

# senior review

FREE

May 2025

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A Senior Magazine for Living a Healthier, Smarter and More Active Life in Wausau



## Tapestry of Life: Celebrating Skilled Nursing Week 2025

By Mount View Care Center

As we approach Skilled Nursing Week 2025, the theme "Tapestry of Life" provides a poignant reminder of the intricate and vibrant journey that skilled nursing professionals help weave for our aging population. Like the threads in a beautiful tapestry, every individual in skilled nursing care brings unique experiences, stories, and needs. Skilled nursing professionals, from nurses to therapists to support staff, play a vital role in ensuring these threads are nurtured and cared for, creating a rich, supportive, and empowering environment for seniors.



This holistic approach is what makes skilled nursing such a vital resource for the aging community. These professionals are the

weavers of the tapestry, carefully tending to each thread to ensure that it's strong, resilient, and full of life.



The tapestry of life in skilled nursing is composed of the varied and interconnected experiences of each resident. Whether it's an individual recovering from surgery, managing a chronic condition, or navigating the challenges of cognitive decline, each person's path is unique and requires personalized care. Skilled nursing facilities provide the dedicated medical attention and therapeutic services that aging individuals need to maintain their health, dignity, and independence. The care they receive is not just about medical treatment—it's about understanding who they are, where they've been, and where they want to go.

At the heart of this "tapestry" are the compassionate professionals who work tirelessly to support the well-being of seniors. Nurses, certified nursing assistants, physical therapists, and social workers all collaborate to provide care that is not only clinical but also emotional and social.

Beyond the medical care, skilled nursing facilities foster an environment where seniors can continue to grow and thrive. Social activities, art programs, and opportunities for intergenerational engagement are just a few examples of how skilled nursing facilities enhance the lives of their residents. These activities provide avenues for creative expression, connection, and joy—making the tapestry even more vibrant.

This Skilled Nursing Week, let us take a moment to recognize the beauty and complexity of the tapestry of life that unfolds in skilled nursing facilities every day. The work of skilled nursing professionals is not just about healthcare—it's about honoring the rich, varied, and meaningful lives of those they serve. Together, we weave a strong, colorful, and resilient community that celebrates the dignity, respect, and individuality of each person.



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TIME: If the person shows any of these symptoms, time is important. Call 9-1-1 immediately. Brain cells are dying.



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# The Importance and Benefits of Life Insurance

By Cole Bruner, President of Buska Retirement Solutions and Buska Wealth Management

Life insurance is one of the most essential financial tools people can use to protect their loved ones and secure their future. While it's often seen as something that only applies in the distant future, the value of life insurance lies in its ability to offer peace of mind and a safety net for families, should the unexpected happen. Here's a closer look at why life insurance is important and the many benefits it provides.

## Financial Protection for Loved Ones

The primary benefit of life insurance is its ability to provide financial protection for your family and dependents in the event of your death. For individuals who are the primary earners in a household, life insurance can replace lost income, helping loved ones maintain their standard of living and cover everyday expenses. This includes costs such as mortgage payments, utility bills, and childcare. Without life insurance, families might struggle to make ends meet during an already difficult time.

## Debt and Financial Obligations

Another crucial aspect of life insurance is its role in covering outstanding debts and financial obligations. When a person passes away, there may be lingering debts like car loans, credit card bills, or student loans that could otherwise become a burden on surviving family members. A life insurance policy can help pay off these debts, ensuring that loved ones are not left with the financial strain of managing them on top of the emotional hardship of loss.

## Funeral and Final Expenses

Funeral expenses can be a significant financial burden, often running into thousands of dollars. Life insurance policies can help cover these costs, relieving the family from the added pressure of paying for the funeral and related expenses during an already emotional time. Without life insurance, families may be forced to dip into savings, take out loans, or rely on other financial resources to pay for these costs.

