

# Mallory Asis Data from Josh

How old are you?

Eighteen

3) What's your Birthday?

March 11th, 2005

4) What starsign does that make it?

Pisces

5) Whats your favourite colour?

Pale blue/green

6) Whats your lucky number?

three

7) Do you have any pets?

Yes, I have a dog. She's a Weimaraner and her name is Gracie.

8) Where are you from?

Mira Mesa in San Diego, California

9) How tall are you?

Almost 5' 3"

10) What shoe size are you?

7.5

11) How many pairs of shoes do you own?

A lot of running shoes, probably like five pairs, plus a couple regular walking shoes.

12) If you were prime miniser/ruler of the world what laws would you make?

I would illegalize all forms of sexual assault and make it easier for victims to find justice. I would also legalize abortion everywhere, with limitations based on trimester.

13) If you were a superhero, what powers would you have?

I would want super speed, the ability to go invisible, and the ability to read minds.

14) and what would your hero name be?

Ember

15) and what outfit would you wear?

I' d wear all leather- leather pants, boots, jacket, etc.

16) What was your last dream about?

My last dream was about running with friends

17) What would you do if you won the lottery?

I' d save some, pay for college, buy a house, give some to friends and family, become a publisher so I can market my own books, and give the rest to charity.

18) Would you like to build/design your own house?

I would like to look over the architectural plans and pick the paint colors.

19) Which form of public transport do you prefer?

Driving (cars)

20) What talents do you have?

Playing piano, writing, running

21) Can you juggle?

No

22) Can you solve a rubix cube?

Heck no haha

23) Do you have a cherished childhood teddybear?

Yes

24) Are you psychic in any way?

No

25) Are you a good dancer?

Not really

26) Are you a good singer?

No haha

27) Are you a good cook?

Kinda, only when I have energy

28) Are you a good artist?

Yes, writing

29) Are you a good listener?

Yes

30) Are you a good public speaker?

Getting better

31) Are you a good babysitter?

Not sure lol

32) Are you a good mechanic?

no

33) Are you a good diplomat?

n/a

34) Are you a good employee?

yes

35) Are you a good dresser?

I think so

36) Are you a good swimmer?

yes

37) Are you a good skier?

Never been

38) Are you a good lover?

idk

39) Are you a good musician?

no

40) Are you a good comedian?

no

41) Are you a good cleaner?

I am good at cleaning when i want to be

42) Are you a good actor?

no

43) Are you a good writer?

Yes, I love journaling

44) Have you ever been bungee jumping?

No, I would love to

45) Have you ever been canoeing/kayaking?

Yes, super fun

46) What types of holidays do you prefer?

Christmas!

47) Whats the furthest you've ever been on holiday?

New York

48) What was your favourite holiday?

Christmas! I love giving

49) Where would your dream holiday be?

50) Can you tap dance?

Never tried

Any plans for today?

Mallory: Not a ton, I had a doctors appt this morning. Now I am heading to the gym with a friend and will probably do some reading and chores later.

How was the Triple V Community Event?

Mallory: It was great! I met a few people and connected with them on Instagram.

Any advice to make the event better?

Mallory: A little more people would be cool, but other than that, I like them.

Any plans this week?

Mallory: This weekend I am hosting a college workshop with some of my younger friends to help them with their college applications and spending time with my family

I run cross-country and track and field. However, due to injuries, I am no longer able to compete. I like to play piano, read, and paint. I also am really into poetry and creative writing. I just published my first book, "Conversation With Self," through Barnes & Noble. I have to say two things I have overcome, publishing my first book, and starting recovery from a suicide attempt. My mom- she has been my rock from day one. She's my best friend and has saved my life in more ways than one.

I have a lot of dreams. Since I was little, I've aspired to go to an Ivy League school and become an author. I'm really close to the first dream because I was waitlisted at Dartmouth, and as for the second, I've accomplished becoming an author, but now I need to market my book. What I really want is to become a doctor, either a pediatric neurologist or an adolescent and young adult specialist. I also want to be able to get back and beyond where I was as a runner, adopt, visit Costa Rica to contribute to efforts to save the sloths, continue writing, get a PhD, and become a coach someday. Regardless of what I do, I want to change the world.

