

S1 E5: One Lesson at a Time

(AJ II & Malcolm Lemmons)

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Intro song: 'To the Max'- Drake

0:07 AJ: Hey! You're listening to *Max Out Time*, this is AJ II, and I am ready to give the people what they want. Today's episode is long overdue, and my guest needs no introduction at this point. You can find him on TV, whether it's WJLA, ABC 7 or appearing on Roland Martin News One Now, or maybe you've seen his tutorials on 'life after sports' for Athlete Network and Huffington Post. Anyways, we've got the man, the myth and the soon to be DMV legend. My man, Malcolm Lemmons is in the house today folks. Tune in as we discuss Malcolm's recently published book, *Lessons From The Game*, available through amazon. Plus, his time as an athlete from I street all the way to Tokyo, so get ready to Max Out everybody! Malcolm, what's really good?

0:52 Malcolm: Appreciate you having me on the show today.

0:55 AJ: Man, I just want to jump right in to everything because we've had a lot of time to talk and just, be with each other for the past couple of weeks, being at your book signing event, and sharing each other's work and interviewing each other. Let the people and the listeners know, who you really are, and what you bring to the table?

1:13 Malcolm: Right now, I'm an author, entrepreneur and public speaker, former professional athlete born who was born and raised in Washington DC. Growing up in DC, sports was my life, you know, I played since I was a young kid, in elementary school, all the way up. In high school, 4 years of basketball went all the way to play in college.

1:33 AJ: Got to give a quick shout out to Lafayette.

1:37 Malcolm: Ah ha! (AJ: Don't leave that one out.) Oh I can't leave that out. I played with so many teams over the years, some of them get lost in the background, but I gotta give a shout out to Lafayette because that was where my football career really started.

1:46 AJ: Ok, Lafayette Panthers we giving that a quick shout out, Ricky, Coach Downs, Coach Nico Rico all them. You know what I'm saying. Give a quick shout out.

1:55 Malcolm: All good people right there man, so yeah you know I gave up football going into high school because I really wanted to focus on basketball. That was really became my passion going forward, so playing four years basketball in high school, got cut my Sophomore year, and I just really went through some ups and downs during that time period. It helped me fell forward in a way, and helped me realize how much work you have to put into a dream if you want it to come into fruition, if you want it to come true.

2:24 AJ: So, you tell us you had a little bit of Michael Jordan episode going on.

2:28 Malcolm: I did I did...

2:29 AJ: What was that experience like?

2:31 Malcolm: Well, back then, it was very hard to deal with. I almost gave up basketball completely, the only reason why I stuck with it was because my mom actually talked me into continuing. She's been an inspirational figure in my life, and really supported me in whatever I was doing throughout my life and in all of my dreams. If it weren't for her, I probably wouldn't be pursuing basketball but, I stuck with it. I ended up playing JV in sophomore year and in Varsity for two years, and I had a bunch of scholarships after that. It looked like my hard work had paid off at that time.

3:07 AJ: Tell us about Gonzaga because people who aren't washingtonian or DC natives, they might not know how like nationally publicized ya'll were. Ya'll were basically, like B2K, of the mid 200s so what was that powerhouse playing for them like?

3:25 Malcolm: Well, I think in the WCAC you have the best athletic conference in the high school sports period, (AJ: Arguably.) arguably, but people in this area, they're going to claim that. Playing for Gonzaga was very difficult because it was more a collegiate setting, where you have classes that are extremely hard, academics that are extremely challenging. You got sports on the other hand and it's year-round, so you're participating in pre-season, you're going around four days on weekends so it's really like a collegiate setting. Doing that in high school is very tough to handle at that age and it takes a certain level of maturity. It was what we all needed in order to make that step to college, and a lot of athletes that came through Gonzaga went on to be very successful academically and athletically because of that setting, and because of how challenging it was in high school.

4:17 AJ: Going from high school to college, what was the transition athletically for you? Because, I know you played at a number of different schools, and had a transition period there, so can you speak a little bit about that?

