

A Little Bit About Me....

Ceil Upchurch



Birthday: April 29

Hot Drink: Coffee

Cold Drink: iced tea

Sweet Treat: Almond Joy

Salty Snack: Crunchy Cheetos

Guilty Pleasure: Cheesecake

Starbucks Order: Iced green tea or hot mocha

Lotion Scent: lilac or lavender

Flower: I love them all!

School Supply: Page protectors

Sports Team: Olympics-team USA

Any Other Info: Mindfulness, meditation and social activism