

Interviewee: Kate Saba

Interviewers: Dawn Perry and Cassie Ogden

Date of Interview: March 30, 2009

Location: Shrewsbury, MA

Transcribers: Dawn Perry and Cassie Ogden

Overseen by Linda Ammons and Leslie Choquette, Assumption College



Abstract: Katherine Mary Saba was born in Shrewsbury, MA, in 1984. She is one of three girls in her family, falling at the end of the birth order spectrum. In this interview she discusses the personal devastating impact of an eating disorder and depression. She shares her thoughts about moving to Los Angeles following her graduation from Worcester State College. She describes her fears about living alone in a large, fast-paced city and credits her mother with support and encouragement. Kate's goal is to combine her love for physical fitness with a degree in nursing. She currently resides in Massachusetts and is striving to begin a career dealing with obese children. She pays her bills by waiting tables during the day, and she studies at night. She is very focused, and at the age of 24, an inspiration to all women who are struggling with self-image issues.

DP: We are completing a citywide oral history of the lives of Worcester women, aiming to collect stories about a broad range of experiences. Based on the goals of the 1850 National Women's Rights Convention in Worcester, we are focusing on the areas of women's education, health, work and politics/community involvement. We want to focus today on your experiences with your life. Thank you for your help with this important project. Okay. What is your full name, your maiden name and, if applicable, your married name?

KS: Katherine Mary Saba.

DP: When were you born?

KS: April 16th, 1984

DP: Do you have children?

KS: No.

DP: What cultures and ethnicities do you identify yourself with?

KS: My Dad is Syrian and Lebanese and my mother is English and Dutch.

DP: Okay, have you ever been married?

KS: No.

DP: Tell me a little about your parents.

KS: My father is a hospital administrator at Milford Regional, and he went to Harvard for his college and the University of Michigan for his grad school. He is very religious. He played baseball in college and he got scouted for the Red Sox, but now he hates the Red Sox. And my mother is, she works, she doesn't, she used to be a teacher, but now she doesn't work. She took care of us. She volunteers for a special needs community theater twice a week and she went to Wheelock Community College and was an English major.

DP: That's so cool about your dad. (laughs)

KS: Yeah, (laughs), my dad's cool.

DP: I want to sit down and talk to him next.

KS: Yeah, I know he's fun, he's really interesting.

DP: (laughs) Alright, where have you lived during your life?

KS: (laughs) I, well I grew up in Shrewsbury, Mass., and then I went to Assumption College, where I went abroad, well not abroad. I stayed in the country, so a domestic exchange program. But I went to Los Angeles for a semester and then I went to Spain, Sal Monca, for the summer. And then I moved after college. I went back to Los Angeles for two years and now I am back home and living in Worcester, Mass.

DP: What was the neighborhood you lived in generally like?

KS: It was, I have two older sisters, so and there were a lot of kids in the neighborhood. So we used to like run a camp when we were like four. And we, it we were so young that we always get together everyday. We would like play in the woods, so like it was a really good neighborhood. Everyone always played together and, but then we started getting older, it just like sorta started to drifted apart. And I don't really talk to anyone in my neighbor- , neighbors anymore but there were always like games going on and things in the backyard. And we had a pool, like the fourth of July party in the neighborhood and stuff, so it was a good neighborhood.

DP: That's fun, (laughs), Do other family members live in the same area that you live?

KS: Now they do, but my sisters, my sister Jen moved to Chicago after college. She still lives in Chicago. And then my other sister when she graduated college, moved to San Francisco for seven years. And she just moved back, when I moved back, we both moved back, we drove

cross- country together. And then my grandparents and stuff all live around here, my aunts and uncles, everybody lives around here. But my unc-one of my uncles just like chooses to be homeless (DP laughs) which is so weird, but because he's got money and he's got a job. But he lives in Maine and like, they wrote a story on him because he like does that, but my other uncle lives in Boston, he's a lawyer there. And then my other uncle, he lives in Scituate and he's a football coach.