4:28 Malcolm: It was it was very easy, athletically, just because I had played such a high level of basketball in high school. Academically, I struggled a little bit just because of the environment, you're on your own in college and you have nobody guiding you except the coaches. But, when you're out of sight, you do what you want. It's finding the balance between the two. The hardest part was building a team around guys who are from different areas, so individually, I think I was reading for the competition. As far as, meshing with a group of guys who were very young, we were actually the third youngest team in the country in my freshman year.

5:05 AJ: Which school was this?

5:07 Malcolm: Niagara University

5:08 AJ: Niagara, okay, so you finished out in Cali.

5:09 Malcolm: Yeah, so we were the third youngest team in the country and we were thrown into the fire immediately. We had four freshman starting with me included. You know, I did very well. A lot of up and downs which comes with being a freshman playing at division one basketball you're going to have those ups and downs. You might hit a freshman wall, and as a team, it was hard to get those group of guys to mesh together. We didn't have the season we imagined but it was a good learning experience going forward, and we kept getting better year after year, when I was at Niagara.

5:39 AJ: How long did you stay in Niagara?

5:41 Malcolm: Three years.

5:41 AJ: Okay, three years and then you went out to Cali. What was the Cali experience like?

5:46 Malcolm: Ah man. it was love.

5:47 AJ: California looove.

5:49 Malcolm: That was actually the best decision that I think I had made. Just, because it helped me grow so much, being that far away from home, just in that year. I went out there just on faith, I didn't know the coaching staff well, I didn't know none of the players that I was going to be playing with. I didn't know how the school was and to leave all of that up to to chance my senior year, and especially when I had a dream of playing professionally. That that was a huge thing, and I matured so much throughout that season.

6:21 AJ: So we're talking about basketball right now, and coincidentally, your book is titled, *Lessons From the Game*, so can you transition into telling us exactly what those lessons are, and what exactly are you talking about in your book. Is it college game, is it high school game, and is it your life? Could you just give everybody a synopsis on what the book is about?

6:41 Malcolm: It was really about my life so, I think throughout playing sports your entire life, you can learn so much. Not only does it teach you how to be self-driven, how to work hard, how to be disciplined, how to work within a team, sports teaches you so much about life that is applicable in any area, or any career path you choose to go down. I think I really wanted to part those lessons into the next generation, and give back to other athletes, and I really just tell my story through that. So, that's just basically the inspiration behind the book, and why I think it's so important, and it largely in part. People play sports, but you do it just for the athletic game, you have tunnel vision that you don't see that one day that ball is going to stop bouncing, and you're not going to be able to play this sport forever. So, what did you get out of all those years you've played? What did you learn that can be used in anything you want to do in life? So, that's the bigger lesson behind the game.

7:40 AJ: Did you always want to write a book, because, you talk a lot about those lessons? You had more of that vision outside of the tunnel vision, so did you know - from what point on did you know that you wanted to write that book?

7:51 Malcolm: It actually happened by accident, so when I was over in Japan, I never thought of myself to be an author, you know, writing always came naturally to me, English was the only class I got A's in.

8:05 AJ: So them biology classes wasn't doing it for you?

8:06 Malcolm: Naw, I wasn't doing Math, Science, none of that, but yeah, writing always came naturally for me, and being over in Japan playing basketball, you have nothing but time outside of practice and games. I really just kind of got to thinking what got me here, and thinking about my story. Some of the obstacles I went through, I wanted a way to detail that, and kind of just get it down on paper to lay it all out. I had actually wrote so much that I wanted to turn this into a story to inspire others, and I didn't give it too much thought at the time. The more I put into it, the more I saw the story as something so much bigger than me and that's what I really wanted to do with the book.

8:46 AJ: Quickly give us...what's the most vital lesson in your book? It's called *Lessons From the Game*, I'm sure every chapter is a different lesson so which chapter should they go

right away, and what's the most important for an athlete? Especially in this life after transition.

9:04 Malcolm: I really wouldn't want to put any lesson over another but I think, the first lesson that I talk about which is the power of the mind. I think it's largely understated, you know, they say that sports is 90% mental and 10% physical. I think, that's life, everything starts with what you believe, what you think, how you view yourself, and what you believe you can accomplish. I think largely people don't understand how powerful their mind, and is something that should be expressed more often.

