



Nominations Committee-CD3 Interview Questions (Written)

1. Please tell us a bit about your family.

I grew up in Southern Minnesota in a small farm town called Blooming Prairie. My father and mother raised me my whole life and encouraged me to be the best that I can be at everything I do. They taught me to show respect to others no matter their circumstances and to always work hard. I am single and do not have any children.

2. What is your current address and how long have you lived at that address?

My current address is 12500 Marion Ln W Apt 4204, Minnetonka MN 55305. I have lived here now going on 4 years. I will be moving in the next few months to another apartment within CD3.

3. Please tell us about your career/job experience.

I started At Home Fitness Inc. in early 2013 with just \$250 in my pocket. After graduating from Luther College, I struggled to find work because the economy was at a very low point. Every day I would put on a suit and tie and go from business to business applying for jobs, hoping someone would give me an opportunity. Day after day I kept trying, but still no luck.

Since I didn't have a computer at home, I would walk miles to the public library every single day to read books, apply for jobs, and continue learning. I kept pushing forward, believing that if I worked hard enough, eventually something would break through. But for a long time, nothing did.

Eventually I reached a point where I needed food. After being turned down for job after job, I went to the local food shelf in Rochester, Minnesota. When I arrived, I was told there was a two-week waiting list while they determined whether I qualified for assistance. Hearing that was

difficult, but it also made something very clear to me: I needed to keep moving forward and find another way.

I wasn't going to ask my parents for help because I wanted to prove to myself that I could stand on my own two feet. So I kept walking. I walked into a hotel to apply for a job. At that point there were only two hotels left in Rochester where I had not yet applied. The first one said no, but they mentioned that the business next door might be hiring. So I walked over, found the manager, and simply told him the truth—that I needed food and I needed a job.

He gave me a chance. He hired me to work the overnight night-audit shift and told me that since I would be preparing breakfast in the mornings, I could eat whatever food they had. That opportunity meant everything to me.

I also worked at GNC. Even though I was only working about 15 hours per week, I became the number one salesperson in the entire state of Minnesota. I outperformed managers who were working 50–60 hours per week. Because of my background in exercise science and my knowledge of health and nutrition, I was able to genuinely help people who came into the store. I worked with hundreds of customers, guiding them on supplements, nutrition, and training. Many of them would come back later and tell me how much weight they had lost or how much better they felt. That experience showed me that when you truly care about helping people, results follow.

While working overnight at the hotel, something unexpected also happened. One of the housekeepers overheard me talking about weight loss and exercise. She asked if I could help her lose 10 pounds. With my background in exercise science, I grabbed a Post-it note and wrote her a quick meal plan and a simple exercise routine.

A week later she came back and told me she had lost 10 pounds. She looked at me and said, “You need to do this for a living because it works.”

I told her I didn't have a computer, a printer, or any equipment to start a business. But she encouraged me anyway. She said, “Just go on Craigslist and make a post offering to help people in their homes. It will work.”

So I did exactly that—and it worked.

I got my first client in Rochester, but right around that time I accepted a job in the Twin Cities and had to move immediately. Even though the job paid very little, I decided I was still going to pursue the idea. I took \$250 from one of my weekly paychecks, went to Walmart, and bought resistance bands, a medicine ball, and a few other basic exercise tools.

Then I built a simple website on Wix for \$1 for the entire year and posted another Craigslist ad.

Slowly but surely, clients started coming in.

Over the next 13 years, I completed more than 5,000 in-home personal training sessions. What started with a Post-it note and \$250 grew into a real company. I even built a social media fitness

app where people from all over the world could join, connect with others, and find personal trainers to help them reach their goals.

When COVID shut down gyms across the country, many fitness companies struggled. But because my company focused on in-home training, it allowed us to continue helping people stay healthy. At first things slowed down because people were unsure what to do, but eventually people realized they still needed to take care of their health. Business picked up again, and the company continued to grow.