Overcoming PTSD and anorexia resulting from 4-5 months of sexual assault/abuse when I was 14. What happened still haunts me everyday, but I'm learning to channel those negative feelings and behaviors into creative outlets, like writing and playing piano. Giving back to people helps a lot too, I've done a lot of volunteering, mentoring, and coaching, which helps me focus on the good parts of the world. However, I wouldn't say I've completely overcome this challenge. I recently relapsed and attempted suicide, which has left me in partial hospitalization for the last

month, but I'm working on taking it day by day and recovering for me this time instead of everyone else.

I balance school and hobbies by prioritizing my time for activities that are most important to me. The most important part of balance is choosing activities that you're passionate about. I choose classes and extracurriculars that I'm interested in, that way I feel fulfilled and satisfied with my work. My biggest time management tip is to eliminate distractions in your environment, like phones and social media. But also set aside time for leisure activities so you don't overwork yourself.

Journaling, making art, listening to music, exercise, and going on walks are some healthy coping skills that work for me.

I manage stress by spending time with people I love and care about, as well as giving myself breaks when needed. Utilizing coping skills, like drawing or reading, are great ways to manage stress too. If stress becomes overly hard to manage, talking to a trusted friend or adult is also super helpful.

A time I stepped out of my comfort zone was when I attended and performed at a slam poetry competition for the first time. I had to be really vulnerable because my poetry is quite personal, but in the end, the whole experience was worth it. I find sharing art to be a great source of inspiration.

What subjects or activities in school/college inspire you the most, and why? English is my favorite subject because I find it the most inspirational. The moral lessons cultivated through literature are part of why I'm so passionate about writing. I want to reach people in the same way that novels I've read have touched me. 2. How do you balance your academic responsibilities with extracurricular interests? Time management is definitely key. I'm big on planning, so I like to write down what time I have for classes, practice, studying, and extracurricular interests. Academic responsibilities are always my priority, so sometimes I'll have to put off extracurricular interests for a few days. As long as you don't procrastinate and manage your time well, balancing the two is achievable. 3. Can you share a project or initiative you've taken on that made a positive impact in your community? This summer I've started helping high school students with their college applications. I didn't get as much help as I would have liked when I was applying to colleges because I was afraid to ask for more. To amend that, I've started helping out with student college essays this year. My biggest goal is to ensure that my kids feel confident about their essays, that way if they don't get into the school they're aiming for, they don't blame themselves; they did the best they could do, admissions are just extremely rough and often unfair. I think socioeconomically, the college application process is extremely inequitable. More affluent students pay thousands of dollars for someone else to write their essays. I want to give my students the best chance of getting in while maintaining integrity. 4. What are your long-term goals for your education and career? Ideally, I'd like to become a doctor so I can help patients physically and mentally in the same way that I

received care while going through a rough health period in my life. At the same time, I'd like to pursue becoming a more well-known author and getting my work out to the world.

5. How do you manage stress during exam periods or important deadlines? I used to get really stressed out during exam periods and upcoming deadlines. But I realized worrying doesn't make the situation any better. I adapted the mindset that I can only control so much, and as long as I study and put the work in, I'll be okay. It also helps to realize that the score you receive on an exam is not the end of the world, nor does it define you as a person. I find that I learn more from mistakes than triumphs, so either way, I'm getting something out of the experience. When you view it from that perspective, the situation doesn't seem as daunting.

6. Can you discuss a time when you had to overcome a challenge or obstacle in your studies? When I was a sophomore in high school, I took a course called AP Research. Part of my final exam included a year-long study on the topic of my choice. So, I decided to study the predictive factors and characteristics of juvenile sex offenders. My goal in this project was to look for early signs of criminal behavior to try to correct these patterns before the perpetration of assault. Unfortunately, teachers, principals, and professors from universities who I reached out to to help gather participants for the study were not pleased with the topic. I received a lot of pushback, but I fervently believed that my study could help prevent sexual assault and truly make a difference, so I continued my efforts, reaching out at a national level to procure participants, and eventually, I finished the study and was one of around 200 students in the world to receive a perfect score on the exam.

