

SHOWNOTES - Mike McClellan (22/50)

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SPEAKERS

Mike McClellan (Guest), Scott Hilton (Host)

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Scott Hilton (Host) 00:15

Welcome back to another episode of this my dad, Dr. Mike McClellan's here a lot of people know Mike's a chiropractor and guests and Alabama, involved in a lot of community activities and just a great guy, Mike, you know, you and I met many, many years ago our kids were, I went to school together, play soccer together, Danny and Austin and my one of my memories of you is we we were in charge of chaperoning this trip to the zoo in the second grade. And Danny and Austin were were little guys, and we went to the zoo and we lost them. Do you remember that? I did. I didn't tell you said that. Yes. So they're there.

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Mike McClellan (Guest) 00:54

In front of you, Leslie. Thank you.

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Scott Hilton (Host) 00:58

So Mike and I got carried away in some kind of conversation and we we looked we were over by the the giraffes and looked around and Danny and Austin all we were responsible for everybody else's kids do. They were nowhere to be found. I'm like, oh, no, my priority number one was none of the moms can find out about this. So we find and we find the boys and we kind of casually said Okay, guys, y'all got lost, but we found you rule number one mom doesn't know about this. What's the first thing our son Danny got home to mom, Dr. Mark and daddy lost us at the zoo. So that's my earliest memory of you. Yeah, but then we we coached soccer against each other when those guys were little and you were like the king of soccer. And I didn't know I never did figure out what offsides was. So think eventually I joined you as an assistant. Coach together goes together. And something happened one day at soccer practice and want to tell this story. The Eagle Rock which was the Boys Ranch that I founded was had acquired some property. We've just gotten bought bought some property from the city. And where to get now it's kind of just an incredible story of how God provided that 32 acres. And so I go to pick Danny up at soccer practice one day, and you wave at me to come over and I'm thinking, surely Milo Danny hadn't done something wrong. You know, I've been trying to get him to fight somebody

for a year he just so pacifist. But it turned out it was nothing but Danny. And you said, Hey, I've bought this property and it's got a house on it. And I'm wondering, I'm going to hurt you. He has some land on one of the Boys Ranch could use a house. Well, that really piqued my interest. So I went looked at it. Make a long story short, we ended up moving that house you donated to the ranch. Todd Walker's church, they store Christian Church, take up an offering an impromptu offering one morning collected \$32,000 paid to move that house, we ended up with a 6000 square foot house on 32 acres for 100 bucks. It's just an incredible story. And today the house that you gave to the Eagle Rock is being used every day. And it's several kids and have been hundreds of kids live there. So thank you for that you're you've left a legacy.

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Mike McClellan (Guest) 03:25

And thank you, you know, and we I think we're treating about three or four your house parents and its people and Belinda and Andy and yeah, it's like they're like our family.

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Scott Hilton (Host) 03:37

I was telling you can't afford to live. I've not always known why I was prompted to invite someone to be on the program. I think that's become clear to me in just the last few minutes. Because you've you had an experience of where you feel like it's time for you to tell your story. And I haven't heard it. But just just a little bit of it. So I want you to just roll into it. And I'm going to sit back Tell me Tell us tell your life story.

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Mike McClellan (Guest) 04:09

It's just It started out in a very interesting way. I guess because I was born January 7 of 55. Okay. Three weeks later, my father died. My dad dies, okay, he's 25 years old. He goes in the hospital, appendicitis they operate on him, he gets an infection and dies. So there's my mother with a brand new baby three week old baby lost her husband. So she moves back in with her family. And about a year later, she marries Jim McClellan. Okay. And so then, you know, Jim McClellan was one of 13 children, you know, grew up with an abusive alcoholic father, and basically, he had an eighth grade education. He really quit school in the eighth grade just so that he could work and bring money home to his mother and, and be able to bring things into the house and So, you know, when she married him about a year later, they decided to adopt me. And and then they had four other children. So I had two sisters and two brothers. And so growing up, you know, adopted and the oldest of the five was really interesting because, you know, when, when you look at somebody, you know, when you're really kind of studying people, you look at somebody and you think, That guy doesn't a person doesn't really like me, you know, you ever get that feeling? Like, you know, like, no matter what I do, I just can't seem to do it good enough, or whatever. And that was, I guess, pretty much the feeling that I had most of my young life is like, I just wasn't, I wasn't, I wasn't right, you know, what I'm saying? And so, and I, and I guess, really, and I made a few notes about, like, what were the negatives in that, but then also, you know, there was some positives, but, you know, basically, the way I look at the negative part of that was that he lived his life with us, like, he grew up, you know, he, he brought that alcoholism, he brought the abusiveness into our family. And, you know, I think there's people, you know, you're around people that are drinking, and they're happy, and, you know, the life of the party. And then there's that mean, drunk, you know, that just was, was