From 2013 to 2026, At Home Fitness grew strong enough that I could step back and manage the company at a higher level because it was running smoothly. That gave me the opportunity to begin building other ventures.

One of those was Recruited Athletes, a worldwide sports recruiting platform. There was nothing else like it at the time. The best way to describe it is the LinkedIn of sports. Athletes of all ages and sports could create profiles, upload their Hudl videos, post their game stats, and showcase themselves to college programs. I also included links to athletic departments and scholarship information for colleges ranging from junior colleges all the way to Division 1 programs.

Although the website itself is no longer active, the platform can still be found on Facebook. I also built an app for the system so athletes could manage everything from their phones. At one point, the Minnesota Timberwolves even reached out about starting a basketball camp in partnership with my company.

After that, I built another business called Sota Credit, which focused on credit repair. It is still available on Facebook as well. Credit repair can be a long process, and running it alone made it difficult to scale, but it was another experience that taught me valuable lessons about finance and helping people improve their lives.

I have always been interested in the financial industry, so I eventually became licensed in Life and Health insurance in Minnesota. The licensing process itself is demanding—you must complete 40 hours of life training and 40 hours of health training before you can even take the exam.

After getting licensed, I built my website <https://bassfinancial.com> and began hiring agents from other states. Through that process I received many job offers and gained deep experience in health insurance, especially Medicare and Medicaid.

Today, my most current position is as a general contractor. My experience in construction goes back to when I was just 13 years old. My sister once asked me if I would help put a roof on her house, and like any brother would do, I helped her out. That experience led to years of working in roofing from ages 13 through 23 with different companies across Southern Minnesota and the Twin Cities.

During that time I worked on roofing, siding, concrete, gutters, windows, and decks. Those years taught me a tremendous amount about construction and hard work. Today I run my own

contracting company, helping homeowners remodel and improve their homes through my business <https://citiensexteriors.com>.

But my work ethic started even earlier than that.

I began working at eight years old. As soon as I could reach the pedals on the Cub Cadet, my dad said I was ready to work. He put a weed whip across my lap, pointed down the road, and told me to go mow a neighbor's lawn. From the ages of 8 to 13, that's exactly what I did—mowing lawns and learning responsibility.

When I was in high school, I wanted a job during wrestling season. I asked my dad who might hire me, and he pointed me toward a local company. That job involved sandblasting McNeilus cement trucks so they could be repainted. I worked there from ages 16 to 17.

Later on I also worked at Viracon, a company known for manufacturing high-end architectural glass—including the gold windows used in Trump buildings in Las Vegas.

Over the years I have worked in factories, in office environments—including work connected with JP Morgan—and as an entrepreneur building multiple companies.

But the most important thing about my story is this: I never stopped.

No matter how many times I was told no, I kept going. No matter how difficult things became, I kept pushing forward.

I have always believed that hard work, resilience, and determination can overcome almost any obstacle. Because nobody would hire me in the beginning, I was forced to build something on my own—and that experience taught me lessons that shaped the rest of my life.

And I am still going.

4. Please tell us about your college/post college education.

I was recruited to play both football and baseball by many colleges throughout Minnesota and the surrounding states. During my senior year of high school, I set 13 school records, including 1,500 rushing yards, 1,200 receiving yards, and 33 touchdowns. In baseball, I also set the single-season home run record with 19 in a regular season. Those accomplishments opened the door to opportunities to play at many different schools.

In the end, I chose Luther College because they offered me the chance to start as a freshman while also receiving a strong education. Instead of going the Division 1 route and potentially sitting on the bench for a few years, I chose the path where I could compete immediately, contribute to the team, and focus on building my future both on and off the field.

At Luther, that decision paid off. I started every game my freshman year as a running back and specialist and was honored to receive Rookie of the Year. The experience taught me discipline, leadership, and what it takes to push yourself every day to improve.

Academically, I began studying business and political science. After spending time in those programs, I discovered a strong interest in exercise science. Once I started taking those classes, I knew that was where my passion truly was, so I shifted my focus to exercise science and kinesiology.

