

Kenneth Malone_Audio_V1

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SPEAKERS

Scott Hilton (Host)

-  **Scott Hilton (Host) 00:15**

All right. Welcome to another episode of this one dad. I'm Scott Hilton here with Kenny Malone. Welcome to the program. Kenny.
-  **00:22**

It's good to be here. Scott, thanks for the opportunity to come speak.
-  **Scott Hilton (Host) 00:25**

I guess some people wonder why have I invited so many mo high school football buddies, but it was because you know, that's close to you guys know your stories, right? Inspired by you guys. We had a special group of guys and your safety? Correct? I was I was a nose guard and you the safety side never got see what you did until you laid somebody. You held the record at one time, I thought well, I guess you still do hold the record of the most starts in a career? Well,
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again, I think it was 41 Total starts. I think I played a little bit outside linebacker as well, my senior year. But mostly it was safe to spot. Yeah. And good old times.
-  **Scott Hilton (Host) 01:09**

Can you ever we started to do the podcast, I had you on my list from the very beginning. We only have 50 interviews right in the in the heads you on my list from the very beginning because I know what kind of person you are now as an adult. Yes. But I never recall seeing your

dad around back when we were playing ball. Right. So I want to talk some about that situation and how you overcame and turned around a situation where your dad wasn't there that much in the beginning,



01:41

correct? That's correct. He was not too much of my childhood, he was not, especially during high school years, of course, as you stated that my biological father was not a part of our lives. At that time. I had a stepdad you who was in our life pretty much throughout our entire childhood. And throughout that time, he was a provider, but somewhat abusive. And that wasn't a real good sign setting. Growing up in that type of environment made it kind of difficult to deal with what we had to deal with already with school, sports and things of that nature. Friends wouldn't a lot wouldn't really allow in our home and everything. And it was it was not a real good environment. However we may do with it. And but as far as my biological father as for regarding him being in our life as an our childhood life really weren't that much involved. I'll say this real quick. I think back now, and I can appreciate the relationship that we have now. And and I think sometimes how I feel as he as anyone would have a lot of regret, because you are not involved during that time. Much better relationship now. But during that time, it was not a whole lot of connection throughout our childhood.



Scott Hilton (Host) 03:39

Was that just what he knew to do? Or was there a reason for that? If you thought about



03:43

what, what happened? He, he and my mother ended up getting divorced, he married again remarried, and had other children in that family with his family, and just left town. I believe they moved to Ohio for a while and they ended up moving back to Atlanta. And it was when they moved to Atlanta that George there and I was at Carver gym one day. And that was this guy. We always knew that we had other siblings but just didn't know who they were. And that was this guy that was there in the gym as well playing basketball. And I just for some reason I thought he he and I resembled each other. And so we can play it around a little bit. And somebody I want to say that it was Bobby Simpson, your classmate introduced us and let us know. You know, I think y'all relate it you know, so we began to talk and yeah, we brothers, you know, come a time that we brothers, and it was at that time was part I was probably about eighth ninth grade during that time. And at the coming to that point, we kind of kept in contact with each other. Still not a whole lot of communication between me and my dad. Just kind of communicating with my brother. And so



Scott Hilton (Host) 05:19

was he a full brother? Hey, you didn't know he existed.



05:23



06:12

I knew he existed just didn't know who he was. I didn't feel when you found out you had a half and it was I was excited about it. Actually. It's almost like you when you some one, someone new coming to you, your life, you know, they bring something and there was a whole lot of similarities there. We, I felt like again that we resemble one another. He had both legs and just like I got both legs and built the same pretty much. And the conversation was welcoming. And it because we had a lot in common.

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Scott Hilton (Host) 06:08

So did that lead you to get to meet your biological dad.



06:12

It did. It did. We kind of communicated a little bit some after that as I got into high school, and more so after I got out of high school. I can remember he did send us something sent me something for my graduation. The summer that I graduated, I went to Atlanta and I stayed with him for a week. And and it's funny because that is as much devilment as I got in here. It didn't hold a candle to the kind of stuff the day was doing over there. And so by time that week was up, I'll read come home.