not a bad guy, when he wasn't drinking, but when he started drinking, like, you know, the world changed, you know, I'm saying, and I used to talk about how difficult it was, and, you know, the abuse on us and the abuse on my mother, I watched him, you know, beat my mother many, many times. And, you know, so as I got to be a little older, and, and I really kind of, I didn't know that I was adopted until some years later. And then I found some things about my dad. Okay. And I remember bringing them up one time at a dinner table. Like, what was my dad? Like? was the question I can remember. And, you know, Jim jumps up from the table and runs off crying. And I was told that I should never ever say that again. You know, Don't ever bring that up again. So it was almost like, you know, we the seek the secrets were what was obvious? You know, I would have thought that, why wouldn't we talk about that? Or why wouldn't we, you know, deal with those kinds of things? And what was the problem? I mean, I'm here, you adopted me, you know, I can't go anywhere. I don't, he's not alive. I can't leave, you know what I'm saying. So why couldn't we talk about it, and that, that my whole life was was a challenge for me that, that we really couldn't discuss that. And I think like, the pivotal points were, you know, like, sports and things that I wanted to do, I can remember him saying things like, you know, don't keep up with the Joneses. Don't be a glory hog, you know, and I know now looking back, it was his self esteem, that kind of lowered the standards, I guess, if that if I can use that as an example. But so the whole time that I was in high school and in middle school and trying to compete at any level, it was always like, Well, don't do that. Don't do that. You know, and I joke, I should have been a halfback and a wrestler, you know, I was really, really good at both of those. But I was never allowed to do that. Because that's like, the glory positions, in a sense, you know, so he held you back a lot. Yeah. And I really feel like he did in a sense, and it was almost a lot of like, the reverse psychology, you're not good enough, you can't do this. So it drove me to do it. You know, as an example, I played middle linebacker in high school at 140 pounds. And I when I'm saying, played hard, and was pretty actually turned out to be pretty good at that. lifted weights at a really high level competed powerlifting and things, but was always kind of, you know, never allowed to really do what I think I would have been really good at. Okay. So, and I think that was probably a pivotal point. He I remember one time, you know, I was lifting weights, and I got really strong and, and he came to me, and he said, you know, he kind of threatened me, and he said, you know, if you ever get the urge that you can take me, I just want you to know that, you know, I would use a pipe, I would use whatever it takes really to never lose. And I was thinking, Wow,

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Scott Hilton (Host) 09:03

your dad who adopted you is not going to take a pipe after you if he has,

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Mike McClellan (Guest) 09:06

that's what he said, You know what I'm saying? So, and, you know, man, like you're a teenager, you know what I'm saying?

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Scott Hilton (Host) 09:12

You sounds like you're gonna kind of have a harsh upbringing. Am I right? Am I reading more of this?

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Mike McClellan (Guest) 09:18

