

Kerri responds to Mean Girl email:

Soap Box Wednesday: By virtue of many roles I have in our communities, I know that it invites interaction with members of the public who only know me through those roles. Not all of that interaction is positive and I accept that. What I can't accept is thoughtless, even if well-intended, criticism that feels like passive/aggressive shaming.

I received an email today that kind of made me shake my head. A reader of my column on the topic of heart issues I experienced a decade ago wrote that she'd seen me at a number of events over the holidays and that I was not keeping my weight down. Wow! Thank you dear reader. As someone who has struggled with my weight for much of my adult life I'm quite familiar with what I look like. I see myself in the mirror every day. I see myself in a swimsuit a couple of days a week when I swim at the gym. I also see that in the past ten years I lost almost 60 pounds that I have not re-gained. I don't let my weight keep me from being an active participant in life or from loving my family and friends and giving back to my community. In a perfect world I'd lose another 50 pounds but my world has never been perfect, it's been perfectly wonderful, though.

I share this personal message not for kudos but to remind people, especially young people, to use your words to lift people up. We are all flawed and I'm pretty sure that we're each quite aware of our flaws. Find the good and sing its praises. Love yourself and love each other.