7. What hobbies or creative pursuits do you engage in outside of school/college? I'm very involved in poetry and playing piano. I started playing when I was six or seven, and my lessons revolved around classical pieces. But now that I am finished with lessons (as of four or five years ago), I mess around with new-age piano and pop ballads for fun in my spare time. Poetry is a huge passion of mine too. I find it a great way to deal with trauma and uncomfortable emotions that are difficult to express.

8. How do you seek opportunities for personal growth and skill development? I seek opportunities for personal growth by taking advantage of every opportunity that comes my way. For instance, I was planning on going pre-med in college with a minor in Creative Writing but was invited to join what's called the Integral program, in which students take a variety of majors. It's a lot of work, but it takes me out of my comfort zone- I think the latter is the place where you find the most growth.

9. Can you share a moment when a teacher, mentor, or friend had a profound influence on your life? When I was in the emergency room, I was scrolling through my phone to distract myself from what was going on. My friend posted a funny story, and like usual I responded to it. I ended up telling him where I was and what happened to me, and instead of providing a grave response, he joked around with me. Of course, he still gave me an inspirational message about how I was strong and would make it through it, but it was the humor that got me through it. When I was trying to sleep in the hospital that night, I found myself chuckling at the memory of our conversation. I think humor is a great coping skill that can shed light on the darkest of situations. Without that interaction, getting through that moment would have been much more difficult.

10. What advice would you give to incoming high school/college students to

make the most of their experience? Live in the moment and strive for balance. There's more to high school than just academics. There's culture, friends, extracurricular opportunities, and so much more if you take the time to seek it out. My biggest regret is fretting over every grade and test score because years down the road, none of that really matters. You're not going to remember the grades you received, but the friendships you made. Relationships and memories last a lifetime, grades are for the most part temporary and subject to change.

2

00:00:01,918 --> 00:00:04,938

I am 18 years old  
and I go to Marin Mesa High School.

3

00:00:11,094 --> 00:00:12,529

I run track and field.

4

00:00:12,529 --> 00:00:17,150

I've been running since I was like,  
Oh, gosh, probably like sixth grade.

5

00:00:17,934 --> 00:00:19,219

So it's been a long journey.

6

00:00:19,219 --> 00:00:22,322

I ran a sprinter was at first

7

00:00:22,322 --> 00:00:25,759

I ran in the Junior Olympics

when I was like in seventh grade in Iowa.

8

00:00:26,059 --> 00:00:28,194

It was like my first race ever.

9

00:00:28,194 --> 00:00:30,630

I was unattached, so it's really cool.

10

00:00:30,630 --> 00:00:32,515

Then I got sick in eighth grade.

11

00:00:32,515 --> 00:00:35,051

Then I switched to distance  
running for high school.

12

00:00:35,051 --> 00:00:38,188

They end up running,  
winning the Eastern League champion

13

00:00:38,188 --> 00:00:41,958

and qualifying for my first year,  
which was super cool.

14

00:00:42,325 --> 00:00:47,197



Then COVID kind of happened,  
so I really get to run for a little while,

15

00:00:47,213 --> 00:00:50,183

but it actually gave me  
a lot of opportunity to train

16

00:00:50,183 --> 00:00:51,868

like throughout COVID on my own.

17

00:00:51,868 --> 00:00:54,871

And so I came into sophomore year

18

00:00:54,988 --> 00:00:57,991

and I said to course record

19

00:00:58,491 --> 00:01:02,429

a 1037 for my two mile  
and a 459 for my one while.

20

00:01:02,779 --> 00:01:06,750

So like, I was like the second fastest  
in the history of the school, which is

21

00:01:07,067 --> 00:01:08,001

really cool.

22

00:01:09,018 --> 00:01:11,371

I developed a lot of good relationships  
with the people

23

00:01:11,371 --> 00:01:14,841

on my team and a really strong bond,  
my coaches and stuff.

24

00:01:14,841 --> 00:01:15,859

So that's been really cool.

25

00:01:15,859 --> 00:01:20,080

But then I was kind of overtraining  
and I had a bit of an eating disorder,

26

00:01:20,096 --> 00:01:23,600

so I ended up getting two stress  
fractures in my leg

27

00:01:23,600 --> 00:01:26,603

and I also got to compression  
fractures in my spine.

28

00:01:26,753 --> 00:01:28,822

And so that kind of messed up my career.

