



MAY 8

Posted 8:18am

Meet Jessica and Stardust



Sometimes you meet a person so full of positive spirit that it carries you up, gives you faith.

Meet Jessica Kennedy, age 29...and her horse Stardust. Evidently, a number of horses swim at Lindquest Beach on the island. The salt water good for their legs. Good for us humans, too. (Aside: I have few complaints about living in beautiful Los Angeles, but if that chilly Pacific were only the temperature of the Carribean.....)

I met Jess while training in St Thomas. She's a lifeguard at breathtaking Megan's Bay. She technically works for the government and has calculated designs to move up the ladder there. She's also enterprising in that she's writing a children's book for the younger students on the island. The protagonist is a crab who is horrified at litter on his beach, plastic bottles thrown into his ocean.

But perhaps more than her get-up-and-go, what I'm impressed with about this Jess is her lust for life, her focus on wisdom at a young age. She tells me that she takes every troubled relationship in her life, work or personal, and decides what is her part, what she can change. If she can't own any of it at all, if it's all the other person's domain, she lets go. If only I were so wise....

If you like this blog, "Like" it and share it with your friends.

P.S. Have you signed up for my [7 Day Reboot](#)? Hop in! It's Free!

ARCHIVES

- > [Blog Archives 2012](#)
- > [Blog Archives 2011](#)
- > [Blog Archives 2010](#)





[1 capture](#)

26 Jun 2013

[Diana](#)

[Press](#)

[Support Us](#)

[Contact](#)



Diana's swim is made possible due to the generous contributions of

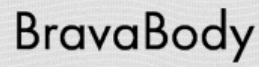
MAY JUN JUL

26
2013

2012

2014

About this capture



Built and designed by Brass Nine Design