

# Featured Wellness Champ!



Ryan Soyk

**Department:** Human Services

**Years employed at Wood County:** 8

**Years served on Wellness Committee:** 3

# Get to know Ryan!...

1) What's the strangest or a unique talent you have?	No really unique talent, I can stand on my head?
2) What was your childhood nickname? Current nickname?	Soyk
3) Which way does your toilet paper hang on the wall – over or under?	Over
4) If you could have any one superpower, which would you choose?	I would chose the ability to transform into anyone or anything (animal), at any time or anyplace. Today I'm here as me, tomorrow I am thousands of miles away flying high above the mountaintops...
5) What is one thing still left on your bucket list? One thing that is crossed off your bucket list?	One thing left - Bow hunt and harvest a moose or grizzly bear. One thing off - Hunt and harvest a Rocky Mountain Bull Elk
6) Use one word to describe yourself as a child.	Active
7) If you were to tell one person "Thank You" for helping become the person you are today, who would it be and what did they do?	There are a lot of people I would thank, but my Mother would be on top of the list. Always been there, no matter what, and supported me whether she agreed with my choices or not.
8) If you were to start a company from scratch, what values would you build on?	Integrity, Respect, Resilience, Determination, and Discipline
9) How do you recharge?	Time with family and friends, hunting, fishing, exercise, self-reflection and trying to stay grounded.