## Peace of Mind

One of the more intangible benefits of life insurance is the peace of mind it provides. Knowing that your loved ones will be financially secure if something happens to you can alleviate stress and worry, particularly for parents or those with significant financial responsibilities. Life insurance can help you rest easy, knowing that your family will be taken care of no matter what the future holds.

## Building Cash Value

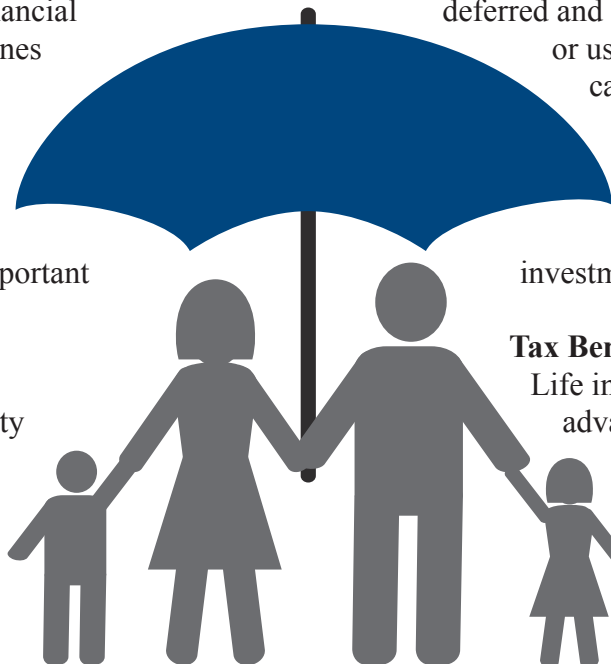
Certain types of life insurance, such as whole life or universal life insurance, offer the added benefit of accumulating cash value over time. A portion of your premium payments is invested, growing tax-

deferred and creating an asset that you can borrow against or use for other financial needs in the future. This cash value can be accessed in emergencies, for retirement planning, or to supplement other financial strategies. It's important to note that this is not a feature of all life insurance policies, but it can be a valuable long-term investment for policyholders.

## Tax Benefits

Life insurance also provides important tax advantages. The death benefit, which is paid to your beneficiaries upon your death, is generally not subject to income tax. Additionally, as mentioned earlier, the cash value of certain types of life insurance grows tax-deferred, meaning you won't have to pay taxes on it as it accumulates. These tax benefits make life insurance a powerful tool for both financial protection and wealth management.

Life insurance is an essential part of a comprehensive financial plan. It provides critical financial protection, ensures that loved ones are taken care of in the event of unexpected loss, and offers additional benefits like tax advantages and cash value accumulation. Whether you're looking to replace lost income, cover debts, or prepare for future financial needs, life insurance is an investment that can provide peace of mind and security for both you and your family.



**Live life fully protected!**

Life insurance is designed to replace lost income or pay for special needs your family would have if you weren't around. And, although the primary purpose of life insurance is to provide financial stability for a family after the loss of a breadwinner or caregiver, it offers additional benefits at many other stages of life.

Want to know if you need life insurance, what kind to get, if you have enough, or what the additional benefits are? We can help. Contact us today to schedule a complimentary consultation.

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# Poppy Day - Honor and Support Our Veterans

Each year on the Friday before Memorial Day in the United States, members of the American Legion Family hand out small paper or silk poppies for people to wear in honor of our past, current and future veterans. It's celebrated as Poppy Day, and this year it falls on Friday, May 23, 2025.

The origins of Poppy Day come from World War I, specifically starting in France and Belgium. It is believed that the rubble left by the war there enriched the soil with lime, and the poppy flourished during and after the war. Shortly after seeing the beautiful, bright red flowers on the front line, Lieutenant Colonel John McCrae, M.D. penned the haunting poem "In Flanders Fields." The poppy soon became a symbol for all the blood shed during the war.