DP: When you and your sister drove cross – country, did you guys stop a lot of places?

KS: Yeah, we stopped, like basically, like , we went, everywhere. Like on the way, we kinda like made, random stops, We went to Colorado and all the places, but we didn't stay very long at all the places because we just were all sorta tired.

DP: Yeah, that's cool. What challenges do you think that the city of Worcester still faces? What would you change about the city?

KS: I think, well I do think that the city is still real divided. There are such nice parts of Worcester and there are really awful parts of Worcester. And, I feel like that the, the awful parts are just neglected and like, like shied away or whatever. Like Salisbury Street, for instance, is really nice. But then if you're near the airport or UMass, it gets, it gets bad. I also think that Worcester needs more programs, like in the cities, in the big cities they have things like dodgeball teams and things like that that people, young people meet people. And I think that they don't have as much recreational opportunities that are healthy so there's a lot of drinking, because like, because there's just nothing else to do. I mean, not necessarily to say that just because you play dodgeball you're not gunna drink. But when I was in California, we had, we had like dodgeball games every Saturday and you made friends there and like you, and it was just—and volleyball games and stuff like that, so

DP: That's fun.

KS: Yeah it was wicked fun.

DP: What changes have you seen in Worcester over time?

KS: I do notice that the buildings have gotten better like towards the near Centrum. They have done a lot with that. I feel like we have a lot of good colleges. I don't ... There hasn't been many huge changes. Shrewsbury Street is a cute street I think, but it looks the same as when I was young, but I am younger than probably most of the girls you are interviewing.

DP: Yeah that's true, definitely. What does some characteristics that make Worcester the place that it is?

KS: Now what? Or like what they should add?

DP: Yeah.

KS: Probably, just like definitely the colleges because it is a smaller city. Some of the ...On Shrewsbury Street, it's kinda like a different area that you are able to visit in Worcester with all the restaurants and stuff. The Centrum is awesome. I think it's the DCU now.

DP: Yeah.

KS: But that's... a lot of concerts go there now that you wouldn't expect because it isn't Worcester isn't a huge city. I also think it needs better transportation, public transportation.

DP: True.

KS: Because people need buses; and people shouldn't be scared to get on a bus. And the taxi cabs, like you can't get a taxi.

DP: (laughs)

KS: So distinctly I just think that everyone always thinks about the [Cold Storage] fire when they think of Worcester and they think about the fact that birth control was invented in Shrewsbury which is just the town over, but I don't know if people think that or I just do.

DP: Really I didn't know that.

KS: Yeah, yeah, it was founded in the center of town.

DP: That's cool.

KS: Yeah, it's really so weird. Yeah but nothing, I don't think that Worcester something that people say, 'Oh let's go to Worcester to see that.' And that is sad. We don't have a great mall or anything like that, it's just kinda dumpy now.

DP: What do you think women's experiences in Worcester have generally been? Have been generally?

KS: I don't think there are too many opportunities for women in Worcester to excel. What women could...like retail and things like that. There's are no real businesses, like if you want to be an interior decorator, you are not going to find a good job on Worcester. The hospital is good probably for nurses and doctors, but I think Worcester, I think women that are very strong end up leaving the Worcester area because there are not many opportunities and go to bigger cities like Boston [Massachusetts], or New York, or California, anything they can do cause if they have a passion for something. Most people around here ask anybody in Worcester they are teachers or I

4

mean not that there is anything wrong with that, but I'm saying if you want to try something new, it's not that diverse.

DP: Alright, where did you attend school? Like what were the names of your schools?

KS: I went to Assumption. Oh I went to Notre Dame my freshman year of high school then I switched over to Shrewsbury High, and then I went to Assumption for college. And then I went, I dropped out. I went to Salamanca and I went to a school called Inferect School of Spanish or something for the summer, and then I went to Worcester State and that's where I graduated from.

DP: What was your major?