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Scott Hilton (Host) 06:59

So how did you how'd you reestablish you and your dad have a good relationship now? Correct? How did that happen? What was a process you went through there?



07:08

Well, it just I think time had a lot to do with it. One of the things, though, a couple of things that I decided that I caused, I decided I wouldn't do it because of the lack thereof of a relationship that we had. One thing I promised myself that I would always make myself available to my children. And then at the same time, I would not allow the opportunity to be passed up to have a relationship with him. I had some bitterness about it, somewhat, you know, but at the same time, I made a decision that I was not going to if he wanted to have a relationship with me, then I was willing to do the same thing with him because I can't understand how someone would not want to have a relationship with their with their children. I don't understand that. I don't, I can't say for sure that why that was. But at the same time, I believe that again, that there is some regret with him in regards to that, and, and I respect that, and I can appreciate that. Don't necessarily hold it against them. Just try to steal show my appreciation and respect for

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Scott Hilton (Host) 08:53

how painful is it to grow up without your dad you think about it or is



08:58

it throughout the years of that time? It was it was very painful to like I said before I was in a household where my stepdad was was abusive and and and that wasn't a good environment provider. You know, sometimes folks don't just because they do for you that you ought to be you should be willing to take whatever they dish out. But, you know, you can feed a dog all day, but if you keep kicking him around, he gonna get tired of it. And so, so that's that's that was that's how, you know that's basically how we, we grew up. And and by not having it that I there is some times that I think I think back about it. But as I say Earlier, it was just something that that I decided and chose to do differently. You know, and I think that kind of helps. That kind of helps the situation, from the time that I grew up as a child, that kind of help ease that burden and that net pain, because I just, I can I can change that situation, by doing something differently myself.



Scott Hilton (Host) 10:29

So instead of getting angry, stead of getting down and out, right, you said, I'm going to make it better for my kids. I'm gonna change it for



10:38

right. So I channeled that type of energy into doing differently. Yeah. And, and, and I'm, I'm a firm believer and principles. So if you do this, then this, this will be the outcome of it. And so I chose to go that path.



Scott Hilton (Host) 10:56

So a lot of that was driven out of pain, yes, like, yes, the pain that she felt I didn't want.



11:03

I didn't want, I didn't want that to happen to my children,



Scott Hilton (Host) 11:06

how did you figure out how to be a good dad, you're a good dad to your kids. Now,



11:11

trial and error, I just didn't have



Scott Hilton (Host) 11:15

you really didn't have that role model at home. Now growing up,



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I wasn't going to be abusive to the kids, my kids, I will go and treat and wail, I will go and make sure they were taken care of. And I just didn't want them to feel like they was in a household where you have to walk on eggshells where you were uncomfortable, I wanted them to be comfortable in the environment that they were growing up. And so I did everything I could to present that to them. So they wouldn't have to. Because that, you know, with the with the pressure that children have in school and dealing with friends and stuff, you don't need that same pressure at home. And so because you're going to get it as a child in the environment, that you're in school, and among so called friends, you know, you're gonna you're gonna have to deal with that. So there's no point and then having to go to school and deal with it, and then come home and deal with the same thing. So I just, I felt like that we could do things differently.



Scott Hilton (Host) 12:27

What are some things in retrospect? It sounds like you just kind of figured it out on the job training, it basically was looking back, what is what are some things you think you did?