9:36 AJ: I think you hit it right on the nail, the power of the brain and what's inside in the mind will push you further than any physical attribute, or any talent, or anything that any coach as ever said to you, any stars that you got in high school or college or whatever, any accolades, it's definitely that power of the mind. So, definitely get to that first lesson and go and jump right into that book everybody. So what is a day in the life of Malcolm? You're a retired hooper, so I see on IG, you're at the gym, 5am, you're at the gym! I got that text this morning, and I was like, he's probably at the gym right now. I've been trying to work out a little bit like you but you're getting up way too early for me. After I got out of the college, we practiced from 7 until 12, so I was up early every day in college all four years. When I got out of college, nah, it wasn't like that no more. Today, I actually got up this morning, 5:55am, and I was doing something, but you were already up for an hour, geez, not enough hours in a day. How do you do it all? What's a day in the life?

10:39 Malcolm: Everything goes back to sports, managing your time. I learnt that through sports, you have to prioritize. I think that, as I have more priorities, and things start filling up on my plate, it's important for me to actually delegate what my day looks like, so it really varies. Some days, I have more free time. As of recently, the book releases, the launch parties, and having to do different interviews and stuff, my days have been busy. It's a lot of emailing, it's a lot of co-calling, a lot of reaching out to people to see what I can do to promote myself, my brand and my message. My day consists a lot of that but it can vary from day to day, from week to week. That's just the life of an entrepreneur, and anybody that is doing their own thing.

11:23 AJ: You mention entrepreneurship, and basically you went from an athlete to a business man per se. Why business? Why not be a coach? Why not be an agent? Why not get that bread somewhere else in the sports field. Why do you want to be a businessman?

11:38 Malcolm: I think, it's inside of me, when I was younger, I used to sell candy at school, water, anything I can to make a dollar. It was just that hustle, that grind, that lifestyle, no one's telling you what to do and where to be, that's me. I am very self-aware when it comes to that aspect. I never really wanted to be a coach or an agent. I wanted to be involved in sports somehow, but those things didn't excite me as much as having a business, and making a larger impact on the athletic community.

12:12 AJ: Tell us more about your first business. I get to Googling and I'm on YouTube and here comes a video of Capital Sports connections, and you're standing in front of the mall, talking into the camera, talking about that you were an NCAA athlete and now you're a CEO, so talk about your CEO-hood, and you being a businessman with Capital Sports.

12:32 Malcolm: That was actually my first legitimate business,

12:33 AJ: Right, that was the first one but before that you had the pens, the pencils--

12:39 Malcolm: I had a lot of different businesses man, but that was my first legitimate business. It was really just a learning experience, so my first couple months out of college, I knew I wanted to get a leg up and start my own company right away. I knew it was something I wanted to pursue, and if it didn't work out, I had time to correct my mistakes, and go forward. This was right before I went overseas, I didn't really know if I was going to Japan to play, and so, I started this business. It was a recruiting company that focused on helping student athlete transition into the job force, so, helping them with career development, resume writing and interviewing, things of that nature. To really just help that transition be more seamless, and that was the aim for the company. I had to dissolve it just because I went overseas. Overall, I learnt so much from starting that first company.

13:32 AJ: You're not only a businessman, you're an author, but you're a writer as well and a blogger. Tell us a little about *Huffington Post*, because I feel like it's every day, I'm trying to write one of my little blogs that I put out every week. You get about four of yours out before I even get the next sentence out, you know what I'm saying? So, *Huffington Post* and *Athlete Network*, you're all over it with these tutorials, how did that start, and how's that going for you right now? It seems crazy, like you do it a lot.

14:00 Malcolm: Well, I do a lot of reading on personal branding and entrepreneurships, so one of the things was to have my own platform where I could express all my ideas. Really just to serve the community of athletes, empower them through my words, and through my messages. Like I said, writing is something that has always come naturally for me so I am able to sit down one day, and if I get an idea, or I am inspired by something I've heard or I've

seen, I'll be able to knock out an article in an hour or two. Basically, writing has become the medium for how I get out my message because it comes so naturally to me. I know that, if I can perfect my writing skills, it can open up new avenues for me to do other things to help athletes, and open up new mediums.