29

00:01:28,822 --> 00:01:32,909

I lost a lot of like potential recruitment  
options with like schools and stuff.

30

00:01:34,310 --> 00:01:38,214

And I kind of ended up having  
to stop running, which kind of sucked.

31

00:01:38,214 --> 00:01:41,568

But it's like and even now,  
I'm not where used to be,

32

00:01:42,535 --> 00:01:46,606

especially since I just came back  
like I think last season.

33

00:01:46,623 --> 00:01:50,960

So it's been a journey,  
but I'm kind of more into coaching now

34

00:01:50,960 --> 00:01:55,398

and like mentoring the kids on the team  
and setting up workout plans

35

00:01:55,398 --> 00:01:56,783

for the injured athletes.

36

00:01:56,783 --> 00:01:59,068

And we actually found out  
that a lot of kids

37

00:01:59,068 --> 00:02:02,822

actually did have like stress fractures  
or some kind of injury.

38

00:02:03,089 --> 00:02:05,758

So I was able to get them up  
to the trainer and check it out.

39

00:02:05,758 --> 00:02:10,280

And so we're trying to change the focus  
of the program to be more health

40

00:02:10,280 --> 00:02:13,683

oriented rather than competition oriented,

which is really cool.

41

00:02:13,967 --> 00:02:16,619

So I'd love to consider  
like coaching the future.

42

00:02:16,619 --> 00:02:17,821

And then other. Hobbies.

43

00:02:17,821 --> 00:02:18,888

I play piano.

44

00:02:18,888 --> 00:02:21,658

I've been playing  
since I was like first grade.

45

00:02:21,658 --> 00:02:25,378

So like six or seven years old,  
I kind of had to stop more in high school.

46

00:02:25,378 --> 00:02:29,449

But now, since I don't take lessons,  
I get to do my own thing like contemporary

47

00:02:29,449 --> 00:02:32,702

new age, pop music,  
that kind of stuff, instead of like

48

00:02:32,702 --> 00:02:36,122

the typical Beethoven  
and Chopin and stuff like that.

49

00:02:36,122 --> 00:02:37,290

So that's cool.

50

00:02:37,290 --> 00:02:40,226

I just play in my free time and stuff.

51

00:02:40,226 --> 00:02:42,712

So I recently wrote a book.

52

00:02:42,712 --> 00:02:44,881

I started writing it  
when I was 14 years old,

53

00:02:44,881 --> 00:02:48,268

when I first started grappling  
with mental health issues.

54

00:02:48,268 --> 00:02:52,172

And a couple of months ago  
when I had a big like kind of breakdown

55

00:02:52,172 --> 00:02:56,075

with mental health, I kind of had  
an epiphany and wanted to put my, like,

56

00:02:56,125 --> 00:02:58,461

past experiences in a book  
to help other people.

57

00:02:58,461 --> 00:03:03,049

And the book is called Conversation  
with Self, and I'm going to be reading

58

00:03:03,750 --> 00:03:07,937

one of the very first poems I wrote  
when I was like 14 or 15, and it's called

59

00:03:07,937 --> 00:03:12,392

If Walls Could Whisper This Room  
Things of Yesterday and Dances

60

00:03:12,392 --> 00:03:17,480

for Tomorrow to coach with pink, yellow,  
two blue and three changes of sheets.

61

00:03:17,480 --> 00:03:19,082

The first doesn't count.

62

00:03:19,082 --> 00:03:21,000

Stuffed animals stare out bleakly.

63

00:03:21,000 --> 00:03:23,987

I often wonder  
if their eyes are as tired as mine.

64

00:03:24,537 --> 00:03:26,372

I think the bear judges me. Mama.

65

00:03:26,372 --> 00:03:30,777

Teddy is her name, but I can't blame her  
for I so despise hypocrites.

66

00:03:31,344 --> 00:03:34,130

Thousands of worlds  
and children, trillions of lives



67

00:03:34,130 --> 00:03:37,500

nestled in blankets of paper  
and pillows and stuff

68

00:03:37,500 --> 00:03:41,187

to the brink of effusion,  
not merely trapped by glue or stitched.

69

00:03:41,187 --> 00:03:42,322

Into battles of differing.

70

00:03:42,322 --> 00:03:43,256

Hues.