12:37

I think that we taught our kids about respect. And, and we didn't have to discipline them. But you know, sometimes you say it's just, it's just what you say, you know, and and when you speak, they know that you mean business. I heard somebody say this here, not long ago, that there was a time that meant that boys will be free, afraid to walk among men. But now we are at a time where men are afraid to walk among boys. And you know, and I say that to say this, because in the times that we're living in, parents think that their children are always right. And especially when you are dealing with the school systems, you know, that was a time when we was in school. And if a if a if a teacher were to call our parents, then our parents were gonna take teacher side and deal with you accordingly, you know, now their parents are being called and being summons by the school. And they're talking about how right their children now Yeah, once I do that, a kid, it brings them up in a in a way that they think that they can get away with whatever because that's what the that's what they're thanking because they know that child already know how wrong they were. But when a parent comes in back you in regards to what you have done or what you have said and tell the school teachers or the authorities there that how wrong they are in front of a child, then that creates a very bad example for for children that are coming up. So therefore, when they are in the presence of adults, they think adults ought to show them the respect.



Scott Hilton (Host) 14:44

So So I'm wondering, what do you feel like the fatherless epidemic? What's that doing to our country? That 18 point 4 million children will go to bed tonight. without a father in your home, what do you think that does not only to the individual but to a society.



15:09

These children are gone without fathers, and by them going without fathers dad growing up and in an environment that is going to, they're going to find themselves either in jail, or in a grave. If if things don't change, now, can they change in that department? I think they can. Because I believe that you your podcasts have a lot. I mean, if you're reaching a million people, then is impacting somebody's life, you know, and then if people are listening to peep the people that come on and get an illustrated and give an illustration to how they live their lives, and were brought up, and, and, and can provide that hope for them. That is that that's a plus, it adds to that that can be done to show that young people, children that don't grow up with a father that you still can be productive in life, you still can make it in life, you still can, because you can make your own decisions.

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Scott Hilton (Host) 16:21

So I wanted you to come here because I knew what you had overcome. And so I want you to speak to the young man who is where you are. He may be a teenager, he may be an elementary school, or he may be a young adult fixing to have kids. And I want you to speak to them, and offer him some encouragement because what I want what I want you to get to look into this camera, okay? What I want people to see is a here's a guy who caves there's dad wasn't around, whose didn't have a great relationship with a stepdad who had every reason to be mad, to turn against the world to repeat the cycle, to just continue the snowball, but he made a change. So here, here's a guy who did it. And so I want you to speak to the ozone man who are used to be and give them a word of encouragement or advice or whatever, whatever you want to whatever is on your heart to give to it.



17:26

Okay, I would, I would definitely, definitely say, first of all, just looking back at mine situation. One thing we have to do is to be willing to forgive, because that's going to be the initial step to you as an individual to get better, and get to a point in your life where you are able to if the possibility of connecting reconnecting with that father, stepfather, whomever it is, you got to be willing to forgive the individual for what they did, if they were not involved in your life in my particular case, as I stated earlier, that I know that my father has some regrets about not being in in our lives. But I'm grateful today that there is a great relationship between my dad and myself, as well as my brothers and sisters. But I just want to offer you some encouragement to let you know that there is hope. And you as an individual can initiate the change. There's an old saying to two wrongs don't make it right. And it takes a fool to play the game. So just because someone may not have done right by by you, you don't have to do the same thing. Again, you can initiate the change. You can be the one to flip the strip, you can be the one that makes the decision that we're going to do things differently. You can change the world with just a decision to decide that I'm not going to do what may have been done to me. I'm going to be an inspiration to people to help change things in the lives of young people. You never know where your life is headed. As Scott said that I am an example. I had no idea where God was going to carry me I didn't know what I was going to do. But I believe that my life has been changed. First of all, because God, that was his direction, and I chose to follow the direction of God. And I just

believe that if I can do it, you as where you were you as well can do what God has done with me. So don't allow yourself to be negative. Be an encourager encourage yourself when nobody else is willing to encourage you be stretched sometime for yourself, you can make a difference. And I hope if as you watch this podcast that you look at my life, and you can you see that if God would do it for me, he'll do it for you. Also.

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Scott Hilton (Host) 20:46

That's great coming from a guy who's been there, that speaks powerful. So we got one more little thing, Kenny, we got a little gift for you. As we close out, Nathan's gonna show you something.

