Catherine Conrad was always the class clown, partly because she loved to make people laugh, but also to help ease the pain of not fitting in due to a reading disability. The joy of inspiring others to overcome their difficulties and to pursue their dreams became a lifelong passion leading to the creation of the "Banana Lady™" and her side-kick monkey friend "Spike™".

Catherine continues to enjoy her nationwide following helping effect positive change in kids and their families with her unique sparkle, through national appearances, books, shows, CDs, and being a Good Will Ambassador for Health and Wellness. Currently Banana Productions, LLC is heading up a family health and wellness campaign called "Strong As I Can Be" helping kids "Eat Right and Keep Fit" utilizing the "Banana Lady™" character and her sidekick monkey puppet "Spike" to make it fun and cool to be healthy. Catherine received her Bachelor of Arts degree in Theatre in 1983 from California State University Northridge and now resides in Madison, Wisconsin, her hometown.