14:46 AJ: But is there a method to your madness? It seems as though, for example, "three ways" to build your brand as a college athlete. I see the three ways, the five step, the process, the method. Are those the ways you write all of your articles, it seems like you really know what you got going on here, and you have a method to everything. Can you tell us about your thought process?

15:06 Malcolm: In a way, it kind of depends on the value that I want to give back to the athlete or whoever is reading the article. A lot of my articles are step by step because I want to lay out who I did, or what I've heard someone else do, and what I've seen, and really give as much value as possible in each article. When I talk about how to build your brand as college athlete, I'm looking at it from the perspective of a college athlete, and something that I wish I would've started doing. Optimizing your social media profile and networking, things of that nature where it's going to help you outside of sports. I'm really just trying to provide as much value as possible, in my articles, and just lay it out where it's easy to understand, and athletes or whoever is reading the article can take action immediately on the content that is provided.

15:52 AJ: Where do you get most of these ideas? Basically we talked about how you got a backlog on of how many? How many do you think? If you could just write them all right now, how many do you got just in the archives?

16:03 Malcolm: Umm...I would say content ideas, about a little over 30, but they're not all laid out. A lot of things, I'll listen to podcasts, and I'll be like, how can I translate this to help an athlete, who may be struggling with transitioning in their lives? I'll read words, certain things and I'll get inspiration from other people that I listen to, and kind of just go off that. I have about 30 articles titled backed up, that I can just add content to at any time.

16:36 AJ: From now until New Year's eve, you going to get a Malcolm Lemmons, Athlete Network blog post on anything from how to tie your shoes as an athlete, to athlete to getting the best workout in at 5.30am. Because, he is truly a master at it, and just talking about athletics in general, what was it like? Man, you made it, you made the dream. Everybody don't go to the "league" league, but you played overseas in Japan. I hear you did well out there.

17:12 Malcolm: I did alright man, I'll tell you one thing man, it's not all glitz and glamour, I mentioned that in the book. People think man professional athlete, I get the girls, I get the parties and the lifestyle. It ain't all that all the time.

17:27 AJ: All all the time. Yeah you gotta get them keywords in there. It's that but it ain't all the time.

17:31 Malcolm: You going to get that some of the time but it's a lot of work, imma tell you flat out, and it's hard, especially playing overseas. I don't think people really realize how difficult it is to assimilate yourself in another country, and to make that change alone in your early twenties. It's very difficult, especially coming from a lower school or you may be transitioning into a lower league overseas where, you got a problem with the coaches, the players, you could be losing, you could be homesick, you might not like the food, religion. There are so many different aspects that you got to take into consideration when you move to an entirely different world, essentially. I think that was the hardest part for me was really understanding that I have to be open minded and open to a new culture, and a new demographic.

18:23 AJ: But peak on the actual team atmosphere because you said you got to get along with the coaches, the players, the organization, the fans, everybody. My man Kyrie, just yesterday was on *First Take* giving Stephen A. and Max Kellerman the business, right?

18:37 Malcolm: I respect it.

18:39 AJ: You respect it? (Malcolm: I respect it.) That's what I was getting ready to say. So, did you have any moments like that throughout your whole playing career, just of you want to do something else, or X because of another teammate, or just like KD thinking about that KD situation with Russ, would you ever leave a team or a franchise and be like 'deuces' and not tell anyone?

19:01 Malcolm: I think it's situational, for KD and and Kyrie, at the end of the day, what they are trying to say is that they got to do what's best for them. Not what's best for the fans, not what's best for the team, or for the organization, because nobody is going to be loyal to you at the end of the day unless you are loyal to yourself. You have to put your needs, your happiness, your wants above what everyone else wants you to do. At the end of the day, it's your life, and I've always said that. No matter what your dream is, and what you want to do, you're the only person that you got to answer to at the end of the day, not your mom, not your dad. You're the only one that's got to live your life so I totally agree with that Kyrie said, he doesn't have to answer to LeBron, LeBron is not his dad, LeBron is not his agent.

19:43 AJ: Did you see that clip? They quoted Tristan Thompson as saying LeBron is like a father figure to him. Curry went, 'Ah, I got a dad, his name is Gerald Irving*** blah blahblah he is my favorite player" and this this and that. That might have been what set him on edge because basically, he was saying that, not only was he a little brother to LeBron, but LeBron, was sonning his own teammates. I don't know if you actually saw that clip but it made me think of that immediately.

