My taking a knee, with a smile and flexed bicep, hopefully, emanates kindness of spirit, the strength of character, and humility for my role in the community. As we all reckon with the wrongs and complexities of the past and wend our way forward into our collective future, I have the humility to know I don't have all the answers and that I need to continually, actively learn to be a true ally. I'm up for the challenge.

- Tammy Ackerman