



# Highland Roots

A look into the value of storytelling  
and of those who are telling their story.

**Audrey Carter and Maggie McCormick**

“You can find the most amazing stories from regular people. All you have to do is ask them about their lives and listen.” Dave Isay, Founder of Story Corps

This project explores the idea that we can only progress if we step outside of ourselves and seek the knowledge of our community members, near and far, alike and different. There is much to be learned from those around us. If we want our perspectives on health, food culture, and change to be understood, we must first seek the perspectives of others. The stories of others’ lives are a valuable resource as we each write our own.

## What now?

While it is easy to remain in our own thoughts, lives, and perspectives, let’s make a concerted effort to gain understanding of others’ thoughts, lives, and perspectives. It might be uncomfortable, but it will definitely be worth it.

# Highland Roots

A look into the value of storytelling  
and of those who are telling their story.

**Audrey Carter and Maggie McCormick**

“You can find the most amazing stories from regular people. All you have to do is ask them about their lives and listen.” Dave Isay, Founder of Story Corps

This project explores the idea that we can only progress if we step outside of ourselves and seek the knowledge of our community members, near and far, alike and different. There is much to be learned from those around us. If we want our perspectives on health, food culture, and change to be understood, we must first seek the perspectives of others. The stories of others’ lives are a valuable resource as we each write our own.

## What now?

While it is easy to remain in our own thoughts, lives, and perspectives, let’s make a concerted effort to gain understanding of others’ thoughts, lives, and perspectives. It might be uncomfortable, but it will definitely be worth it.