You know, I think and as I get through this, I think that, you know, he, like, he never could say he loved us, you know what I'm saying? And that may have been that generation, you know, and I look at it now. And I think back, you know, you grow up with one of 13 You know, your dad's never around your mother's pregnant your whole life. You know what I'm saying? I mean, poor thing. We counted at one day she was pregnant for 27 year pregnant or with a baby for 27 years. You know, that's pretty crazy when you think about it. And so that was their lifestyle you know, and so but you know, I can remember times when it just the house was like an explosion you know, is like this 800 pound gorilla came home and, you know, and just right knocked everybody's world. And, you know, I remember one time he was really, really drunk. And he is he and my mother were in a big fight and he was going to go back out again, he was going to go back to the bar again or whatever. And she stood in front of the door and wasn't going to let him out. So he put his hand on her throat, and He cocked his hand like he was going to punch her. And I just, I don't even know why. But I just jumped up and got in the middle of that. And I remember grabbing his throat and caulk in my hand. And there we stood face to face, looking at each other. And he broke the hold on my mother and just ran away, ran upstairs. And she looked at me and said, You need to apologize for that. I said, Whoa, I said, Well, I'm not gonna apologize, I may have just saved your life. But that's You're about as sick as he is, you know what I'm saying. And that at that point, and I was like a late teenager at that point. And really, that's kind of when I decided I need to get out of here. You know what I'm saying, like, I need to leave, and I need to get out of here. And so, you know, I had an opportunity to, to go to Canada, I had a chance to go to Canada after my junior year of high school and work in a fishing lodge. And then I had a really good opportunity. I went back at the end of my senior year, and I spent about four or five months there, I was able to stay until October, which is their Thanksgiving. And then I came home. And then I took a job in a factory. You know, they wanted me to go to college, I had no desire to go to college. I worked in a factory for a while. And then finally, you know, met a young lady that was going to college and thought maybe I should go to college, you know, but the thing that that happened during that time was, it was interesting, because when I got away, in a sense, I got away, you know, I felt bad for my sisters and my brothers, because I know, I knew what they were going through, you know what I'm saying? You kind of diverted that energy in that direction. And then when I was a sophomore in college, I remember getting a phone call one night from my mother. And she said, have you seen Jimmy? That was me two girls and Jimmy. And we were all about two years apart. It was a close group at the top. And then my brother Dan was six years younger than Jimmy came along six years later. So I get a phone call that that Jimmy has been gone for a few days. And it turned out that Jimmy had followed more in Jim's my dad's pattern, you know, in a sense, he was drinking at a young age, he was only 14 Kind of reminds me of your kids, you know, that you had at the ranch. And I mean, these kids just we're not going in the right direction. You know, I'm saying, and I was I wasn't home. So there was that guilt like, man, what if I wouldn't have gone to Canada? What if I would have stayed home? What if I would not have left? You know what I'm saying? And so, but anyway, as it turned out, I came home from college I was in finals week when she called me. I came home from college. And about two weeks later, they found my brother in the river, he had drowned in the river and floated down to the next town. And yeah, so it was like, I don't know, you know what I'm saying? What if? What if what if, you know,

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Scott Hilton (Host) 12:58

you had that guilt and you had taken on the role of caretaker over overload as

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Mike McClellan (Guest) 13:04

the protector to a certain point, yeah, but protect against something like that children

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Scott Hilton (Host) 13:09

of alcoholics tend to take on different roles. And they often take on the role of protector, and that's what you'd take him by, man, the trauma of having to deal with that bother you for a long time.

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Mike McClellan (Guest) 13:22

Doesn't still bother me. You know what I'm saying? It was weird. I was telling you just before we started this, a few weeks back, we were in Atlanta at a friend's and we were doing a chiropractic seminar. And this came up like, where did this come? You know why? I don't know why this came up. But he said, you know, this is about speak up and lead, learn to speak your voice and say you say what's on your mind. And we went to lunch and I was like, I gotta talk about this. And I looked at Leslie and I said, I gotta tell my story, which is weird to me.

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Scott Hilton (Host) 13:51

You didn't have an incredible story. But the most incredible part of the story is that you turned it around.

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Mike McClellan (Guest) 13:57

Yeah, yeah. That's the positive part. Okay. So, you know, let's just think about Jim McClellan. Jim McClellan was one of 13/8 grade education. Your stepfather? Yeah, yeah. Got it. And and I may be, in a sense, he was doing the very best that he could do with what he had, you know what I'm saying? But, but when I looked at that, and when I decided that I was going to have a family, especially when I decided to have a family, I made that that decision that that I was going to break that curse, you know, there would that generational curse was going to be broken. And there would never be addiction of violence, any of that in my home, you know, and so, you know, and so I think from the positives, maybe, yeah, the reverse psychology worked on me. You know, when he did those things to me, instead of breaking down, it made me stronger. Okay. But then Jimmy, when Jimmy when he broke Jimmy down, and he couldn't do it. I mean, I believe that Jimmy committed suicide and the way the way the few unroll happened in the way the whole town reacted to his losing Jimmy. It was a very, very strange event. So, you know, we truly believe that that he had just given up and said, I can't do this. And it

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Scott Hilton (Host) 15:11

was that it was that rough on him. Was that rough? Do you recall any particular point in time? Was there a specific time that you remember thinking, I've got to do better, I'm gonna change,

I'm gonna flip the script or just kind of evolve as time went.