71

00:03:43,256 --> 00:03:46,309

Classics

I save from the covetous clutches of time.

72

00:03:46,743 --> 00:03:50,697

Less romance is spun from lies,  
but she's spellbound not to read

73

00:03:51,080 --> 00:03:55,251

too promising, not to believe all nine

dystopian societies of limitless

74

00:03:55,251 --> 00:03:59,122

possibilities

heroines painted in love, power, envy,

75

00:03:59,672 --> 00:04:03,543

magic and hope corroborates

artistic cunning hands

76

00:04:03,543 --> 00:04:07,680

present my ideal fantasy,

locked with a key, its location

77

00:04:07,680 --> 00:04:10,883

undisclosed, unwarranted, unknown

just to taunt me.

78

00:04:11,567 --> 00:04:16,039

Colorful ribbons brandish

disks of plastic, copper and aluminum,

79

00:04:16,522 --> 00:04:21,527

swaying to the song of a past beat

pushed along by the same flurry of air.

80

00:04:21,527 --> 00:04:24,530

The fan used to lull me  
and subliminal sleep,

81

00:04:24,681 --> 00:04:28,217

their presence on my neck,  
gliding effortlessly to a dance

82

00:04:28,217 --> 00:04:31,487

I can no longer repeat  
but credence to self-worth.

83

00:04:32,388 --> 00:04:36,059

Now their pendulums  
swinging, counting down the time

84

00:04:36,059 --> 00:04:40,546

till the colored nooses make me repent  
for lacking strength to keep up the

85

00:04:40,546 --> 00:04:45,418

miracle is out threatens to pull me in  
They see glass is colorless, transparent.

86

00:04:45,752 --> 00:04:49,322

If that's true, why is mine  
tinted in opaque blacks and blues?

87

00:04:49,589 --> 00:04:52,909

Why does my body refuse to otherness  
wither away?

88

00:04:53,209 --> 00:04:57,447

Dissolve into the Hillary  
like my reflection wants of me weakened?

89

00:04:57,447 --> 00:05:00,450

What shapes between fretting fatigued  
fingers?

90

00:05:00,800 --> 00:05:03,686

The fourth change arrived. Two days  
passed.

91

00:05:03,686 --> 00:05:06,956

After the broken one came to steal  
the last lilac on my sheets.

92

00:05:06,956 --> 00:05:10,460

Last night a fissure opened up  
and swallowed me in my sleep.

93

00:05:10,910 --> 00:05:15,198

I was knee deep in dreams, jostling  
for sanity while sheet number three

94

00:05:15,198 --> 00:05:19,702

strangled, limbs tangled, mine mingled  
in a body that just wanted to breathe.

95

00:05:20,420 --> 00:05:22,855

I wish the animals could hear my screams  
because

96

00:05:22,855 --> 00:05:25,858

metals aren't  
the only ones capable of choking.

97

00:05:26,192 --> 00:05:29,662

There is a figure trying to claw its way  
out of the mirror, but it isn't me.

98

00:05:30,113 --> 00:05:34,050

The black and blues are coming slithering,  
coiling around a lifeless body.

99

00:05:34,617 --> 00:05:37,620

I find myself  
wondering if these walls whisper

100

00:05:38,087 --> 00:05:41,274

because I could have sworn they promised  
to protect me when I was three.

101

00:05:41,958 --> 00:05:44,844

Darkness thrives inside  
and outside the space.

102

00:05:44,844 --> 00:05:48,264

But if these walls could whisper,  
I like to believe they would have sent

103

00:05:48,264 --> 00:05:51,684

warning instead of reminded me,  
reminding me of sheet change.

104

00:05:51,684 --> 00:05:56,372

Three Locked away, pushed deep in

the closet where the animals cannot see.

105

00:05:56,906 --> 00:05:58,641

This room sings of yesterday.

106

00:05:58,641 --> 00:06:00,777

But you won't see me dancing.

107

00:06:00,777 --> 00:06:02,295

That's an excerpt. Oh, yeah.

108

00:06:03,413 --> 00:06:04,347

That's just.

109

00:06:04,347 --> 00:06:06,382

Yeah. Thank you. Very good.

110

00:06:06,382 --> 00:06:08,518

I really appreciate that.

