## Energy Is Key

This past week, I set off to one of my favorite places on the planet for some recharging. I spent a week on a sailboat in the British Virgin Islands with friends and had a wonderful time! One of the islands, <u>Jost Van Dyke</u>, is known as a top ten destination for New Year's Eve celebrations. What an extra special experience to sail to different islands and experience different beaches and breathtaking views!