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Mike McClellan (Guest) 15:30

You know, I think probably at that time when it got to the point, you know, I was about 15 years old. And I actually ran away from home, I just had had enough. And I, my neighbor, it was kind of funny. Rick Miller failed the ninth grade, you know, he was gonna have to stay because everybody else was going to the high school. And Rick says, I'm done. I'm never going back to school. And so I said, Well, you know, I'm having a really rough time you want to run away? And he said, Yeah, so we did. We started hitchhiking, you know, a couple of kids with a bag, you know, and started hitchhiking back in the days when you could hit pretty much anywhere, you know. And we were gone for about five days. And we had, I don't know, 40 bucks each or something like that. And, and we ran out of money. We eat pizzas every night. You know, it's kind of interesting. That's an interesting story in itself, but we ended up going to a town called Meadville, and there was an amusement park there called Connie out Lake Park, and we were trying to get to the park to get a summer job. We never made it there and looking back and with pedophiles, and all the crazy stuff that may have happened to us, probably was a good thing that we didn't get there. You know, I'm saying, but anyway, we decided after a week or so that we were ran out of money. We just turned ourselves into the police. And one of my parents came to get us and his parents came to get him and said, you just have to do it. So yeah, but I'll tell you what happened. You know, they, they picked us up, you know, we got locked in a cell. So we were in a cell for the night and Rick's parents got there first. And I'll never forget, they heard a, you know, policeman coming up the stairs and he opened up that door or you know, turns the key and opens up this big door and he goes Rick Miller, Rick comes to the door and I get up my walk to the door and he puts his hand in my chest and shoves me back and closes the door and locks it. Now for the first time, I'm thinking this running away thing isn't so cool, because I just got locked into cell by myself, you know. So record left, Rick's gone. I don't know if my parents are coming. You know, I don't know anything at this point. It's in the middle of night now. And you're 15 I'm 15 years old, and I'm locked into jail cell by myself. Yeah. And so anyway, a few hours later, they did show up turned out there was a there was a fire that diverted them or whatever. And so we get there, we get in the car, hug my mother based crime get in the car, we drive down the road just a few miles and he stops the car. And he said, so talk to me what's going on? And I said, Well, you know, he goes, Well, I didn't think he had guts enough to do this, you know? And he said, well actually said, I don't think you have balls enough to do this. Okay. And I say, Well, you know, whatever, you're gonna say, you know, and so he reaches in a shirt pocket, and he pulls out or he goes, Did you run out of money? And I said, Yeah, we pretty much ran out of money. So he reaches in a shirt pocket, and he throws a \$20 bill in my lap. And he said, you want to get out and keep going? Oh, my goodness. And I said, Nah, I'm good.

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Scott Hilton (Host) 18:03

Well see what it seemed like the people in your that you work on every day, and it's you associated with and that you've coached and that you've known for 20 something years, we would have never imagined that about you. Tell me about your kids.

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Mike McClellan (Guest) 18:19