111

00:06:08,518 --> 00:06:12,321

I would say hold on to hope and understand  
that it's important

112

00:06:12,321 --> 00:06:15,324

to face the hard times

instead of stifling it.

113

00:06:15,625 --> 00:06:18,594

Because that's how we learn

and that's how we grow.

114

00:06:18,594 --> 00:06:21,147

I was always frustrated

115

00:06:21,147 --> 00:06:24,534

with how everything in my life

seemed negative,

116

00:06:24,801 --> 00:06:29,072

like bad things kept on happening to me

and trauma kept resurfacing

117

00:06:29,539 --> 00:06:32,492

and I just internalized

it all and was wondering

118

00:06:32,492 --> 00:06:35,478



like, what I did to cause this much grief

119

00:06:35,661 --> 00:06:38,548

and knowing that it's not your fault,

120

00:06:38,548 --> 00:06:42,985

but also knowing that life isn't happy.

121

00:06:42,985 --> 00:06:45,538

Like there's no happy parts

and positive parts

122

00:06:45,538 --> 00:06:50,093

if you haven't met sadness before

because it's like it's contrast.

123

00:06:50,093 --> 00:06:53,179

Like in photography,

like everything looks brighter

124

00:06:53,179 --> 00:06:56,899

if you have a darker color

or a darker shade to bring out the light.

125

00:06:57,300 --> 00:07:00,169

And I think when you've gone  
through experiences

126

00:07:00,169 --> 00:07:03,172

like that that are darker,  
where you feel hopeless,

127

00:07:03,423 --> 00:07:06,659

it makes the positive moments in your life  
more perishable.

128

00:07:07,343 --> 00:07:10,346

Oh gosh, I have a lot of goals.

129

00:07:10,413 --> 00:07:13,049

I've always wanted to be a doctor

130

00:07:13,049 --> 00:07:19,372

because when I had an eating disorder,  
I met an adolescent and young

131

00:07:19,372 --> 00:07:23,042

adult specialist and I'd never heard of  
that type of doctor before.

132

00:07:23,793 --> 00:07:26,362

But because she also had a degree

133

00:07:26,362 --> 00:07:29,365

in psychology, in addition

to like the pre-med stuff,

134

00:07:30,082 --> 00:07:33,753

I felt like it was the first time

a doctor ever saw me outside

135

00:07:33,753 --> 00:07:36,739

of just being a patient,

but being a person too,

136

00:07:36,739 --> 00:07:40,159

and understanding that the physical

is so connected to the mental.

137

00:07:40,610 --> 00:07:43,162

And I felt like she was helping me

138

00:07:43,162 --> 00:07:47,133

not just to get better in the short term,  
but to get better in the long term.

139

00:07:47,483 --> 00:07:52,338

And I want to create that kind of doctor  
patient bond with people in the future

140

00:07:52,338 --> 00:07:55,942

because I think that's  
how you can change somebody's life.

141

00:07:55,942 --> 00:07:58,794

And I think I could touch a lot of lives  
in that way.

142

00:07:58,794 --> 00:08:02,482

But at the same time,  
I kind of felt pressured by like teachers

143

00:08:02,482 --> 00:08:04,283

and stuff to be a doctor.

144

00:08:04,283 --> 00:08:07,820

And I still am really passionate about it,  
especially like neuroscience and stuff.

145

00:08:07,820 --> 00:08:12,058

But I also really want to write

and like get a creative writing degree.

146

00:08:12,058 --> 00:08:15,511

So I'd love to double major

and do both pre-med

147

00:08:15,778 --> 00:08:19,315

and creative writing, even though that's

probably going to be a lot of work.

148

00:08:19,315 --> 00:08:21,450

But that would be the dream I want to be.

149

00:08:21,450 --> 00:08:24,987

I want people to read my work

on a broader level because it's

150

00:08:24,987 --> 00:08:28,975

hard to market a book

like I just published a few days ago.

151

00:08:28,975 --> 00:08:31,227

And right now my outreach is my friends.

152

00:08:31,227 --> 00:08:32,995

So I'd like to become more

153

00:08:32,995 --> 00:08:36,032

I mean, I'm already a published author,  
but I want to get more of my work

154

00:08:36,032 --> 00:08:36,899

out there.