On September 27, 1920, the American Legion began to use the poppy as the official flower to memorialize soldiers from WWI, and then began nationally distributing them in 1924.



Today, the flower honors all the living and those who have fallen in service to our country. Your donation helps support the medical and financial needs of all veterans, active-duty military personnel and their families.

Ways to participate in honoring our veterans on Poppy Day:

- Wear a red poppy and explain it to people who ask
- Distribute poppies (see website below for details)
- If you accept a poppy from someone, make a donation
- Collect donations for the Poppy Program (see website below for details)
- Share on social media

Source: American Legion Auxiliary.  
"National Poppy Day." <https://www.legion-aux.org/national-poppy-day>



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# Home Buying or Renovation for Veterans

By Dave Olson, Realtor®, RE/MAX EXCEL

I'm thankful that this month honors our Veterans here at Senior Review. For all you veterans or veteran's spouses out there, let me personally say: "Thank you for your service." There is not enough we can say or do to thank those who have chosen to step up and serve, protecting us all with selfless commitment to their honorable service to this great country.

As a Real Estate professional, I love to help our veterans, and their families find the right home. It's especially satisfying for me to give back just a little to our amazing veterans by serving them with the work that I do.

Most vets know about the amazing benefits of a VA home loan. Many of you have used them previously and know that costs are often rolled into the mortgage, and they normally don't even require a down payment. Veterans CAN use a VA loan multiple times in their lives, so for downsizing or later in life housing choices, VA lending is likely a good option. Senior veterans can use a VA loan program again as long as their prior VA loan is closed and that property is no longer owned by the veteran.

Surviving widows and widowers may also be eligible for VA home loans. Check with the VA to learn what applies specifically in your circumstances. VA is a great resource for both vets and their families. Their resources are there for your benefit, not just during your service, but throughout your lifetime.

Here's something you may not know! New VA home loans ARE available even when you are retired. If seniors who are veterans

meet VA service requirements and your lender credit and income requirements, you can still qualify to purchase a home with a VA mortgage. VA lenders can use your VA pensions, your social security benefits, work income if you are working, or other retirement income such as a pension or retirement from a private job, or retirement investment income. VA disability income is allowed as well. A child or spousal income for someone living in your home is allowed as well. VA loans do NOT require a down payment by the veteran, but savings or some retirement funds can be applied as a down payment to bring down your payments if you need to.

Here's another fact you may not know about. VA also offers home renovation or remodel loans! VA renovation loans can be provided for up to the valuation of the home AFTER the renovations. You can use these types of loans to improve safety and livability in your home, such as replacing a roof or new windows, or adding wheelchair accessibility or additional handrails. You can't use this type of VA loan for cosmetic or updating only.

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# Butch Nehring: A Vietnam Veteran Story

By Kristi Gay, Freelance Writer

“We have a better future when we remember the past, learn from it, and move forward together.” - John McCain, Vietnam POW

On May 26 we will celebrate Memorial Day this year, and partially inspired by the Advanced World History quizzes I’m helping my high school daughter prepare for weekly, I was inspired to write an article about our servicemen in the Vietnam War. A family friend was kind enough to talk to me about his time in the service. Butch Nehring, a resident of Bloomer, Wisconsin, served our country after being drafted in 1967 as a 20-year-old UW-Stout college student studying social services and was deployed to Vietnam where he fought nearly two years in the Vietnam War.

The Vietnam War is a particularly difficult war for our veterans to talk about because of how they were treated by our country upon returning home and finding out Americans were so against it. Young men who are drafted into service agree to it because they believe in our country and are willing to sacrifice to protect it. However, they rarely know details about why wartime decisions are made by the president or generals, and they simply are trained to follow orders and protect each other. After World War II, which generally felt like a clear fight against evil, the Vietnam War seemed confusing and distant as the US and France were trying to gain control over South Vietnam. Also for the first time, the war was televised, and people could see the brutality of the war on the nightly news, horrifying the public and creating a credibility gap on how the government was saying the war was going. With massive civilian casualties suffering immensely from bombings and chemicals like Agent Orange, people started to see it as an unjust or even immoral war.

