Virginia, Country, Kids, School, New York, Iphone, Way, Band, Different, Peter, Tree, Sea, Protect, Sexy, Running, Toasts, Years, Kind, Math, Giving

I guess everybody's different, but I know that everybody's natural instinct is to remember the bad stuff more than the good stuff.

~Sam Trammell

I'll watch CNN in the mornings to catch up on what's going on. On the weekends, I get the Sunday edition of 'The New York Times.'

~Sam Trammell

In the country, it feels like you don't have control over nature anymore nature is in control of you.

~Sam Trammell

Because I see my own boys growing, and I see other children growing and I just have such a connection.

~Sam Trammell

There's something about a humid, dusky evening that's kind of sexy.

~Sam Trammell

When I wake up, I'll go through emails on my iPhone - the junk email. At that point, my brain isn't usually awake enough to handle anything more than that.

~Sam Trammell

I was good at math, math was my thing - but I was not nearly good enough to be an astrophysicist. I was way outta my league. I realized this very quickly.

~Sam Trammell

In high school, I played in a Rush cover band.

~Sam Trammell

One of the most important things is just to be kind to other people. That is absolutely really important to us, and important to me. That's

something that you need to help your kids with, for sure.

~Sam Trammell

I'm horrible at remembering names, embarrassingly bad.

~Sam Trammell

Yeah, I spent my teen years in West Virginia, and when I was a kid, in Louisiana. I definitely have that exposure to two different sorts of rural: the South and Appalachia.

~Sam Trammell

Obviously, guns are a way to protect yourself.

~Sam Trammell

Peter Dinklage is one of my oldest friends from New York!

~Sam Trammell

When I was in high school, I was really into string theory and superstring theory and read 'Scientific American.' It's fascinating.

~Sam Trammell

Being a father is just wonderful.

~Sam Trammell

I'm used to getting reviews. I try not to read much because you'll always focus on the bad ones and not remember the good ones, so it can be a negative thing for a performer.

~Sam Trammell

I used to work as a proofreader at Merrill Lynch.

~Sam Trammell

I can't give a decent toast to save my life.

~Sam Trammell

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