My nursing career began in the United States Air Force as a second lieutenant/ staff nurse in a 12-bed hospital at Edwards Air Force Base, California and continues today as a family nurse practitioner in a privately-owned family practice clinic and WCU adjunct faculty. I joined the WCU Department of Nursing in 2014 as a full-time faculty member/assistant professor. In 2017, I partnered in a family practice in New Jersey and that has been rapidly growing. I chose to leave my full-time faculty position at WCU in 2018 in order to focus more on the growing practice. I am honored and excited to have the opportunity to continue teaching at WCU as an adjunct faculty member. I consider this the “best of both worlds” as I get to keep my very busy clinical practice and continue to teach. In my spare time, I love to work out either at CrossFit, lifting weights or running. I am married with two boys who both attend WCU. Last but not least, I have two black labs who help keep our empty house full of life.