20:09 Malcolm: I I didn't see that clip but...

20:10 AJ: Tristan Thompson said it!

20:10 Malcom: It might have set me off too.

20:14 AJ: It might have been that Kardashian potion, or something that's floating in the water down there in Cleveland, I don't know what it was but it was something.

20:21 Malcolm: Yeah but I mean, Kyrie did the right thing, he did what was best for them, and at the end of the day, you got to look out for number one.

20:30 AJ: So, your pro career was all overseas and all in Japan, correct?

20:35 Malcolm: Right.

20:36 AJ: Two different teams and two different cities?

20:38 Malcolm: Two different teams and two different cities.

20:39 AJ: Two different teams, two different cities, so for a time period, you were a foreigner and immigrant, and you had to adjust to that lifestyle. What was it like living in a place you've never been to before, I'm assuming. How did that make you feel as an outsider?

20:56 Malcolm: The first time I was over there was very difficult, especially in the situation that they had placed us in. It was very, very hard to adjust, the second year, it got a little bit easier and I was a little bit mature, I had a year under my belt so it was easier to make that transition back over there. Like I said before, the key is being open minded, if you are not open minded, then you're not going to survive in another country. You going over there, you don't know nothing, so you got to be able to understand the people, you got to be able to understand the culture, and the language and try to relate to it as best as possible, you know and really just be welcoming to a new environment.

21:41 AJ: You know, so the reason why I asked this is because our current head of state has feelings towards immigrants in this country. With the wall and the DACA rescind everything

that is going on with immigrants right now. Did you feel any pressures from the Japanese government while you were there?

22:02 Malcolm: Not at all, I think Japanese people as a culture are very friendly, they're shy but they lay love our cultures, they love Americans overall. I think with World War Two and the bombings, there are some animosity with the older generations, but the young people, they were very generous to us.

22:25 AJ: Did you see any of that animosity?

22:27 Malcolm: You can feel it. Some of the stares, and some of the looks that you get walking around, it could just be me.

22:35 AJ: You don't think because you was black? You don't think that was because you was black?

22:35 Malcolm: It could be! I think it's a mix of both. But, you know, anytime you got people who, some people feel entitled, and you come into their country, they may feel some type of way. Being American, we're supposed to be open to all different races, different cultures, ethnicities and backgrounds. I don't have that viewpoint, and I try to - whoever I meet or whoever I come across, I try and treat them like anybody or any regular person.

23:07 AJ: You played pro, you're a businessman now, and so a lot of this has to with this greed that we talk about, it's about money, right? Did you see any wage-based discrimination or have any contract disputes? When you're playing ball, you got to get that money, and you got to know who's looking out for that money. Since you're a businessman, entrepreneur and smart guy, you know how to handle that. Did you see any discrimination from that standpoint?

22:34 Malcolm: A little bit here and there, nothing major with me particularly. There was a couple times where I had some bonuses in my contracts that wasn't paid, things of that nature. So it wasn't - Transportation reimbursements sometimes, they didn't want to give us that. I think that it comes with the territory of playing overseas, the laws are different, you don't have nobody to lookout for you, you're over there by yourself. You have an agent, but they're probably back in the States. You really got to be cautious, and try to work with the organization, especially if they are having financial problems. But I have heard stories where guys have been duped out of a hundred thousand dollars, things of that nature. Fortunately I didn't experience it.

24:16 AJ: From your team, specifically?

24:17 Malcolm: Not from my team but from certain countries, but it varies man.

24:21 AJ: Good thing you didn't go to Turkey or nothing like that.

24:24 Malcolm: It's true man, you got to be careful, a lot of these organizations, they'll try and get one over you, especially if you're losing. If the fans are not happy, man they'll try to do anything not to pay you, or send you home, so you really just got to be careful.

24:39 AJ: While you were out there, and just in your athletic career, did you do a lot of interviews, were you on camera at all? People sticking their microphones in your face? Because, nowadays, that's kind of all that you're doing. I look on Facebook, and I see you're in the studio somewhere. Were you trained in that at all, or you just kind of naturally can talk in front of people?