Wow. They're amazing. You know, they are amazing. Austin, okay, Austin, you know, went to school with you with your kids. And, you know, we stayed together, we coached together, we went through all those things. You know, Austin struggled when he was young, you know, with some focusing things and, you know, trying to get a grant, you know, get a really good grip on things. And we were able to find some programs that really, really helped him. And so Austin went to Troy, you know, graduated magna cum laude. You know, I joke about I graduated. Thanks a lot. Yeah. Yeah. So, but he, he has done amazing. He's in chiropractic school right now. He's just finishing his entering the last quarter of his first year. You know, has honors, he's doing great in school right now. So he's a great kid. He's really social. He's gotten involved in some really social organizations over there. And he's actually was elected the other day to be the kind of community outreach person for a group Student Life Force group that he's off to block. Yeah. And we're very proud of him. He's doing some amazing things. So yeah. And then there's grace. You know, Grace. You know, Grace was played soccer since she was about six years old. Soccer has been an amazing passion for her. But not only a passion, it's been a huge platform. You know, it's given her an opportunity to show her faith, talk about her faith. A lot of people know recently she was a national champion, and selected as the number one all American number one goalkeeper in the country and an All American and then blew our ACL, you know, played three games on a blown AC Yeah. And and then is in a rehab process right now and God has just the path. I mean that that could be a whole story right there on the path that that she has taken to recovery. But yeah, it's it's amazing that you know how God is working in their lives and their faith has just been amazing.

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Scott Hilton (Host) 20:21

What I've been asking people this question in the, in the podcast and it's, there's not a right or wrong answer. I'm just just wondering how often did your family sit down and have dinner together?

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Mike McClellan (Guest) 20:34

When they were home? Yeah, yes, he was good at that. Leslie really was good at that, making sure that if we were in the house together, and we were home, that we were together, you know, and we did take that time, you know, and she would have a hot breakfast for them. These guys know, they, these guys have done the barbarian challenge with us. And, you know, Leslie gets up, walks around the house with a big pan and wakes them all up and make sure that we get together and have that meal, you know, and they've been to our house many, many times where, yeah, there's going to be a meal. And we're going to be together. And we're going to talk, you know,

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Scott Hilton (Host) 21:06

you're what we call a script flipper. Or one of the guys that came up rough and you've turned it around. Yeah. And so the evidence of, of you're turning things around is your children. Yeah, and we do something on the program here that we do it for a purpose. It's one thing we want to bring honor back to the role of the father, I think it's something that's missing. But we also do it because there's young man, there are young men out there, who are, who are where you were as a child, and as a teenager. And they're thinking, you know, I'm just I'm going to be a failure

I'll never have my kids are never going to make it. You know, it's just going to do we're just a mass our whole generations. And you've shown that that doesn't have to happen. And the evidence of that is your kids. So we we asked your kids to give us a little gift. Tell us who their dad is from their perspective, and we'd like to share that to you. Well,



22:05

I Austin McClellan and Mike McClellan is my dad. My favorite thing about him is how much he has taught like how much he still teaches me today, like from when I was really young, like he used to teach me everything about like, hunting in the woods, and sportsmanship and everything. And even and then now today, I'm in chiropractic school, and he's going like, watch his office, and I'm still learning things every day. And it's, it's crazy like that. You always think you're like, oh, I don't need to learn from my dad. I don't need to listen to my dad, like, but like, every day, I'm just sitting there. I'm just like, wow, he's got a lot to tell me. I need to listen, because he still teaches me more every day. And that's something I really appreciate about him. And I love him for is there's so much there that he any wants to help you and give that knowledge. Like one of my favorite memories is I was out we were out deer hunting. And it was it was like, the day I hit my first I shot my first deer. And we were just like, we had been sitting there and sitting there and sitting there and we're all cold and we were all cold. And it was just about to the sun was just about like was said like it was dark. It was like maybe like 10 minutes before we had to leave. And then my first deer walks right out of walk right down on the field. And I'm just like, and I'm arguing within like, 10 minutes. I'm like, Can I shoot it? Can I shoot it? Can I shoot and he's like, no, no, no, no. Let's just wait. Let's wait. It's too dark. And he's just like, please. He's like, Alright, fine. And you use he's like, Alright, I want you to hit it at this spot. Exactly. And it'll go down. And I was like, okay, okay, and I was like, all excited. And I got I got my gun up. And I got it. And I shot it in that spot. Exactly. And I hit it and it dropped in. I was like, we were all celebrating freaking out. Like yeah, and, and that was just like the best time it was like so much fun. And we were all like, and even now, like when we're in the woods together. It's just so much fun. And it's like, even if we're arguing or something's going on, like when we get into the woods, it's like, it's right back to that moment, those moments because it's we don't, it's just our time. And that's, that's kind of like my favorite moments. And so he always makes time, even if there's even if he's really really busy. Like if we have like events going on that he and he makes sure that he's there. Yeah, that's why I really love my dad.



