

# Welcome to Sarah from The Fifth Estate

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It will be absolutely wonderful to meet up with Sarah Rushton-Read from The Fifth Estate once again! Boss Lady Sarah is a journalist, the queen of PR and a great adventure seeker. This is what she had to say:



**What are your movie theatre popcorn habits?**

*I tend to smuggle in a three-course dinner from a local favourite restaurant because I find it cheaper and tastier than popcorn.*

**What is your favourite song of all times?**

*I have lived for many fabulous years and in those years I have had many favourite songs so here are a few: Kooks by David Bowie, Summertime by various, Take Me I'm Yours by Squeeze, Because the Night by Pattie Smith, Only Women Bleed by Alice Cooper, Red Light Spells Danger, Think by Aretha Franklin, The Lords Prayer by Mahalia Jackson, Angi by The Rolling Stones, Boys Don't Cry by The Cure, Like a Virgin by Madonna and a host of others, too many to mention!*

**What advice you would give your ten-year-old self?**

*Not to define yourself by your gender, not to let rules, regulations and grown-ups dampen your ideas or deny you your creativity. That there is a difference between 'fitting in' and 'belonging' and that you are allowed to shape yourself - and the world around you - exactly as you want it and still feel you belong. All it takes is a bit of hard work, lots of supportive friends and relatives, oh . . . and a big loud voice can really help!*