KS: I started, my first major because I wasn't very organized at Assumption, was Spanish and then I took so many different classes that I ended up having a theology minor. And then when I went to L.A., I did a lot of communications classes and fell behind in the Spanish major, so I ended up going to Worcester State where I graduated with Communications as my major.

DP: Oh that's cool. Did you pursue any educational programs such as beauty school?

KS: I did. I went to...oh my gosh what was the name of my school? Newbury School of Beauty in Granada Hills and I got my license for skin care. And that was really great but it wasn't like you can't make much money.

DP: Yeah.

KS: Even though I was in Beverly Hills working at a spa, and getting your eye brows waxed was like 32 bucks, they have so many out there that people still go to the lower ones just because it's so cheap. And you can get one for like seven bucks so you are not going to go and it's exactly the same. But ya, I loved doing that, but I don't know if I would renew my license, but it's still current so.

DP: Alright, what were your challenges in education?

KS: I feel like I was never, well I had a hard time at school, like I told you guys before and I struggled at the beginning and I wasn't old enough to go. I was 18 but I wasn't old enough mentally, so then I struggled with fitting into college and then everything just spiraled down. I had a lot of trouble balancing going out with my friends and doing schoolwork and I was never really good at math or anything but... Because I didn't really have a passion when I was in college, but once I figured out what I wanted to do I had a drive and my grades started to go up and everything was just good.

DP: What will you focus on now education wise?

KS: Well I also I guess I didn't, this would be another school like a beauty school is I have my personal training license. So when I went to L.A., I was the aerobics coordinator for L.A. Fitness. And that started to be one of my passions because I ran in college and I taught every kind of aerobics. And I worked at Barry's Boot Camp and stuff. So then I saw a lot of overweight people out there and a lot of kids because we have a lot of less I guess they don't have as much money I don't know what the word is, but whatever, so there's more obesity in kids with less money because they can only afford the cheaper food. So I wanted to kind of combine that the personal training with a higher education, so that's why I went back for nursing, which I am doing right now. So I cause I want to work with kids with diabetes, type 1 and type 2 because I feel like type 2 is more with the obesity epidemic, so I want to work with both, but that's where my focus is right now.

DP: That's awesome. What support networks and mentoring have been important to you?

KS: Mainly my family because again I had a ton of problems and I was so miserable and I told my parents I hated them and stuff but they always stuck by me even when I was really depressed. My boyfriend usually been really good in this situation and like my best friends, my best girlfriends like they know everything. And they all went through the same thing and they all know, well similar things. And I have two sisters, who even though I was the was the youngest, kinda guided me through everything that I went through. Teachers too always seemed to help when I had panic attacks, they'd kinda calm me down sometimes

DP: (ha-ha) Do you work outside of the home?

KS: Yes, right now I just waitress while I'm in school and I teach aerobics at a couple of gyms.

DP: If you work/worked outside the home for wages, when did you begin working and what did you do and what do you do now, I guess.

KS: Yeah, I guess I began when I was 16 working in a donut shop.

DP: Really?

KS: Yeah, I would get up at like five 'o clock in the morning.

DP: What donut shop?

KS: It's in the center, the Center Café in Shrewsbury; it was like me and like three of my best friends. We would just go in there and it was so much fun, we knew everyone that came in. Sorry this is going to ring like nine times now.

(Clock Chiming)

DP: It's fine. What were/ are your primary responsibilities in terms of housework?

KS: Basically, well cause I have an apartment too, so we just divide up the chores. There is three of us, but we don't cook or anything. Housework is taking care of my dogs, we bring the dogs over there too, cleaning the kitchen, doing the dishes, laundry, the usual women housework things.

DP: (giggles) How would you characterize the personal and professional costs of your chosen path?