Butch did have some good memories from their down time with what he describes as “his brothers”. They would rotate on a schedule, either “recon” or surveying a region by foot or on the road for the enemy, or being on “stand-by” to be called in for backup if the other crew found the enemy. During this down time, they would take the large wooden

boxes that the mortars, or short cannons, came in and they built a full porch with a roof for their bunker, along with some porch furniture.

Butch recalled with mischievous giggle when they figured out how to tap into the communications station’s 110V electricity to add porch lights to their otherwise completely dark living area until that caused radio issues and the lines were tested. They were meant to be limited to two beers per day, but their first sergeant would look the other way while they exceeded that while playing cards on their homemade porch. This type of bonding made it horrifically traumatizing when you see your buddies get blown to pieces in front of your eyes, as Butch got emotional multiple times recalling even the good times.

The estimates vary but the overall death toll is likely somewhere between 2.5-3.5 million people including civilians and soldiers from all sides, with nearly 60,000 of those being US military and hundreds of thousands of US military wounded.

Butch declined to re-up for \$8,000 and a promotion to Staff Sergeant when he returned home in December 1968, just a couple days before Christmas, and was greeted by his brother and girlfriend

at the Minneapolis airport. He proceeded to return to college and earn a Bachelor’s Degree in Speech Pathology while running the night shift for a food processing plant in Bloomer, resulting in him being eventually hired to be Plant Manager. He recently celebrated 50 years of marriage with his wife, a retired school teacher and current real estate agent, Sue Nehring, and they share three kids and many grandchildren. When asked if his kids or grandkids were interested in joining the military, even after struggling with PTSD and losing most of his friends in the war, Butch said he would support their dream. There are many benefits to being in the military: country pride, leadership training, wonderful benefits, and as Butch said, “there is risk in anything” so follow your dreams.

Thank you to all of our servicemen and women, regardless of what war you represented us in, and prayers and immense gratitude for all of those lost protecting our freedoms.



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Itchiku Kubota, *Ohn Fuji and Burning Clouds*, 1994, tie-dye, ink painting, and embroidery on silk crepe (chirimen) with gold wefts, 58 x 60. Image courtesy of the International Chodiev Foundation



# Choosing the Perfect Monument

By Becky Streeter with Haertel Monuments



Monuments are a great way to commemorate a life, and they should be chosen with care. Purchasing a monument is an investment of time and money, and it is your opportunity to express lasting sentiments for your loved one. With a wide variety of sizes and styles, the staff at Johnson Monument can help you create a beautiful memorial for generations to come.



as for the memorial. Johnson Monument personally takes care of everything from beginning to end.

There's no right or wrong time to pick a memorial. Some families are able to decide right after the loved one's passing, and others need some time. Additionally more and more people are planning ahead and choosing

their own memorials. There are many benefits to doing so:

- What cemetery will the monument be in?
- How many people on the memorial?
- How many grave spaces?
- Is there something you want to match from another family member?
- Are there any memorials you have seen that you like?
- Is there a color that you like?

Though most meetings with customers are located at their showroom in Chippewa Falls, they also provide an at-home consultation service where they bring sample tiles as well as a photo album of other memorials they previously created.

Johnson Monument uses high-quality domestic or international granite, precisely cut and made to last. With over 1000 in stock, they have the largest inventory of memorials and monuments in West Central Wisconsin. You can choose from markers, upright monuments, benches, specialty monuments, and cremation memorials. Johnson Monument will sandblast your chosen lettering or design using a pre-cut stencil. They also have an artist onsite who can use a diamond-tipped etching tool for creating scenes or portraits, providing a personal touch.

