



OCTOBER 07

THE MOTHER NATURE THE FAMILY GROOVE'S PROFILE OF A MOM WHO'S MAKING IT HAPPEN

The days of the traditional coffee clutch may be over, but at THE FAMILY GROOVE we're doing it new school, bringing people together to laugh, learn, share and commiserate in the global village called the Internet.

This month, we want you to meet Jennifer Adams, mother of six. This woman really, truly impressed us. Not only is she an entrepreneur powerhouse, helming two innovative and successful businesses, but she's got her priorities in order (she doesn't even work at night, instead opting to spend quality time with her kids). Okay, so all your probably thinking as you read this is "how does she do it?" Her answer: "I just believe that I can." Here's how this CEO and fourth grade volleyball coach 'cans' her way through life.

1. [Who are you?](#)

Jennifer Adams, mother of six, and CEO of Velocity Source Group Inc. and TruKid Inc.

2. [How old are you?](#)

44

3. [Where do you live?](#)

In Oakland, California with my husband, kids, one dog, 12 chickens and from March to July, six 4-H pigs.

4. [How many children do you have? How old?](#)

Six kids: girl, 13; girl, nine; boy, six-and-a-half; girl, five; girl, three; and a one-month-old baby boy.

5. [What time do you get up?](#)

As late as I can—typically 7 am. But on weekends, I try to sleep in, at least until 9 am.

6. [What daily rituals must you do to feel normal?](#)

In the morning, I hug and kiss all of my kids and then, after I drop them off at school, I go get my much-needed coffee on my way to work.

7. [What do you wish you'd do everyday, but haven't been able to incorporate into your routine?](#)

I have heard that yoga would be very good for me, to settle my mind and help me relax. However, since I'm a bit strapped for time and like time with my kids, I coach fourth grade volleyball to get some exercise and focus.

8. [Do you work?](#)

Yes! With six kids I will probably never be able to not work. Ha!

9. [What do you do?](#)

I am CEO of Velocity Source Group International, Inc. and just launched TruKid, Inc.

(www.trukid.com) in August 2007.

10. **Tell us about it.**

Velocity Source Group International, Inc. is an Asian manufacturing consultancy. TruKid Inc. is the first company to offer skin care that is naturally formulated specifically for the needs of kids' skin, while teaching them healthy habits to last a lifetime.

11. **What's the best thing your mother ever told you?**

Never give up your bed when you have guests over because in order to be a good hostess, you need to be well rested.

12. **What does being a good mother mean?**

Teaching my children to be independent, happy, contributing members of our society. This starts with teaching them to treat themselves and each other with respect.

13. **What's your mantra/personal philosophy?**

It's my Dad's motto, "If you fall off your horse, just get back on." Basically, don't be afraid of failure, just keep trying. It has been my lifelong philosophy.

14. **What do you tell other mothers?**

Moms often say, "How do you do it?" I simply say, "I just believe I can." I am naturally comfortable with change and chaos and I'm not daunted by unexpected setbacks. Like I mentioned, keep moving forward is my mantra.

15. **Finish this sentence: I want my children to know....**

...that they will always be loved and have a place to go, no matter what.

16. **Who inspires you?**

My husband's mother. She raised thirteen kids, helped run their large Iowa farm and worked at the kids' school. At 81 years old, she still works everyday.

17. **What are you passionate about?**

My kids and my new company, TruKid Inc. I also feel strongly about educating families about making healthy choices in regards to skin care products and about leading healthier lives in general.

18. **How do you balance your life as a woman, a mother, a friend?**

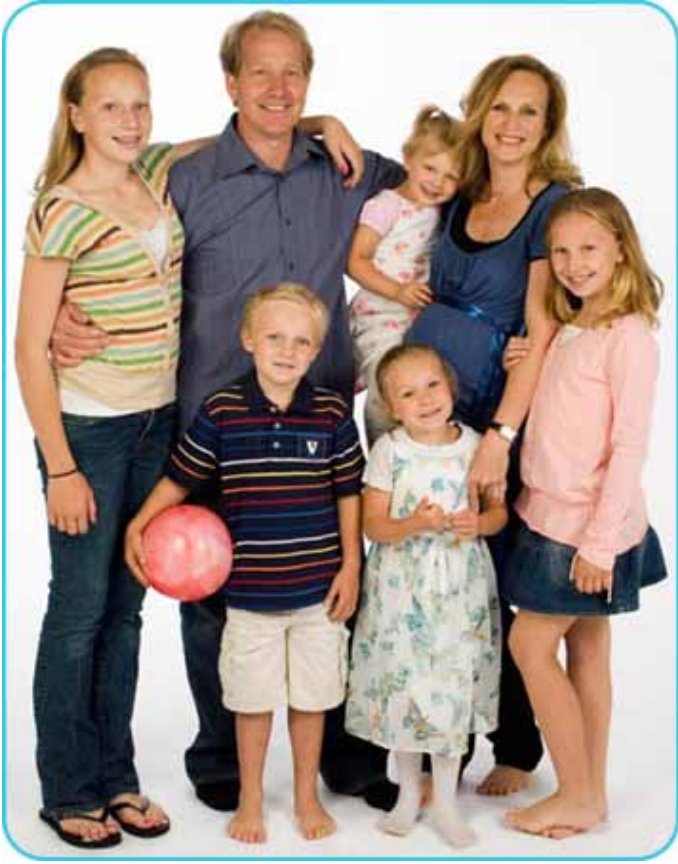
Of course, maintaining balance in life is not easy. But it's not about life being easy, it's about making things work. This is why I do not dwell on the negative. I focus on the positive and generally look to the future for where I want to be. As you can imagine, it's a bit tough. I have a handful of friends that I can count on to understand my hectic life and vice versa. I make time for my kids everyday—when I get home it's all about them. I don't work at night anymore, my kids need my attention 100%. For me, personally, I relax by indulging my addiction to fashion magazines after the kids go to bed or they look through their kids' magazines with me as we relax together.

19. **What do you wish you knew then that you know now?**

I wish I had known how to take care of my skin at an early age. I wish I knew not to burn in the sun (just look at my freckles and wrinkles now!).

20. **How do you get your groove on?**

I love to dance and sing with my kids and I sneak out for a bi-monthly pedicure to unwind and get away.



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