24:59 Malcolm: You know playing at Gonzaga, I learnt a lot of that early, since we were one of the best teams in the league.

25:04 AJ: Y'all high profile. Y'all win every game. You know? I was in the eight grade you came over to St. Albans bout forty fifty pieced us, man, Doug was about this tall he was playing on the--man--

25:17 Malcolm: You going to get that attention at a place like Gonzaga, the media is going to be at your practices, you going to start getting that training earlier. I was never officially trained, a little bit in college but just over the years, the more you practice, the more comfortable you are going to get. Being on TV or being in front of the media, and handling different type of interviews, and things of that nature.

25:38 AJ: So, once you got back here, you kind of got things rolling. What was it, ABC 7 appearance you had a couple months ago, what was that like?

25:45 Malcolm: That was a great experience, it was my first time being on the news, doing it live for an interview. It was just a great experience, just being on set, kind of experiencing what that was like, and I'm really looking to get back onto live TV news channels soon, so that was an overall amazing experience.

26:07 AJ: So, also in news, live TV, news channel, I watch News One Now all the time and I didn't know you were coming on, if I knew you were coming on, I would have recorded it and done all of that. What were you talking about with my man, Roland Martin? Was he acting as

wild as he usually is? I saw him down at NABJ, I saw him at the ESPN party, at the House of Blues. He was on stage cutting up!

26:29 Malcolm: He's a wild dude!

26:31 AJ: It don't matter what the song was, it could have been Bodak Yellow, he was killing it. In a fly uh all-white suit.

26:38 Malcolm: He's a wild dude man, but there's actually a story behind how that happened. So, I actually wrote an article for the *Huffington Post*, that talked about whether or not college athletes should be getting paid, and kind of laying out the pros and the cons of it.

26:50 AJ: You damn right they should.

26:51 Malcolm: That's a story for another day.

26:52 AJ: And I ain't even listen to it I know they should.

26:54 Malcolm: But you know they actually found my article, and the night before they called me, and they wanted me to come on the show to highlight some of those pros and cons, and talk a little bit about the racial dissimilarities that it might be attributed to. The majority of the country, from the poll that they took, majority of whites in the country don't want student athletes to get paid, as opposed to, many African Americans who do. The top revenue generating sports which is men's basketball, men's football and women's basketball, majority of those athletes are African American. That's what the segment was about, they had me come on, and reaffirm some of the points that they made, and why college athletes should be getting paid.

27:43 AJ: I mean, just look at the top of the NCAA, CEO, Mark Emmert, old white guy.

27:50 Malcolm: Making a lot of money.

27:51 AJ: Making a lot of money, and he don't want to get paid for nothing. He's on the record.

27:54 Malcolm: NCAA is a non-profit organization, so that speaks volumes within itself.

27:59 AJ: Look at the Ball family right now, and all the things they have gone through. They going to go through it with every single one of the kids, because Lavar Ball don't give a damn, as he shouldn't. But Lonzo went through all of those things he had to endure at UCLA and now, it's Gelo, it's Gelo's turn. I was watching Ball and the family the other day and it was the third episode, and he was saying, he couldn't participate, they had a pop up shop

selling all the brand appeal because he can't tell someone to buy a product especially a product in his likeness. So they are going to go through that for the next well three to four years because they're all going to be one and done presumably. They're going to have to keep fighting this, but there are ways around it because Big Baller Brand is making waves.

28:49 Malcolm: Yeah, I love how they reinventing the game, he is real taking control of the brand, the family is taking good control over their brand, and using that to promote themselves, and I totally agree with what they are doing. I don't think there is anything wrong with it, and I'm all for it.

29:04 AJ: I don't think nothing is wrong with it, I'm on season 4 - I'm on episode 4 (Malcolm: I got to catch up.), I watch it every Sunday. It's on Facebook, 16 minute episodes, just take a couple minutes out of your day, after you writing 16 or 17 blogs. Yeah, I watch it every weekend, because I'm all for it. I'm all for the brand. If somebody want to get me 494, I'd go get the Zo 2s, but I only got - see the way my checking

29:30 Malcolm: I don't know if I can play in them joints they look like-

29:35 And I got a savings too but the way my checkings and my - you got to, right - but speaking of checkings and savings, Kevin Hart, he's in the news right now (Malcolm: Yeah, he going through it.) for going through a little situation. What do you think? He is actually the first , i'm going to go on the record and say it, the first black male to ever cheat.

