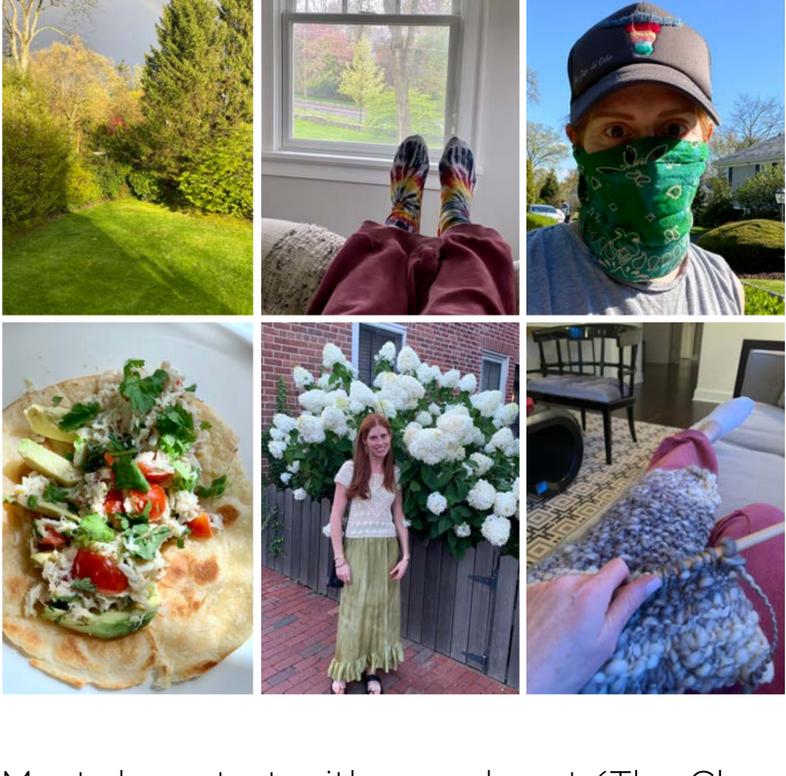


# Q

WITH SANDY NEWMAN

## Living in the Q has certainly been an interesting challenge!

I try to focus on at least one silver lining each day. A slower pace without racing kids out the door to catch the bus, a break from the monotony of making school lunches and driving carpools filled with rowdy 8-year-old boys or tick tocking teenage girls! Although I greatly miss responding to clients all day and night, it is nice to be a bit untied from my devices.



Most days start with a work-out (The Class by Taryn Toomey, The Sculpt Society by Megan Roupe, or Isaac Boots) followed by a walk, hike, run, or bike ride later in the day. Having to clean the house top to bottom and constant laundry has become my new jam, thank god for the entertainment of podcast interviews (Girl Boss Radio, Goop, Cherry Bombe). I am finding new accomplishments, freestyling a recipe that my husband raves about, getting my second grader to complete a challenging homeschool task, fixing a broken electronic car.

## “I love sifting through cookbooks and food sites”

like Athena Calderone, Jennifer Fisher Kitchen or Half Baked Harvest to find the best recipes for the ingredients that I have on hand, posting to my cooking club’s Instagram account @forkyeah10583 along the way. While I used to get excited about discovering unique and vintage clothing and accessories, I now get excited about grocery delivery time slots, curb side pick-ups and securing hard to get gourmet ingredients (Citarella, Mike’s Organics, Our Harvest).

## “Historically I am happiest in constant motion, so I have been using that as a coping mechanism right now.”

The first month I was obsessed with organization projects, the spice cabinet, office bookshelves, sorting Lego bins by color (thanks Container Store!). I don’t think there is a corner or drawer of our house that went unorganized! The second month was my creative phase, taking up an old doodling artistic style I developed in high school, helping my 12-year old daughter concept designs for her new beaded jewelry line @beadedby.es trying Indigo and Shibori dying, splatter painting my shoes, and I even ordered a Spirograph! Foraging for wildflowers has brought color and life into my kitchen. As I enter phase (or month) three,

## I want to focus on checking in and re-connecting with all of our loyal clients at Content Muse.

Hopefully you guys can find some enjoyment in some of the things that I have been up to. I cannot wait for the word “Action” to be said on set, we are all standing by to jump in and pitch some winners for you!



## Q DAILY ACTIVITIES