KS: I feel like I am very, well I had to move home because I couldn't afford to live in L.A. and go to nursing school without being so far in debt. So that has been a huge problem because I loved my life when I was out there, but I know I picked the right path. I also don't get to hang out with my friends and my boyfriend as much as I want to because I am always doing work, especially because I already have my Bachelors and the accelerated program is ten times harder and you want to get it all done, which you guys will learn soon enough. But yeah, I have lost a lot of connections with people. Like a lot of my friends have gotten married recently and I would never be able to do that because I barely have time to spend with my boyfriend now. So just the social aspect of my life is not and I have to give up some of my work because of schooling that I am trying to do so. People say that they would rather be in school, but I would rather working and not think about it because it is constantly on my mind.

DP: Yeah. How have health issues impacted your life?

KS: Well like freshman year when I went to Assumption, I was miserable so I had a severe eating disorder. So like I had to leave that year but I ended up making summer classes up. But it just changed my relationship with everybody, like my friends and stuff so. Even though I'm totally fine now like every time I'm like oh I want to lose five pounds, everyone will freak out because they don't know if it's going to spiral down again. And the teachers at Assumption were good because they acknowledged it, but it's also hard because everyone knows who you are and everyone knows you as the anorexic girl. So that definitely changed my life and my relationship with my parents and definitely my relationship with my sister. We hated each other for like two or three years because she said I ruined the family, so that was not the best, but besides that I

mean the addiction of working out is still there. So that definitely impacts my life, but I mean that's just going to have to come with time. I don't know if that's why I picked the path of aerobics, it probably is but I don't like to admit that so I pretend it's not (giggle).

DP: What are your experiences in accessing quality, affordable healthcare?

KS: I have been lucky because my father is a hospital administrator, so he works directly with Blue Cross Blue Shield. However when I am 26, I have no idea what is going to happen because I have been under my parents the whole time. And with school we are always fine, but I see my friends who only work part-time jobs that can't get healthcare. And when they do get the healthcare, they have to pay so much out of pocket they end up bringing no money home.

DP: Right.

KS: So healthcare is always been an issue that I worry about because I have severe severe migraines where I will go to the hospital once every three months and be admitted because I am vomiting and stuff, so I always worry about that. I am hoping that it gets better, but I am not sure what is going to happen.

DP: Whose health are you responsible for?

KS: Just my own right now. And Petey my little doggie, say hi Petey. (Barking noises)

DP: (laughs) What did you, well this is what I want to know personally, why did you like L.A. so much?

KS: It was just, this is bad to say but it was so ignorant that it was awesome because you forgot what was really going on, you forgot how bad the economy was, you forgot the war in Iraq. It is not like that in Los Angeles. All they care about is what's going on in entertainment, but I did like all the opportunities. Like I got to meet so many famous people and work so many different jobs, and working in television is so great because it's just you see how it really is. And it's kinda sad because all your shows that you think are so awesome you find out, like American Idol, it's not like what you think it is when you go see it, like when you are behind the scenes. It's so sad, but...

DP: What shows did you work on?

KS: I worked on, well when I interned, I did Malcolm in the Middle and the Young and the Restless. And then when I went back, I just worked on that show Work Out on Bravo, but the Work Out on Bravo was the reality television and it got me to see that reality television is not

real because the ...it's just not real. Even though they say it's real, they set it up so it happens and relationships aren't exactly real and they aren't just not just going to a restaurant. We are putting them there. We bring them to the restaurant in the vans and start taping.

DP: Yeah, ohhhh.

KS: I know it's sad it's really sad.

DP: How old were you when you were allowed to date?

KS: Oh my gosh when I started dating I I I, well my sisters were always kinda like opened doors for me, but I was kinda the bad one of the three. So I started dating pretty young. I think my first serious boyfriend was when I was 14 and we dated till our freshman year of high school. No younger, we started dating in middle school then broke up sophomore year of high school. So we dated for a long time, I thought I was going to marry him, (both giggle) but yeah I wasn't really ever allowed to...like I remember guys throwing rocks at my window when I was younger, but I wasn't really ever allowed to date. My parents ...my parents never...I mean my dad still thinks I'm a virgin, I'm pretty sure.

