



**Education:** JD, William S. Boyd School of Law; University of Nevada, Las Vegas; MPA, University of Miami, Coral Gables; BS, Boise State University, Boise

**Company Name:** McDonald Carano LLP

**Industry:** Law Firm (Legal Services)

**Company CEO:** George F. Ogilvie III

**Company Headquarters Location:** Reno, NV

**Number of Employees:** 110

**Your Location:** Las Vegas, NV

**Words you live by:** Always stay true to yourself, and never let what somebody else says distract you from your goals.

**Who is your personal hero?** My parents

**What book are you reading?** Ruth Bader Ginsburg by Jane Sherron De Hart

**What was your first job?** Childcare provider at a fitness gym

**Favorite charity:** The Loveland Foundation

**Interests/Hobbies:** Traveling, baking, and hiking

**Family:** Two brothers, the best parents, and an abundance of love from all other family members

## My parents' lessons: Careers are tough. Life is tougher. Just keep going.

I still hear my Mom's voice, "Don't give up too fast or when it gets hard because meaningful moments happen after you weather the storm. That's when breakthroughs come." "But what happens then?" I asked. "You appreciate how far you've come," my Dad chimed in, and then they both said "And you keep going." This is the best advice I've ever received.

It was hard leaving my family in Nevada and moving to Florida by myself to obtain a master's degree and finish my last collegiate year of hammer throw competition. There were many times I wanted to give up and go back home, but I kept going. My parents were right — earning my master's degree, returning to Nevada to be with my family, and starting law school were meaningful breakthrough moments. Unfortunately, after only one semester of law school the world shut down due

to COVID-19, but I kept going and completed law school online and a semester early. The next painful storm was my Mom unexpectedly passing away during my last semester of law school. She wasn't at graduation to see me accomplish my goals, but after I walked across the stage to accept my diploma I knew I had to keep going. I gave it my all, passed the bar, and became an attorney at McDonald Carano.

I keep going because I have learned that it lifts you up, helps you discover the strength of your convictions, and focuses your determination. It helps you define what matters to you. It helps you claim your life as your own, and show up more fully for yourself and others. You can't keep going if you don't know who you are and what you stand for. If you keep going you can do more and be more, and you will experience that success is measured both by what

you achieve and overcome — for yourself and for others. You must keep going to make a difference, but be ready to commit the time. I have chosen to mentor diverse law students to help them keep going. I speak on panels about breaking diversity barriers to help the cause keep going. My law firm received the Nevada State Bar's first Partner in Diversity, Equity, and Inclusion award and I am a vice-chair of our DEI Committee because I want to help my firm keep going. I am a board member of the Las Vegas Chapter of the National Bar Association (for the predominantly African-American legal professionals) so I can help the legal profession keep going.

Life happens when you keep going. Get through the hard times, experience meaningful moments, appreciate how far you've come — and then follow my parents' advice and keep going.