For my senior thesis, I wrote four chapters focused on whey protein, casein, and other protein products. I studied the clinical research behind how these supplements work, what they do for the human body, and what people should be aware of when using them. My goal at the time was to eventually create my own line of supplements based on science and research.

While at Luther, I also completed a full year of sign language courses, expanding my ability to communicate and connect with more people.

Looking back, my time in athletics and academics taught me lessons that continue to guide my life today: work hard, stay disciplined, adapt when necessary, and never stop learning. Those principles have shaped the way I approach every challenge and opportunity that comes my way.

5. What are your hobbies and/or activities you enjoy in your free time?

I really enjoy boating, fishing, working on cars, running and working out. If its outside I really like to enjoy it but I'm also a big Minnesota Twins fan so I like to go to the games and watch.

6. Please list any and all websites you use/have for your campaign and business.

<https://athomefitnessmn.com>

<https://bassfinancial.com>

<https://citiensexteriors.com>

<https://bassforcongress.com>

7. What motivates you to run for this seat?

One of my biggest motivations for running for this seat is addressing fraud and immigration enforcement—two issues that our state and district have not taken strong action on until now. I have personally experienced fraud within my own company between 2019 and 2020. Working in the roofing industry, I have seen firsthand how common contractor scams can be. Many of these scams involve individuals who are not legally authorized to work in the United States but have found loopholes that allow them to operate businesses here. I believe these loopholes must be closed, and I have a plan to address this problem.

Currently, individuals who are not legally authorized to work in the United States are able to obtain an ITIN number from the IRS. Anyone who has tried to contact the IRS office in Minnesota knows how difficult it can be to get clear answers, which is why this issue must be addressed at the federal level. With an ITIN number, an illegal immigrant can open a bank account, take a general contractor exam, obtain an LLC through the Minnesota Secretary of State, and even obtain business insurance.

In addition, many businesses—including restaurants—continue to hire individuals who are not legally authorized to work in the United States. Under federal law, individuals must be sponsored and possess a valid work visa and alien number in order to be legally employed. This is a law that must be enforced. Currently, many individuals are able to operate as independent contractors or sole proprietors, paying taxes through that structure while effectively running businesses in the United States without proper legal authorization. This situation undermines legitimate businesses and workers who follow the law, and it needs to come to an end.

Another major issue I want to address is the cost structure of Medicare and Medicaid. As a former Medicare agent, I understand the sales side of Medicare and the way pricing and commissions work within the industry. Combined with my background in exercise science and my experience working alongside medical professionals—and even considering that career path at one point—I have gained insight into how the healthcare system operates. Overall healthcare costs in this country have become extremely high, and many Americans are feeling the burden.

One proposal I plan to bring forward is a new type of health insurance product that would allow individuals to choose a fully underwritten policy. Many people are unaware that under the Affordable Care Act, most health insurance policies are not underwritten. This means that if one person has diabetes and another person does not, they often still pay the same premium due to the law of large numbers and the structure created under the ACA.

My proposal would allow individuals who are healthy to apply for a fully underwritten policy that could offer lower premiums, while still maintaining the existing insurance options for individuals who have pre-existing conditions. Similar to life insurance, individuals would answer a series of health questions. Based on those answers, they could either qualify for the underwritten policy or continue with the traditional health insurance options that already exist.

With my background in technology and entrepreneurship—including building multiple apps and working with developers overseas—I understand the software systems, project management, and infrastructure that would be required to implement solutions like this effectively for the American people.

In addition, I would like to propose a return-of-premium option at the federal level for certain types of insurance, including health care and car insurance. This concept already exists within life insurance policies. For example, someone may choose a 15-year term life insurance policy and pay an additional monthly fee to add a return-of-premium rider. If they make no claims during the policy term, they receive their premiums back—minus fees—at the end of the term.

