As a woman, a farmer, a teacher and a leader, Mary Lu illustrates what it means to be a committed member of the Grail. She acknowledges her limitations, as well as those of Grailville and of the whole earth community in a pragmatic way, while remaining committed to working with others toward ecological sustainability. Her creativity, which she has demonstrated in various projects throughout the world, proves the transformative power the Grail encourages in women. While she is a leader in the Southwest Ohio agricultural community, she is easily a hero for anyone interested in farming or following their passions.