



LISTEN  
LEARN  
NETWORK  
GROW



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**Q.** What is your favorite quote?

**A.** *"Study the science of art. Study the art of science. Realize that everything connects to everything else."* - Leonardo da Vinci. This quote is framed on my home studio wall and it has been part of my email signature for years. It is a reminder to me - to us all - to think beyond self-imposed boundaries. You really can't get a complete view of the world looking through one lens, from one perspective, or in isolation on an ideological island.

**Q.** What does success look like to you?

**A.** Success – to me – is leaving no stone unturned, no idea unshared, no words unsaid, no playlist un-played, and no story untold. Success is living without regret and inspiring others to do the same.

**Q.** What is your mini escape or your best stress reliever during a busy or stressful time?

**A.** I am an unapologetic introvert. Every once in a while I need to retreat to recharge my batteries. Any free time that I can have to myself - to paint, write, reflect, or gather my thoughts - feels like cool water on a scorching hot day.

**Q.** Complete this sentence: "I wonder what it would be like to live in a world where..."

**A.** ...everyone thought about the opportunities, instead of the problems; where we all focused on what can be done, instead of what can't.

**Q.** What is your best comfort food?

**A.** Grandma's home-made buns. If I close my eyes, I'm transported back in time to that cluttered, cozy kitchen with its battered old woodstove. Grandma hums Norwegian folk songs as her calloused, bent fingers work the bread dough. It's the warmth of those memories that truly brings me the most comfort.

**Q.** As you get older, what is the one thing you know for sure?

**A.** I am alive, occupying space, and exerting gravitational force. That is a privilege and, with that privilege, I am obliged to leave this world a little better than I found it. Even small things can make for seismic shifts!

**Q.** What is the best song to sing in the car?

**A.** *'Simple as That'* by singer/songwriter (and my daughter) Tanya Ryan. "...Just a dash of salt and pepper, treat me right. Don't need top shelf, baby, just a little house wine. A steady beat, to tempt my feet, it's the little things in life that please me...like taking a drive, with nowhere in mind..."

**Q.** What are you most grateful for?

**A.** I'm grateful for the consequences of mistakes I've made; for every bump in the road, for missed opportunities, or misspoken words. I'm grateful to have learned some life lessons the hard way. It has made me a better mom, wife, friend, sister, daughter, colleague, and citizen of the world.

**Q.** What have you let go of that changed your life the most?

**A.** Others' expectations of me and my idealistic expectations of others.