With Medicare and preventative medicine, this concept could work particularly well because Medicare already requires regular health screenings that help detect illnesses early. Under my

proposal, if individuals remain healthy and do not require significant medical interventions over a certain period of time, they could receive a portion of their premiums returned to them, minus administrative fees. This concept could also apply more broadly to health insurance, car insurance, and even home insurance.

After spending time in the health insurance industry, I have seen just how high healthcare costs have become. Many medical providers are earning extremely high incomes, routine checkups are expensive, and patients are often billed thousands of dollars for equipment, supplies, or services that appear significantly overpriced.

The American people deserve transparency and fairness in healthcare pricing. Too often, medical billing systems allow excessive charges for basic items, devices, and procedures. My goal is to bring greater accountability and transparency to this system and to fight for policies that bring healthcare costs back down for families across the country.

I believe we can protect access to care while also restoring fairness, competition, and affordability in our healthcare system—and I will work tirelessly to make that happen.

8. What experience (s) in your background makes you the best qualified person for this seat?

My experience as an entrepreneur working across several industries—including fitness, construction, and health and life insurance—gives me a unique understanding of how many different parts of our economy actually operate. I have built businesses from the ground up, managed employees, and worked directly with customers every single day. Those experiences have given me firsthand knowledge of the challenges that small businesses, workers, and families face in today's economy.

I am also a Minnesota-born and raised resident, which means I understand the values, concerns, and priorities of the people in this state. I have spent my entire life working with people from many different backgrounds and industries, and that perspective allows me to relate directly to the everyday citizens of Congressional District 3.

What makes me especially qualified is not just my business experience, but the fact that I interact with everyday people constantly. Whether it is through my businesses, my work in construction and remodeling homes, or my experience helping people through health and life insurance decisions, I hear directly from individuals about their struggles, their goals, and their concerns about politics and the direction of our country.

Because of that daily interaction, I have a clear understanding of what people truly want and need from their government. I believe leadership should come from individuals who have real-world experience solving problems, building businesses, creating jobs, and working side-by-side with the communities they represent.

For these reasons, I believe my background, experience, and connection to the people of Minnesota make me the most qualified candidate to represent Congressional District 3.

9. What are the top three issues you plan to focus on if you are elected to this seat?

If elected, three of my top priorities will be improving Medicare, lowering overall insurance costs for Americans, and enforcing immigration laws. Healthcare and insurance costs—including Medicare, health insurance, car insurance, and home insurance—have become far too expensive for everyday families. I believe we must work toward practical solutions that bring these costs down while maintaining access to quality care and coverage.

In addition, enforcing the law when it comes to illegal immigration is essential. We must ensure that the rules already in place are followed so that our system remains fair for American workers, taxpayers, and businesses that operate legally.

My goal is to bring common-sense solutions to Washington that protect taxpayers, strengthen our economy, and ensure that government policies work for the people they are meant to serve.

10. Is there anything in your background that may or may not come up on a background check, that could harm the Party or be a potential problem for your campaign? If there is something that comes up, how do you plan to address it?

No. There is nothing in my background that would harm the Party or create an issue for my campaign.

11. What is your campaign plan to raise funds, hire a campaign manager and staff, develop a campaign strategy and competitiveness, and handle marketing and grassroots efforts.

My plan is to begin hiring staff as soon as additional funding is secured, and I already have a strategy in place to do so in the near future. Throughout my career as an entrepreneur, I have built businesses by learning marketing, branding, and outreach myself. I have experience designing websites, developing marketing strategies, and running digital campaigns on platforms such as Facebook and Google.

Because of that background, I am confident in my ability to build and manage an effective campaign strategy. I will personally develop marketing materials, including campaign mailers,

digital advertising, and text messaging outreach to reach voters throughout Congressional District 3.

In addition to digital outreach, I plan to focus heavily on grassroots engagement. I will host meet-and-greet events, speak directly with residents, and ensure that voters have the opportunity to meet me and share their concerns. My goal is to build a campaign that is both highly strategic and deeply connected to the community.