

**Five words to describe yourself**

- Passionate
- Thoughtful
- Intentional
- Romantic
- Calm

**Five favourite foods**

- Pizza
- Ice cream
- Tacos
- Curry
- Biscuits  
(Not all at one time, though)

**Five things you can't live without**

- Clean water
- Fresh air
- Good music
- Close friends
- Comfy bedding

**The last five people who messaged you**

- My girlfriend
- My boss
- My BFF
- A couple of artist friends

**Five books on your bookshelf**

- Brandi Carlile – Broken Horses: A Memoir
- Rickie Lee Jones – Last Chance Texaco
- Brené Brown – Daring Greatly (and all the others)
- Eckhart Tolle – The Power of Now and A New Earth
- Stephen Mitchell – Tao Te Ching

**Five artists who moved the needle on the LGBTQI cause**

- Elton John
- Freddie Mercury
- Tracy Chapman
- Indigo Girls
- k.d. lang

**Five things you're grateful for**

- My brilliant, beautiful and deeply kind girlfriend
- My adorable, feisty and supremely snuggly pup
- My creatively fulfilling dream job (and wonderfully supportive team!) at Apple Music
- My immensely talented and unspeakably delightful community of friends who are committed to art and activism
- The endlessly inspiring and always healing world of nature

**Five emerging LGBTQI artists to watch out for**

- Katie Pruitt
- Amythyst Kiah
- Joy Oladokun
- Chastity Brown
- Anjimile

MUSIC JOURNALIST, BROADCASTER AND HOST OF APPLE MUSIC COUNTRY'S RECORD BIN RADIO SHARES HER FIVE THINGS WITH DIVA

## Take Five with... Kelly McCartney

**Five life lessons**

- Breathe deeply
- Eat well
- Walk often
- Embrace stillness
- Trust life

**Five most used emojis****Five pet peeves**

- Cruelty
- Poverty
- Injustice
- Arrogance
- Hypocrisy

**Five things that keep you awake at night**

- Cruelty
- Poverty
- Injustice
- Climate change
- Project ideas

**Five favourite items in your closet**

- My Veldskoen chukkas
- My worn-in hoodies
- My worn-in Levis
- My band t-shirts
- My cosy cardigans

**Five albums you always go back to**

- Joni Mitchell – Court and Spark
- Indigo Girls – Come On Now Social
- Shawn Colvin – Steady On
- Elton John – Tumbleweed Connection
- Rickie Lee Jones – Rickie Lee Jones

**Five accounts you follow on social media**

- Anti-Racism Daily
- National Geographic
- Looking Out Foundation
- We Rate Dogs
- The Whale Sanctuary Project

**Five favourite places in the world**

- San Francisco Bay Area
- San Juan and Gulf Islands off the coast of Seattle/Vancouver
- New England, especially in May and October
- New Zealand
- Northern New Mexico

Record Bin Radio with Kelly McCartney airs biweekly on Apple Music Country at [apple.co/\\_RecordBinRadio](https://apple.co/_RecordBinRadio)