

## Karen Meredith Bio

Karen Meredith was born into an Army family- she is an Army granddaughter, Army daughter, Army sister and an Army Mom. A single mother, Karen raised her only child, Ken Ballard, on her own. She was proud to see Ken serve our country by joining the Army upon graduation from Mountain View High School in Mountain View, CA in 1995.

1LT Ken Ballard was killed in Najaf, Iraq, on May 30, 2004 - he had been in Iraq for 384 days. With the death of her son, Karen became a Gold Star Mother, a mom whose child was killed while serving in the military.

Karen is active in the Gold Star and Veteran's communities as an advocate for military families and veterans. She is the Military liaison for VoteVets, the largest progressive Veterans organization. Karen is a Gold Star liaison/organizer for the annual California Run for the Fallen, Travis AFB Ruck March honoring Gold Star families, two Deployed Runs for the Fallen held in the Kuwait and Afghanistan and the Mountain View Veterans Memorial in her previous hometown. She volunteers at the VA Hospital in Palo Alto, CA supporting the Foundations of Recovery program. She was also named the California Assembly District 22 Woman of the Year in 2006 for her activities in support of military families.

Karen Meredith is a resident of Lincoln, California and a proud member of the Lincoln Democrats and is the head of the Service Team.