13:32,840 --> 01:13:26,560

truth show