

Lyndsay: I'm so thankful for you coming up and talking to me, because I was considering dropping out for a semester and I was worried about it because you know if you drop out for 1 semester, you don't go back for the next and I was really stressed out about not making it back.

Tammy: So I think it's okay for me to share that when I met Lyndsay she was in an unhealthy relationship and just didn't know what to do and we just really kind of broke it down into little pieces.

Lyndsay: And that helped. I really didn't know if I would pull through. I didn't have many friends who knew. My family didn't know the situation, Tammy was really the only person who knew the situation I was in and knew how to help.

Tammy: She absolutely wanted some advice. She wasn't person who said 'what would you do?', and then rolled her eyes and did it anyway. That is where I saw the beginning of Lyndsay's strength.

Lyndsay: Empowered is definitely the word. Empowered and confident and that's something I've always struggled with coming from a broken family and moving around a lot. Having huge gaps in my education going from elementary school to elementary school, different middle schools, and then different high school. In middle school I was told I was too stubborn and I wasn't going to learn, I wasn't going to make it through college. I wasn't going to go anywhere with the attitude I had, so I just kept quiet and downplayed myself through high school and middle school. Because of that, I think I never really found what I liked, found my own identity. I was writing a paper on domestic violence and how it affects the mental health of children and while doing that I interviewed with a domestic violence investigator, a state attorneys and state advocates. After interviewing with those people, they asked me to do an internship with the state's attorney's office. As a kid I always watched those law and order shows, I loved *Legally Blond*, I kind of grew up in the Rochester/Stockbridge are and I knew of Vermont Law School. There was a spark that was deep, deep, and once I was asked to intern for the state's attorney's office it was like a fire, like a volcano erupted in me and I was like, I can do this.

Tammy: So the funniest part in our journey is sometimes the art division puts a huge slate upon the 2nd level and it says "before I die I want to" and Lyndsay had written become state's attorney and I have another student who is very high ranking in the Rutland City Police and he had seen her write that.

Lyndsay: I was in the state's attorney's office that Thursday and the state's attorney was telling me how this police officer had seen it written on the chalkboard and sent a picture of it to her. And while she's talking about it she was saying it's so cute, like how funny is this and telling everyone about it and I'm sitting there so red. My face was so warm and she was like 'are you okay?' and I was like 'I think I wrote that.' She showed me and I was like 'yeah that's my handwriting.'

Tammy: You asked me what I've learned from Lyndsay? So much about inspiration, motivation, determination.

Lyndsay: Going through all these years, of being told I wasn't worthy or feeling like I wasn't worthy and all it took was one person to tell me to know my worth. I want people to know that just because you come from a poor family, or a bad relationship, or you've been victimized or you don't where to go or you don't have support, I really want everyone to know that whatever that burning desire is don't ignore it. Do something about it even if it's one class that turns into 2 and then falls into 4. Graduate with that degree and go through it. If you need help, ask for help, because it's the best feeling when you see yourself doing things you never thought you'd be doing.