

attitudes ABOUT latitudes

THIS MONTH WE HEAR FROM **NANCY BEARD** (CERTIFIED LIFE COACH AND FOUNDER OF NANCY BEARD COACHING) AS SHE SHARES A CROSS-COUNTRY MOTHER/SON TRIP.



“Changes in latitudes, changes in attitudes,” as one Mr. Jimmy Buffett sings, and here at *Lake Norman Woman Magazine*, we couldn’t agree more! Whether it’s an escape to your favorite beach that you took last summer or an exotic location halfway around the globe that you’re planning for future travel, we want to share those adventures with our readers.



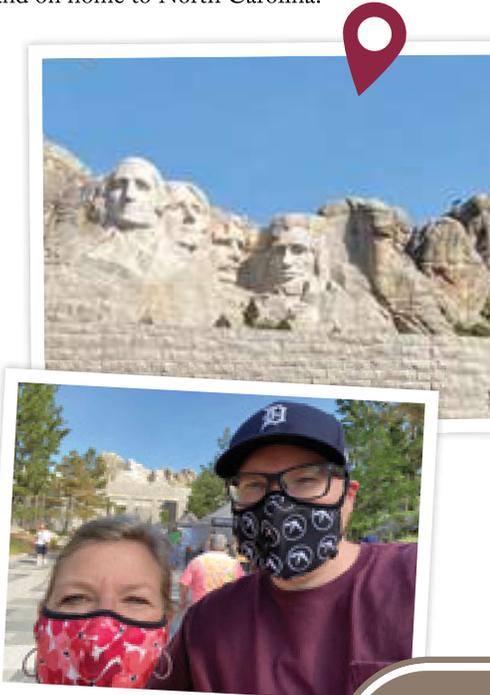
PASSING THE TIME

We listened to music, and I learned about new podcasts. We had deep discussions about history, historical figures, politics, life’s challenges, and just life in general. We played games and sang songs.



ALONG THE WAY

We loved the 80-mile speed limit when we were in Idaho, Montana, and South Dakota. In Washington we saw signs for places with strange names like Snoqualmie Falls and Yakima. In Montana on Interstate 90 there are green signs with tribal words like Baaxuwuaashe. We stopped in Rapid City, South Dakota, to see Mt. Rushmore and it was well worth it ... seeing it in person is quite awe-inspiring!



BISON BURGERS AND BANANA PUDDING

We saw a sign for bison sandwiches so we exited the highway in Oacoma, South Dakota, for AL’s Oasis where we tried a bison burger, which tasted like beef to us. Another good stop is at Wall Drug in Wall, South Dakota—the drug store (it is so much more than a drug store) is so large that they employ almost everyone in the small town. Our other fun food experience was at Hattie B’s Hot Chicken in Nashville ... world-renowned for their spicy chicken and award-winning banana pudding.

PRICELESS JOURNEY

Our final day was filled with excitement as we eased our way to the North Carolina state line. Phillip was excited to see his wife and I was excited to see my husband. Taking a cross-country trip was never on my bucket list but I was open to the wonderful opportunity and thankful to see our beautiful country. It was truly a blessing, and I had a couple tears in my eyes when we arrived home due to the happiness I felt having this beautiful gift of five days alone—just me and my boy. 🍷