DP: Yeah. (both giggle)

KS: So...sorry it had to get to that (laughs)...no take your time

DP: What was your favorite musical group or song when you were younger or when you were in high school?

KS: Well when I was in high school I...oh when I was in high school I can't remember in high school. I know I always got mad at people because they liked 'N Sync better than Backstreet Boys and I remember being like, 'I liked them first!' I really liked them. Kelly Clarkson wasn't till college, she was my freshman year of college, I became obsessed with her. I liked Britney like everybody did. I was I liked hip/hop a lot. I like the fun dance music cause I still love dancing.

DP: Yeah.

KS: So anything that makes you dance I love, but yeah I was totally a Backstreet Boys fan. I got mad at everyone for liking 'N Sync like seriously seriously mad.

DP: (giggle) Didn't you tell me once about the guy who won American Idol?

KS: Elliot?

DP: Yeah tell her that story. How you were jogging or something?

KS: Oh my God well I was...do you know who Elliot Yamin is? Yeah, he's not too famous but he has a couple songs on the radio. He came in third at American Idol, but I was like crazy obsessed with this guy, like this is he is basically why I moved to L.A. cause I was like, 'I'm just going to go like after college.' I packed for two days and said, 'peace,' and my parents were like, 'oh goodbye' and like I had no money and I cried like everyday for like six months in fetal position, but then I got my life on track. But I was obsessed with this guy Elliot and he was at Best Buy doing an autograph signing, so this was my first chance. So I was like okay and I waited five hours in line, but I was the first person in line so I just thought if I didn't get there on time... there ended up being like 30 people.

DP: Giggles

KS: But I still waited like five hours. My roommate waited for me, my gay roommate waited for me, before I got there because I had to work. So I got there and walked up to him and had him sign the CD and of course started hysterically crying and said, 'If you get a chance can you read this?' and he's like, 'Yeah'. This is I'm 23 years old and I'm doing this so it's not like normal. So he's like okay...So the note I wrote him was like I love you so much I I I kiss your picture at night, I cry because I'll never...like a stalker like a stalker. I left my phone number and where I worked in L.A. because I'm like he'll definitely come blah blah bah, so I'm like this is awesome. No word from him, no word from him, I'm like ok fine. So anyways I was personal training at the gym and I'm with my client and I'm like I have to cancel this I have Elliot Yamin is over there. I freaked out I didn't know he went to the gym. So I trudge over. I'm like in my outfit and I'm like, 'Hi,' and he's like, 'Hi?' And I'm like, 'Are you Elliot Yamin?' and he's like, 'Yeah.' And I was like, 'Oh my God!!' I'm like freaking out and screaming in his face. He's like okay cool, it's always nice to meet a fan. And then I'm like he's never going to go to the gym again, so again I never saw him again after that. So then I moved to Studio City and I'm like okay, this is I know he lives there, because as soon as he left I went on the computer and like you find out access to where he is from. And, mind you, like awesome people went to the gym like John Legend went everyday and Zack Efron was there, but I didn't care about them. I cared about Elliot. So then I move to Studio City and I didn't have his exact address cause he is famous enough to not have his exact address. So I'm like okay. So then I moved to Studio City with one of my girlfriends that was an actress and she... I'm rollerblading to get my car and like on my rollerblades with my short shorts on thinking I'm so sexy, which I'm not but I'm thinking I am. And I see Elliot Yamin standing on his porch, like right there standing, so I jump into the bushes mind you I'm on rollerblades in the bushes, I'm on rollerblades in the bushes. So I call my mom and I'm like, 'Mom I'm in the bushes staring at Elliot Yamin. He is on his cell phone,

he lives two houses down from me like legitimately two houses down from my apartment complex.' So I'm like this is it, we are getting married.