155

00:08:36,899 --> 00:08:38,451

So that's a dream too.

156

00:08:38,451 --> 00:08:40,369

I also want to get back to running.

157

00:08:40,369 --> 00:08:45,208

I used to be like really fast  
and do like 60 miles a week

158

00:08:45,208 --> 00:08:49,645

and now like walking up  
the stairs is sometimes hard on my jeans,

159

00:08:49,645 --> 00:08:53,432

but I'd love to get back to where  
I used to be and go beyond that.

160

00:08:53,883 --> 00:08:57,737

And I also my coach also told me  
when I was having a rough time

161

00:08:57,737 --> 00:08:59,972

and I was like,  
I'm so much slower than I used to be.

162

00:08:59,972 --> 00:09:03,859

He was like, It's, you know,  
that women are actually faster than men

163

00:09:04,043 --> 00:09:07,413

when it gets to like races  
that are over 100 miles an hour.

164

00:09:07,413 --> 00:09:11,450

It's like really because of like

the different body composition and stuff.

165

00:09:11,450 --> 00:09:16,038

And one of my favorite runners, Courtney  
Walter, has the fastest 100 mile time

166

00:09:16,038 --> 00:09:19,825

in, like, the history of the world,  
like males and females combined.

167

00:09:19,825 --> 00:09:22,828

So I'd love to be an ultimate fighter.

168

00:09:23,012 --> 00:09:25,581

One day I think about to take on that.

169

00:09:25,581 --> 00:09:26,582

I think I could do it.

170

00:09:26,582 --> 00:09:28,968

I've ran like 50 miles before.

171

00:09:28,968 --> 00:09:32,171

That was kind of



because the mental health thing is,

172

00:09:33,506 --> 00:09:34,340

I think if I could

173

00:09:34,340 --> 00:09:37,393

do it, then I can do it again

in like a better headspace.

174

00:09:37,410 --> 00:09:40,413

I want that to

175

00:09:40,496 --> 00:09:43,883

I also I'm really big on female activism.

176

00:09:43,883 --> 00:09:47,186

I was sexually assaulted

when I was younger, so that's why

177

00:09:47,186 --> 00:09:48,804

I started writing.

178

00:09:48,804 --> 00:09:51,774

And I actually write.

179

00:09:51,774 --> 00:09:53,059

Going right back to school.

180

00:09:53,059 --> 00:09:57,897

I decided to do my AP research project  
on the ideology

181

00:09:57,897 --> 00:10:01,884

of juvenile sex offenders because I wanted  
to get into the other perspective

182

00:10:02,184 --> 00:10:06,439

and understand why this is happening  
at such a huge level in the first place.

183

00:10:06,439 --> 00:10:07,940

Like one in three

184

00:10:07,940 --> 00:10:11,177

women and girls are sexually assaulted  
at one point in their lives.

185

00:10:11,177 --> 00:10:16,165

And I think that's such a huge statistic  
that we overlook so many times.

186

00:10:16,165 --> 00:10:20,102

And like once it's happened to you,  
you start seeing it everywhere.

187

00:10:20,419 --> 00:10:23,939

Like my first slam poetry contest, a woman

188

00:10:24,256 --> 00:10:28,577

who the first woman that went out proposed  
a poem, was called One in three.

189

00:10:28,911 --> 00:10:30,413

After that same statistic.

190

00:10:30,413 --> 00:10:33,599

And every single woman that night  
that performed

191

00:10:33,599 --> 00:10:36,836

their poem was all about  
sexual assault in the past.

192

00:10:36,836 --> 00:10:38,521

And it's been like that.

193

00:10:38,521 --> 00:10:41,507

Every contest since and the like.

194

00:10:42,024 --> 00:10:45,528

Mental health, kind of like school  
hospital I go to right now.

195

00:10:46,646 --> 00:10:49,248

Every single  
girl in there was sexually assaulted.

196

00:10:49,248 --> 00:10:50,783

And that's one of the reasons  
they're there.

197

00:10:50,783 --> 00:10:55,071

And I just feel like  
this has been going on for centuries

198

00:10:55,071 --> 00:10:58,074

and we haven't done enough to address it.

