



Sandra D. Colony

Senior Vice President, Corporate Communications

As our Senior Vice President of Corporate Communications, Sandy Colony is responsible for corporate media relations, industry relations and internal communications. In this capacity she is frequently on the road visiting our cable systems in Kentucky, Ohio and Indiana. As an intrepid world traveler, she also visits much more remote regions of the world such as Papua New Guinea, the Dogon communities of Mali, West Africa, the steppes of Mongolia, the highlands of Uganda (to observe highland gorillas) and most recently Ethiopia.

A 20-year veteran of the cable industry, Sandy joined Insight in 2004, having served in various capacities at Time Warner Cable of New York City, Food Network, Road Runner and Mystro TV. Prior to joining the cable industry, she was active in the not-for-profit sector, serving as Executive Director of NARAL in New York State.

A political activist for a number of years and a die-hard feminist, Sandy has served on several charitable boards and committees. Currently she is on the board of directors for the Association of Cable Communicators and Women in Cable Telecommunications. She is a graduate of Skidmore College and has a Masters Degree in Psychology from The New School of Social Research.