

Dear

I just want to start by saying that I am fully blessed for having friendships with so many wonderful and amazing people in my life, including you. The kind words that I have received and have been able to give, the time being able to share stories and catch up and to have moments that are really important to me have been invaluable in making me the person I am today. This summer has been a time of reflection for me; the time I have been given away from the business of school has made me able to see what is really important about life: my family, friends, and God.

I had a moment my fall semester at school where I went through a series of panic attacks because of the stress of life and school, and what followed was depression and finally healing. Through this, I learned that I wasn't alone in what I had gone through, and that I should stop sweating the small stuff. In the spring, I felt rejuvenated, but I knew that I needed to make a change in my own attitude and lifestyle in order to move forward and become the person I was meant to be.

What kicked off this change was the decision that I made one Sunday at Northridge church. The pastor was talking about how the church family was going to start a team called the Ridge Runners to run a marathon and fundraise to help bring clean water to children and families in Zambia Africa. I felt a pulling at my heart that this was going to be something I was going to take on, and that terrified me at first. I love running, but I had never thought of doing a marathon, I had never even run more than 6 miles in my life. I signed up, not quite sure what to expect from this decision. So far I have actually been enjoying the training process, and it has given me what I desperately needed, time to grow stronger and realize that I am as confident and determined as I choose to be. I am still in denial that I will be running 20 miles in a month, but I am taking baby steps up to that distance, mentally and physically.

In order to actually complete this race, which I am determined to accomplish, I have to meet my goal of raising \$1,310 to bring clean water to those in Zambia, which is honestly the point of this whole thing. I have taken for granted until now how wonderful and privileged I am in where I am right now, and those I am helping in Zambia have helped me already to remember that people are happy who have a lot less than me, and that I also have a responsibility to help those who can't help themselves. I would love to make you a part of this life change, both through support financially, physically, and spiritually so that we can all grow together, which I am hoping this process will help you to do too.

My boyfriend, Rob Woodcox, let me know that he is going to be making prints available to those who donate a certain amount toward this cause. He is an amazingly talented photographer, and I am very fortunate for him to help me with this. His prices go as follows:

Below are the things you will receive at each level!

- \$10- one 4x6 or 5x5 of any photograph Rob has online (a few of children will be off limits)
- \$25- one 5x7, 5x10 or 8x8 of any photo I have+ above
- \$75- one 8x10, 8x12 or 10x10 of any photo+ above
- \$200- one 16x20, 16x24 or 20x20 of any photo+ above

To view Rob's work and select images, check these sources and just tell me where you found the image so Rob can get it printed:

<http://www.flickr.com/photos/rawjrphotography/>
<http://www.facebook.com/robwoodcoxphotography>

I would love for you to donate as much as you think you can, be it \$5 or \$25. I can't run this marathon without your support, and I would ask that if you can't donate please pray for our team in taking on this beautiful exchange.

To donate go to this link (and make sure you put your name and get in contact with me about what images you want printed):

http://support.worldvision.org/site/TR/TeamWorldVision/General?px=1205902&pg=personal&fr_id=1670

Love you all! Hope you are having a wonderful summer too! P.S update me on what's going on in your lives if you have the time in a reply letter



Thank you for reading and supporting!