DP: (laughs)

KS: My mom's like, 'Please don't get arrested, keep going, keep going.' So I keep rollerblading, keep rollerblading. Now I know where he lives, so this is it. So then I write another note, I think the notes are getting scary. This one was like five pages. I put it in an envelope and I jumped up on his porch one day when he wasn't there one day and slid it under his porch. And I'm like I'm moving please just come to this restaurant, Toast, which everybody in L.A. goes to all the time so I figured he'd come in... never heard from him. But I just, I still know where he lives. He used to have the shade open all the time and then when I started stalking him, like it would always be shut, cause like I would drive really slowly by and stare. And I think he knew and he was with his girlfriend too.

DP: (laughs)

KS: So, but I mean I was like jumping like climbing the fence putting the note, but he never called. I'm still hoping that maybe one day he does call cause I left my cell phone on there and it hasn't changed, but...

DP: That's so funny. How were girls treated when you were in school? High school or college or in general?

KS: Oh God, in high school, hold on (talks to dogs). Alright just in high school when I went to Shrewsbury, when I was in middle school, people were just really mean. Girls were just really mean to each other. I remember like we would pick who we would want to hate, and we would hate them for like two weeks and make their life hell. And then when it was me, it was the worst thing ever. It was the worst I mean I got notes, I got a note from this girl and it said 1 8 8 I hate Kate 8 0 2 I hate you. And we were in like seventh grade and I opened up the note and it was like you're a slut, you're a bitch, and this is one of my best friends. And I'm like I haven't even kissed a boy so I'm like oh okay I guess I am. So then I went home and cried. I was I was like at that point I'm like, oh my God, I have to kill myself there's no other way. And I was looking at other school I went to (____?) to look. Because I thought girls were vicious, we were legitimately vicious. We set up this plan to catch this girl like record her saying something bad about one of her friends and we were just awful. I still apologize to my friends now. I'm like why were we so mean to each other? But ya know and then in high school it didn't change. There was always the cool girl, the athletic girls, the cool girls that went out and drank when they were in high school, and the losers and the Goth people.

DP: Yeah.

KS: And it was so divided. Now when I see those people like some of the Goth people, like I wouldn't have hung out with then, I'm like wicked good friends with one girl that I was in college and she's like you know we graduated high school together. And I'm like, 'What?' This was like this summer. She's like, 'Yeah you were so mean to me'. I was like, 'No I wasn't.' But they don't, we don't know that by not talking that's considered mean. But now she's like one of my really good friends and she's hilarious, so it's so sad that you miss out on so many experiences.

DP: High school girls suck

KS: Yeah.

DP: (giggles) What were your most significant extra -curricular involvements?

KS: Running in college definitely changed my life and I became so into my team. And then I did Spanish Theater at Assumption which was wicked fun. And television I did television all through high school and in college and that is what prompted me to want to go to L.A., too. But also like volunteering at the community theater my mom helps at because it's all special needs kids and it's so rewarding, it's awesome. Sometimes when I'm feeling really bad about myself and bad for myself, I go there and I'm like, 'Wow these kids are so happy and they have nothing.' I'm just like, 'Oh my God, I have a pimple I can't go to Bertucci's.'

DP: (laughs) Shay tries to pop my pimples sometimes.

KS: Oh my God, I popped Val's yesterday in the car. I was like don't blow!

DP: When you're not at home, when you were not at home where did you usually spend your time? I'm assuming this means in high school.

KS: In high school I, my parents were really strict so I didn't really go out much on school nights. But on the weekends we would just party I guess. I did drink in high school which I got arrested for it when I was 16 or something, so that made me stop quick cause I spent a night in jail and I was I guess I'll wait a little bit. But we would go to a lot of sporting events like football games we would go to and stuff

DP: Yeah.

KS: So it was fun, it was really fun, a good time.

DP: How did you get arrested? For drinking? What did you do?