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20:59

Good evening. My name is Don Taylor. And this video is for you. This is for you, sir. submitted this and the thing I like most of my dad is, you know, he's always there. He's always there. No matter no matter what the situation is. Even if he may feel some type of way. He's always there. Like these people know, he's always there trying to help people out. And that's, that's partially where I get it from. I don't just get it from him. I get it from all family. But that's definitely one thing I've watched him do growing up that he always is willing to give a helping hands with somebody you know. And my favorite story, man there there are a lot of stories that come up in there too many. But I tell you, I think one it is really memorable as the first time he took us. He took me and my sister fishing. We went with him. His friends, our co worker. A it was like the first time he really taught me how to fish guys. We had some shrimp though, used as bait and was out there on the boat. And we just really had a good time. But you know, I can't really just give one specific story. You know,

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there are just so many great things. Even coming down to when taught me how to do things, working on a car while doing things with the house. I mean, there are a lot of things. But the greatest thing she could have told me

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23:13

was the how to be a good man how to be a good father, and how to be like the husband. Those are the three things I know. He showed me an example of how to do and I just want to say thank you. Thank you because you didn't have to do it that you did and you set an example for me. And definitely a better man because I appreciate you

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let me know like best about my dad. Ah the man's my twin basically. So really, I guess I just like to say that we get each other. We're both goofy. We both get on my mama nurse. And we both kind of think of like, in a sense, so he's my role doll that's like, as like my best friend. That's my

Doula I did as bishop. I click on that guy and we should know you're totally alone. My dad is my favorite story about my dad. I don't really have a favorite story. Only because we're around each other a lot and so every time I'm around him is always something I guess the most recent one is when we went to DC I'm seeing him wanting to go look at like all the sights and stuff. It really made me happy to see him happy. Like, he lit up when we went to the White House that was, is funny because sometimes you look at your parents, and you don't see them as anything else, but your parents, but the older I get, the more I realize that they do have a life outside of just being a parent. So just seeing him like that. That right there is probably my favorite memory. Most recent, is it. Um, I want to thank my dad for being present. Yeah, be in prison. Because a lot of a lot of people don't really have a dad or a father figure in their life. And mine has been with me, since the day I was born, like we've been like, we've been tight. Like Mike and I. He's taught me a lot, even in the stuff that he doesn't say, in the stuff that he just like does, it teaches me something new almost every day. So I really just want to thank him for being like, there. And being an example of something I should look forward to, and hopefully a future spouse, but as later on in life. Um, but yeah, I really just want to thank him for being him and all that God leads him to be.

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Scott Hilton (Host) 27:11

So give me that sort of, that's a result of that decision you made. That's any comments as that make you feel



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that it makes me feel really good. And I definitely am thankful to God for the opportunity to raise him and my daughter, and I'm thankful for my family is truly a blessing. It's truly a blessing that y'all got me on that one. That's good.

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Scott Hilton (Host) 27:36

Well, thank you for being script flipper. Well, thank you for setting the example.



27:42

Praise God,

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Scott Hilton (Host) 27:42

thank you for coming in and sharing because I know it's not always easy, right? You've just been sharing your business with the world. That's a little scary. So it can be you have to be vulnerable. But I think you're gonna inspire somebody. And that's well, while we wanted to ask



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Ashley I hope so I hope that that is somebody

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Scott Hilton (Host) 28:03

that's not only going to change them, that's going to change their children's lives. And they're too. So yeah, they will use a cliché if it's one person, if it could be 10s of 1000s. But if it's just one person, and this and something you said, inspires them, right? And you've affected generations to come. Absolutely. That's what we're all about. Absolutely. Thanks for coming in. Thank



28:27

you, Scott. Thanks for having me. I appreciate the opportunity.

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Scott Hilton (Host) 28:30

It's great to get to hang out well Yes, sir. All right, that will conclude this episode of last my dad where we're inspiring fathers to become great dads and we're seeking to break cycles of generational fatherlessness. Hope you've enjoyed Kenny Malone story. Be inspired. And if you're one of those guys that used to be in Kenny shoes, look at him, see where he is now. You can do to see you next week.