

All About Alison Bowman - Counselor

Initials: AGB

Birthday: 03/05

Dietary Restrictions: none

Pets: two dogs - Maddie and Maisie

My hobbies: Exercising, reading, (easy) hikes, traveling

One thing I would love my students to know:

I care about you and I am here to support you!

Favorite Things

Flowers: daffodils

Scents: Into the Stars and pumpkin cinnamon roll (bath and body works)

Music: anything upbeat!

Favorite Book Genres/Authors: Psychological thrillers

Local restaurants: Scratch Kitchen, Salem Street Pub

Favorite Drive-Thru Coffee Shop Treat: Warm or iced coffee (medium or dark) with cream and Truvia (or splenda)

Cold drinks: Coke Zero

Candy/sweet snacks: Brownies and baked goods

Savory snacks: trail mix

Color: yellow, orange

Sports teams: Tar Heels

Local stores: Costco

Online store: Target

Holiday: Halloween and Christmas

Favorite Local Experiences: Paddling at Jordan Lake, Walking around downtown Apex