KS: Yeah, I like hid in a closet like Anne Frank and the cops came and were like, 'What do you think we are stupid?' And I was like, 'I was hoping.' I put clothes over my eyes and I was telling my best friend in there, and I was like, 'Don't breathe don't breathe.' And he like busted it open and we got brought down to jail, and I call my mom and I'm like, 'Mom I'm in jail.' And she's like, 'I'm sorry for you.' She made me stay the whole night. I had toilet paper on my arms cause it was so cold. I slept on a magazine cause I was freezing absolutely freezing. I was staring at the camera like please God. (She laughs)

CO: That'll teach you

KS: Yeah, it did it really did though. I kinda wish it hadn't happened though because I see my friends going out and I'm so nervous now even I'm 24 now and I still get so nervous about everything, but I guess that's a good thing.

DP: (laughs) That's wicked funny. How do you define success in your life?

KS: Success in my life? I guess just the relationships that you have with people is the most important thing because (dog barks, she says "hey" to the dog, she apologizes for the dog)

DP: It's okay.

KS: How much money you have, if you don't have anyone to share it with it's really not worth it. And then, but again making a difference. I don't want to leave and be like I didn't change anybody's life even if it's one person I feel. That's why I really like the one on one personal training and the nursing you know because everyday I want to go in and make a difference.

DP: Yeah, that's really nice. How do you feel about the choices you have made in your life? Do you have any regrets?

KS: I definitely regret going to college right away. I wish I had taken some time cause I know I would have gone. I regret not taking as many chances as I would have wanted to. People think I take a lot of chances, but I don't. I wish I had stayed in L.A. longer and maybe tried to do the television thing more I didn't really. I wish I went abroad, not just domestic but outside and more than just the summer like the whole year.

DP: Yeah.

KS: There are a lot of things I would have done differently. I wish I had stuck with something when I was younger. Like I danced and ice- skated and stuff. I wish I had stuck with that and I

did gymnastics and it just makes me upset that I didn't stick with that. But I like how my life is going now you know, after everything. I feel it's working out so everything I feel happened for a reason.

DP: That's good. Based on your life experience what advice would you give to women of today and future generations?

KS: I guess this is kinda stupid but I would feel like when anyone says, 'I want to do this, I want to do this, I want to try this,' I really think that they shouldn't let anything hold them back, whether it's fear of not being able to make it or failure--- that was my biggest fear. That's why I was in L.A. for six months and I was like, 'I can't do this. I'm going to come home because I thought I would fail. But I was like, 'Who cares if you fail? You tried.' And when I look at my cousin who is 15 now and she tells me she wants to be a hairdresser, but her brother went to Harvard and is a genetic engineer whatever, or biochemist whatever, those crazy smart person that does stem cell research. And I'm like, 'Julie you have to do what you want to do or you will regret your life forever.' I just feel like I didn't because of fear as much as I wished I had, but that is one thing I could impel and I always want to tell younger generations too. However bad you think it is now, it will get better so don't give up because so many people so many kids I'm like oh my God and I'm not that much older, but only because I went through it and during that time I never thought it would be okay, but it is and so that's what I would tell them.

DP: Now that we are working to tell a fuller story of the history of women than has been recorded in the past, what should we be sure to include?

KS: What does that mean?

DP: I don't know

CO: I think it's just like giving the whole advice thing

KS: Yeah, yeah.

CO: I think you covered it

KS: And listen to your mothers, cause they really do know.

CO and DP: (laugh)

DP: Is there any other stories you would like to tell us before we wrap things up?

KS: Just I know, no I don't know. I just remember crying in the middle of the parking lot telling my mom I was going to get on the plane and come home. And she was like, 'Well you gotta figure yourself out.' And I mean I really thought it was the end of the world. And it's not. Nothing is as bad as it seems, and everything gets better. So if I hadn't had a mom to push me and say you are not coming home right away, I wouldn't have done anything in my life. But no, no other good stories not unless you guys have any questions.

CO: No I think we are good

DP: Okay, well thank you very much we appreciate your time.