199

00:10:58,374 --> 00:11:02,278

So when I'm older  
and have a wider platform,

200

00:11:02,278 --> 00:11:06,532

I want to be able to contribute  
to that effort, like do something about

201

00:11:06,532 --> 00:11:09,652

like maybe an equal protection amendment  
that was never passed

202

00:11:09,652 --> 00:11:12,655

and like this on the news  
or eighties or whatever it was,

203

00:11:14,423 --> 00:11:18,210

hopefully get Roe v Wade back up there,  
but like alter it

204

00:11:18,210 --> 00:11:21,997

so that it's a little more like inclusive  
and like

205

00:11:22,314 --> 00:11:26,068

forthcoming to all the states involved,  
just that kind of thing.

206

00:11:26,068 --> 00:11:29,789

And giving more resources to people  
who have been through acts like that,

207

00:11:30,089 --> 00:11:30,773

that kind of thing.

208

00:11:30,773 --> 00:11:34,260

My sophomore research Pew Research project  
going that back to that,

209

00:11:34,577 --> 00:11:38,247

actually ended up getting a perfect score  
like an entire country.

210

00:11:38,247 --> 00:11:42,017

I was the top one person in the world  
to get a perfect score.

211

00:11:42,568 --> 00:11:46,255

So that was really cool  
because actually the

212

00:11:46,372 --> 00:11:49,642

I tried to get participants from my study  
just to take a survey,

213

00:11:50,009 --> 00:11:52,912

and none of the teachers  
or staff from like schools in

214

00:11:52,912 --> 00:11:56,248

San Diego wanted to take the test  
because it was so taboo.

215

00:11:56,699 --> 00:11:57,867

And I was just like,

216

00:11:59,001 --> 00:12:02,037

This is why we're not moving forward  
with problems like this

217

00:12:02,037 --> 00:12:05,274

because people are afraid to address  
and be in the uncomfortable.

218

00:12:05,274 --> 00:12:06,475

But the only way to solve

219

00:12:06,475 --> 00:12:10,646

the uncomfortable is to address it  
and look it in the face and make changes.

220

00:12:10,646 --> 00:12:14,183

So I want to be able to contribute to that

221

00:12:14,183 --> 00:12:18,087

on a broader level  
when I'm older and help make an impact.

222

00:12:19,038 --> 00:12:22,308

I think what makes me happy is

223

00:12:23,392 --> 00:12:27,530

just being in the present  
and knowing that I have a purpose here.

224

00:12:28,130 --> 00:12:32,067

So whether that's interacting with friends



or just making a difference

225

00:12:32,067 --> 00:12:35,371

in the community

or just living in the moment, you know,

226

00:12:35,421 --> 00:12:38,424

like sitting on the couch

writing with my dog or like

227

00:12:38,491 --> 00:12:41,727

laughing with my dad

or going on a walk in nature with my mom.

228

00:12:42,061 --> 00:12:43,979

I think that's what makes me happy.

229

00:12:43,979 --> 00:12:47,516

Like the little things,

like when I was really depressed

230

00:12:47,516 --> 00:12:48,901

and I was coming out of trauma,

231

00:12:48,901 --> 00:12:53,939

like I went outside and I was like,  
Oh my God, the sunset is just gorgeous.

232

00:12:53,939 --> 00:12:57,827

And like, I try to watch it  
every single day and like, the flowers

233

00:12:57,827 --> 00:13:01,230

going from like a sidewalk crack, like,  
what the heck, How is that

234

00:13:01,230 --> 00:13:04,400

even happening,  
you know, or the shape of the clouds?

235

00:13:04,400 --> 00:13:08,454

Like, I'll be at practice stretching and  
I'll just look up and I'll be like, Guys,

236

00:13:08,487 --> 00:13:09,388

look at that cloud.

237

00:13:09,388 --> 00:13:13,042

And I'm like, Whoa, So little moments,

I guess.

238

00:13:13,042 --> 00:13:14,126

Yeah, little moments.

239

00:13:14,126 --> 00:13:18,864

And just being present and realizing  
we don't have a ton of time on this earth

240

00:13:18,864 --> 00:13:21,767

and that we should make the most of it.

So I guess just.

241

00:13:21,767 --> 00:13:23,235

Just living. Yeah.