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Q & A with Regina Weatherspoon-Bell: Love wins in the end

published by mhaprov on Tue, 10/25/2011 - 11:03



Regina Weatherspoon-Bell was born and raised in Los Angeles. She wanted to be a dancer from the age of 7 to 19 and was formally trained in ballet, jazz and modern dance. She was a featured soloist and choreographer at Hollywood High School. But after an injury, she said realized she wouldn't be the next Debbie Allen.

She went away to school in Seattle, dropped out, returned home and began working as a receptionist at Far Out Productions who represented recording artists War and the Chamber Bros. That launched her career in the entertainment industry that offered some incredible experiences and opportunities.

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Q: Describe a special memory you have of Apple Valley.

A: Our (my husband and I) very first Fourth of July, sitting in our backyard, watching the

Fairgrounds fireworks show. I loved the feeling of living in a small town, enjoying the simple pleasures.

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Q: What do you do in your free time?

A: Anything with my family — movies, concerts, naps. I don't have much free time and I'm really not picky about how I spend it as long as family and laughter are included.

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Q: Tell us one thing most people don't know about you.

A: At one time I was a professional spokesmodel representing Mumm V.S.O.P. Cognac (yes, the same company as Mumm Champagne).

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Q: What is your passion?

A: People.

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Q: What person, living or from history, would you most like to have dinner with and why?

A: Coretta Scott-King and Jacqueline Kennedy-Onassis. I actually met Mrs. King, which is one of my most precious life moments, but I would love to have dinner with this extraordinary, smart, courageous and gracious woman. I never met Mrs. Kennedy-Onassis but I'd love to have a conversation with this extraordinary, smart, courageous and gracious woman.

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Q: Where do you get your values from?

A: My parents. My mother (who passed when I was 12) was an extraordinary woman who instilled in us at a very early age such great core values and morals. Today, I'm still uncovering morsels of wisdom that she planted. My father is by far the greatest father in the world. He teaches, by example, what integrity, decency, and strength of character act like. After God, he is my moral compass.

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Q: Who is someone who had a big influence on your life?

A: There are so many people that have had a hand in influencing my life, let me say it this way: God has always protected and guided me and He has placed so many extraordinary people in my path, beginning with my parents. I'm eternally grateful to all of my family, teachers, mentors, friends, colleagues and frienemies (friend-enemies) who have made me better.

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Q: What is your favorite quotation?

A: "God will never lead you where His grace cannot keep you."

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Q: Tell us about your faith.

A: God is my faith. I've learned to put my faith squarely and firmly in Him. As Christians, we're often challenged and tested in our walk, which is a walk of faith. All I know is that at the end of the day it's nothing more than my faith in God that will see me through the good, bad and indifferent. A dear friend once shared with me that "Faith is an action" and I clearly see my faith as doing and living what I speak and say I believe. I pray that God be seen in my works and my words.

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Q: What is your secret to living a happy, satisfying life?

A: Honesty in communication. I believe if we would say what we mean and mean what we say

that life would not just be happy and satisfying but easy. I also try to bring my joy with me.

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Q: What is the best thing about your job?

A: The people and the ability to be creative with cause and purpose.

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Q: What words of advice do you have for the next generation?

A: Don't be afraid of hard work or to work hard. Realize that "greatness is already within you." This isn't just a feel good motto but a truth and a choice, however, it's a truth and a choice that you have to tap into, nurture and mature into reality. Don't be afraid to make the best choices (which often are hard and unpopular) for yourself, commit to the hard work required to produce the greatness that lives inside you.

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Q: Tell us about the charities that are close to your heart and why.

A: I have so many. There are so many worthy causes. I volunteer and donate to many local non-profits and organizations, including St. Mary Hospital Foundation Board, Lewis Center Foundation Board and the Academy of Academic Excellence School Board, Apple Valley Unified School District SARB, Apple Valley Youth Accountability Board, Alliance for Education and A Better Way Domestic Violence Shelter. Most of them are focused on education, women and children issues and the cultural arts.

I've been so blessed in my life that "giving back" is not an option but a must. I believe we all deserve to be "whole healthy." It's through education, and in part, access to expression and appreciation of the arts that our mind, body and spirit evolve. This opportunity should be accessible to anyone who wants to be whole healthy. I definitely believe in advocacy. There are many in our own community whose voices and needs often go unheard and unmet without the benefit of advocates.

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Q: What is something you are particularly proud of?

A: The something is actually a someone, my son!

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Q: What's your favorite movie and why?

A: Phenomenon starring John Travolta, and Claudine starring Diahann Carroll. Phenomenon is a favorite because it speaks of innately who we are when we are at our best as family, friends and community — the power and connectedness of love. Claudine is a favorite because it took an honest look at a population of life that is still stereotyped, but in the end family and love win.

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Q: Tell us about your favorite thing about Apple Valley.

A: Summer rains and sunsets.

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Q: What book had a significant impact on you?

A: "Good to Great" by Jim Collins.

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Q: Tell us about a special vacation.

A: Last July, my family (my dad included) went to a family reunion in Dallas, Texas, to meet family we'd never met before. What an awesome experience for us all. My son has been working on our family tree for over two years and it was his work and passion that brought us to the

reunion. My dad grew up in Dallas and it was wonderful to visit his old high school, stand on the step of his old home, and see the ground where he used to walk, play and dream as a boy.

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Q: What makes you tick?

A: Feeling I have something to contribute to making things better. Bringing people together for a common and greater good. Children, the sound of their laughter and listening to their thoughts.

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Q: What are five things you can't live without?

A: God, my dad, my husband, my son and Coca Cola.

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Q: Tell us about one thing you want to accomplish in life.

A: Being responsible for raising a whole healthy contributing citizen to society.

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Q: What's your favorite place to eat in the High Desert?

A: Mama Carpino's.

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Q: If you had three wishes, what would they be?

A: Great health for my family, world peace and summer from January to November.

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Q: Tell us about a happy memory in your first car.

A: I take the fifth. Note: I was over 18 when I got my first car.

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Q: Where do you see yourself in 10 years?

A: Alive!

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Q: Is there anything else you'd like to say, anything you'd like to get off your chest?

A: It feels good and I'm honored that someone thought me interesting enough to have something of quality and value to share. Thank you!

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Q: How can readers get a hold of you?

A: gigi.gi@verizon.net or click on www.wo50.org.

Who would you like to see profiled in an upcoming Q&A? Drop us a line at News@AppleValley-Review.com.

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