

Dara Trotter bio interviewed by Becky Gross



Dara was born in Louisville, Kentucky in 1962. She grew up in a very close knit family. Her mother has a twin sister so the two families were always spending time together. Some of Dara's favorite childhood memories revolve around Thanksgiving, her favorite holiday. The families would come together and Dara remembers that her mother and aunt would always go shopping the day after Thanksgiving. At night, Dara along with all of her cousins could hear their mothers wrapping their gifts and talking. The kids, all sleeping in the same room, would lay awake and talk about the gifts that they hoped their mom's were wrapping.

Even though Dara's father passed away in 1989 due to heart complications, the rest of her family all still live within one mile of each other. The Trotter family moved from Louisville to Nashville when Dara was two. Dara has always had a love for the outdoors and for athletics. She grew up playing basketball and softball in church leagues and enjoys yard work, gardening, and traveling with family.

Dara studied at Western Kentucky University for her under graduate degree, then came back and received a business degree at MTSU. After working at National Sporting Goods she went back to MTSU and received a Master's degree in health and physical education. Even after obtaining her Master's degree, Dara moved to Birmingham and received an athletic training degree at Samford University. Dara stayed in Birmingham for a while and worked as an athletic trainer at Samford for seven years. She then moved back to Nashville and worked at MTSU as an athletic trainer for two years.

What did Dara do next? She went back to school and received a massage therapy degree! Dara is an amazingly gifted and talented person. Currently, Dara is enjoying working four part-time positions: an athletic trainer at Baptist Sports Medicine, a personal trainer for the YMCA, ushering at the Ryman, and a chair masseuse at Green Hills Muscular Therapy. The flexibility and diversity is what Dara loves about all of her jobs. While managing all of these jobs you'll find Dara spending time with her brother, sister, mother, and nieces and nephews, and maybe even enjoying some Blue Bell ice cream. Just recently, Dara's uncle paid for the entire family to go on a Hawaii vacation, so the next time you see her you'll have to ask her about Maui.

Dara is a member of Brentwood Baptist Church and has been since 2004. One of the reasons she loves BBC is that there are so many places and ways to get involved. Dara went on several BBC sponsored construction trips to Pearlington, MS after hurricane Katrina, and that led Dara to get involved in Habitat for Humanity home

builds. Dara has been helping out on Habitat projects for 2 or 3 years now, and became a Crew Leader last year. Dara enjoys working with all involved and brings much skill to each build. We are excited to have Dara as a Crew Leader for our upcoming Women Build in Spring Hill. Thank you Dara, for all you bring to the Habitat team!