**Jumping from Helicopters**

Author Bios

**John Stillman** (108 words)

Born in Chicago and raised in St. Louis, John Stillman was a quiet boy yet found fun in teasing his younger sisters and brother. His love for the Rome plows in Vietnam led him to a career as an operating engineer, where he earned a living running the big equipment on job sites. Now retired, he busies himself helping out with nonprofit veterans organizatiogns and tending to the almost one hundred acres he calls home in Missouri. John has been happily married to his wife Rita for forty-eight years and is the father of four children, two daughters and two sons. He still loves his road trips.

**Lori Stillman** (125 words)

Lori Stillman started writing her story down in the form of a journal at a young age after discovering her love for books and words. Born in rural Missouri, she spent her youth exploring the forty acres of woods her parents owned, entertaining herself with a vivid imagination. After managing a manufacturing company for twenty-two years, she reinvented herself as a certified personal trainer. Now a second-degree black belt, she loves helping people build strength and great health with her own fitness business.

A self-proclaimed tomboy and daddy’s girl, Lori is a wife, fur baby momma, and travel enthusiast. Her passion for hearing people’s stories sparked her interest in having her father tell his own. *Jumping from Helicopters* is her first book.