24:44

Hi, I'm Grace McClellan. And Mike McClellan is my dad or DD as I like to call him. My favorite thing about my dad is he literally will talk to anybody and he's always saying hi to people. Like just random strangers, he's always had a smile on his face. And they'll literally talk to anybody. And he's so so funny. And like, I have so many funny videos of him doing embarrassing things trying to embarrass us, honestly, embarrassing himself, like anything like, just the videos that I have on my phone are just so funny, he could go viral on Tiktok if he let me show, but he is always so outgoing, like we pick on him that he's an old man, but he's really not he's really young. Or maybe we keep him young or something like that, I don't know. But my favorite like memory with my dad is when I was in fourth grade, and me and him stayed home. And my mom, my brother, they moved to Georgia for a year. And that time that I got to spend with my dad was really, really priceless at like a really pivotal point in my life, going like fourth, fifth grade. And we just got to spend some really good quality time together. And, you know, that

really built a really good foundation for our relationship going forward. And the last thing is, he's really taught me like the standards, and really what I want in my future husband, and he really showed me like, What a God fearing man is like, and to hold my standards and my worth and the kind of man that I deserve. So if I ever find a man that meets those standards, I know that we have a really great daddy daughter day plan for my wedding. So I look forward to rocket because I know that you're always up to do something funny, embarrassing, whatever. So we already have that play. But I just want to say that I love you, dad. And I'm so thankful for everything you've done for me now. And I know that you'll do for me in the future. And I'm really blessed to call you my DD.



27:15

Oh, guys, hey, like, isn't it so God, that he would stop you, in the midst of such a busy season, stop you in your tracks, so that you can tell your story about how you broke the curse, and that you relied on our Heavenly Father, to teach you how to be a great dad. And we are so thankful for that. You are a great dad. But more importantly, you're a great person. And you trust God with all that He has given you. And you're sharing it with us and with with the world. We appreciate it so much. One of the funniest stories, though, about you is the day that you came home from Promise Keepers. That was funny. When you came home and you're like, I am going to go pray in the office. That's what I'm going to do. I'm going to pray with the staff every morning. There you go. Bible into the arm, go into the office, sit there in the morning meeting and say, Okay, let's pray. And they all looked at you like, Are you kidding me? And I know that you were following God's will in your life, that you needed to be doing this. And oh my god, I know how scared you were. But to this day, we're still praying in the office for our patients and our staff. And for that, I am truly grateful. Mike, you're very, very special guy. And just know that in your heart you're truly appreciated by your family and by so many others, but especially your family. We love you.

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Scott Hilton (Host) 29:13

Thanks. What's the main so you might have your wife and your adult children respect to love you like that? That's huge. Whoa Whoa. Yeah,

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Mike McClellan (Guest) 29:31

that's crazy, isn't it? I mean, how else can you say it?

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Scott Hilton (Host) 29:37

I think we all have as men we we crave for our wives to respect us and appreciate us and and more maybe more for our children. But it doesn't come easy. comes after lots of years of being consistent and doing the right thing day in and day out. So why man you deserve that.

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Mike McClellan (Guest) 29:59

Thank you guys. So much this is the blindest on this one. You got me on this one? Yeah, but

Thank you guys. So much this is I'm blindsided on this one. You got me on this one? Yeah, but wow, that's big. That's big.

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Scott Hilton (Host) 30:09

What incredible story. Thank you. I'm honored that we were the first I guess to get to hear that, but I really believe that that this is just the beginning for you, Mike. Yeah, I think I think you're gonna be able to reach a lot of people tell your story. It needs to be heard.

M

Mike McClellan (Guest) 30:25

Thank you. I feel that now in my soul.

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Scott Hilton (Host) 30:28

Thanks, Dr. Mike McClellan for being our guest and incredible story, something I didn't know. I'm always impressed that God knows who we need. Absolutely. Well conclude this episode. Can't say any more of the that's my dad podcast where we're trying to inspire fathers to become great dads and break cycles of generational fatherlessness. Thanks, and we'll see you next week.