



LISTEN
LEARN
NETWORK
GROW



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Q. What is your favorite quote?

A. Oh man I have so many.....

- "Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind" Dr. Seuss
- My mantra, is "just do it" like the Nike slogan; too often we ponder and overthink things instead of just getting at it, it is also my mantra when I am running and hit the wall.
- And for fun "Shopping with your husband is like hunting with the game warden" ... so true in my case!

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

A. Going for a run or a ride on my horse (or any horse for that matter)!

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

A. ...there would be no "hate or fear".

Q. What is your best comfort food?

A. Anything with a lot of cheese! And my kids bought me a sign that says "give me the coffee and nobody gets hurt"! There has to be some comfort in that!

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

A. Because I have had the chance to travel ... how very lucky we are to live in this country. And absolutely "you receive from the world, what you give to the world".

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

A. I love music and especially like to listen to it when driving ... but I have to say ... anything that my grandsons will sing to, because they sing at the top of their lungs and really don't care if they are good at it or not ... and it is so joyful!

Q. What are you most grateful for?

A. So, so much, but unquestionably my husband and family. "Gratitude is an attitude"!

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

A. Not worrying about societal norms, and I am thankful that I let go of this at a relatively young age. "Normal is just a setting on my washing machine."