29:56 Malcolm: According to social media.

29:59 AJ: In history. Yeah I mean we ain't did it. None of us did it. It must be true That's how polls work right? What do you think about that situation? We going to wrap it up after this, I'm just throwing that at you.

30:06 Malcolm: I'mma I'mma tell you this, that's his situation that he needs to handle, I don't think he should have put it on social media, I wouldn't have put it on social media because that's between me, my wife and my family. Whatever decision he felt he needed to make to rectify his actions, you know, that's what he felt he needed to do. Going forward, I think this will help him learn from that mistake, and not to make it again. But like I said, I don't think I would have gone about it the way he did, but I do respect him for taking accountability.

30:39 AJ: He did, and he said he apologized to his wife and his kids. He has to say that, his publicist told him to say that.

30:46 Malcolm: True, that's true but like I said, it's nobody else's relationship but family so you really can't, from one man to another, I'm never going to tell you how to go about your relationship with your wife, or your girlfriend, or significant other. I think he went about it the way he felt he should have done. I just wouldn't have done it that way.

31:06 AJ: Yeah, I just think the whole situation is kind of... I just needed to do more research on it, but apparently the girl took advantage of him.

31:14 Malcolm: Yeah (AJ: That's what they saying.) you a celebrity man you got to you got to know these things.

31:16 AJ: She was trying to get a dollar out of it. Eight figures. (Malcolm: I ain't going to knock her either.) She asking for eight figures. I ain't going to knock that at all Sister Soldier.

31:28 Malcolm: She trying to come up too.

31:30 AJ: Yeah, we had to hit on a couple of your topics going on right now, especially talking about your amazing start of your career. You're 25, I had Yasmine Arrington on my last episode. She's 24, she's top 30 under 30, according to WKYS, so next year, if they give me one of those little nominations, I'll write you in the ballot a couple times.

31:53 Malcolm: I appreciate it man, I'm trying to make something happen out here.

31:56 AJ: You definitely doing it. If Roland Martin calls you up, if he calling you up saying we need you on the show the next day, you're doing great things. You heading in the right direction for sure.

32:05 Malcolm: I appreciate that, man.

32:06 AJ: Right about now, we're right out of time for *Max Out Time*, basically every week, I am doing these podcast episodes, and just about 30 minutes to give everyone a sprinkle of the amazing people that are in my life, and that I can get in contact with, who can speak on some of these issues and spark more discussions of change in the world and the game and sports and just everything, so I appreciate you coming on today. I want to thank patreon.com where my podcast episodes are each week, and everyone, please keep subscribing. Thank you to my subscribers and patrons for the platform that I have today. Malcolm, you want to give any last shout outs for your social media or your Myspace page or whatever you got going on, whenever you next events are?

32:52 Malcolm: Aw man shout out to all the people supporting me thus far on my journey, we early in it, we're going to keep pushing. Shout out to my mom, of course, my girlfriend, my

little cousins who are huge supporters of me, and have helped me with a lot of things, pertaining to my brand and my business. Shout out to you, for having me on the show today, appreciate it.

33:14 AJ: Thank you, thank you and that's Malcolm Lemmons, you can find him @malcolmmemmons on basically everything right? @malcolmmemmons (Malcolm: make it easy for you), on everything, Facebook page, the IG, everything. He is out there, public figure, you got the credit there now. IG does some crazy things, all you can do is email the person, he one of them ya'll! (Malcolm: Got to make it accessible.) So that is the author, entrepreneur, motivational speaker, and doing a lot of things. Inspiration to a lot of kids here with your book. Malcolm Lemmons, www.malcolmmemmons.com, where you can find him and contact him for any visible outposts, the book is on Amazon as well. I'm @arthurjonesII, you can to www.patreon.com/maxouttime. Follow me on Facebook and Instagram and Twitter @maxouttime or @arthurjonesII, whatever you want to do. This is AJ, and I'm out!

34:15 Outro 'To the Max'- Drake

34:23--END--

[Max Out Time W/ AJ II](#)