Every cemetery has their own set of rules and regulations regarding the types of memorials they allow. Johnson Monument installs throughout Wisconsin and can also ship to other states, and they can help you select a memorial that complies with the rules of the cemetery where the monument will be installed. Some cemeteries charge a fee to locate the grave for placement of the memorial, or for pouring the cement foundation, so it is also a good idea to check with the cemetery staff about this as well.

Once everything is decided for the memorial, the order moves into their on-site production plant. Depending on the time of year and the type of memorial it may take 3-9 months for delivery. Then the staff from Johnson Monument will set the foundation in the cemetery, ensure that everything is level, and then complete the installation process themselves. They also provide a warranty for the foundation as well

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- You can save money. Like everything else, it will cost less now than in years to come.
- You can save your family the stress of choosing a memorial during their time of grieving.

Johnson Monument is here to help ease and simplify the creation of a monument to celebrate your loved one. For more information, visit their website [www.johnsonmonument.com](http://www.johnsonmonument.com) or call 715-723-5576 to set up a free consultation.

*Plan your memorial.  
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# Why Skilled Nursing?

By Mount View Care Center

Skilled nursing care is incredibly valuable for aging individuals for several important reasons:

- 1. Professional Medical Care:** Skilled nursing facilities (SNFs) provide round-the-clock medical care from licensed nurses and physicians. This is essential for seniors who may have chronic conditions, complex health needs, or require post-surgical recovery. Skilled nurses can administer medications, monitor vitals, and perform medical treatments that help prevent complications and improve health outcomes.
- 2. Personalized Care Plans:** Skilled nursing offers tailored care plans that are specific to each individual's needs. This could include physical therapy, occupational therapy, or specialized nursing care for conditions like dementia or diabetes. Having care personalized helps ensure that aging adults receive the right interventions at the right time.
- 3. Safety and Supervision:** Many aging adults face mobility issues, cognitive decline, or other health risks that make them



more vulnerable to accidents like falls or medication errors. Skilled nursing provides constant supervision, reducing the risk of these accidents and ensuring a safer environment for seniors.

**4. Socialization and Emotional Support:** Skilled nursing facilities often offer social and recreational activities that keep seniors engaged and help combat loneliness. This emotional support is essential for mental health, as isolation and depression can be significant issues for older adults.

- 5. Family Peace of Mind:** Families of aging individuals often feel overwhelmed by caregiving responsibilities. Skilled nursing allows family members to have peace of mind knowing that their loved one is receiving expert care in a safe environment. This enables families to focus on spending quality time with their aging loved ones without the added stress of daily caregiving.
- These aspects make skilled nursing a crucial resource for enhancing the quality of life and ensuring the well-being of aging individuals.

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# What Legacy Would You Like to Leave Behind?

By Hougum Law Firm

Have you thought about your legacy? If you ask people what they would most like to be remembered for after they pass away, you are likely to get a lot of different answers.

Most people would probably answer that they want to be remembered for something that is important to them and how they view themselves as a person. For some, that might be how they built a business. For others, it may be for what they did for charities and charitable causes they believed in. Still, for many other people, their legacy goals may be tied to how they cared for and took care of their families.

Despite all of the above, a new survey in the U.K. reveals that a lot of people would like to be remembered for their senses of humor! *The Daily Mail* shared new research that shows “levity and amusement top the list of characteristics most-desired to define us in death.” The results might be somewhat surprising, since the stereotypical Brit is a reserved person in American popular culture. It does make sense, however, that people want to be remembered for humor.



Laughter also makes other people around us laugh. It makes others happy. There are far worse things than being remembered for making others feel good. No matter what you want to be remembered for, be it a sense of humor or something else, you cannot always choose how people will remember you.

Estate planning is the one of the best ways to make sure that your family and friends are able to remember your legacy after you are gone. Unfortunately, estates that do not have complete or thorough

planning usually end up in court causing stress, anxiety and frustration in family members. Be remembered the way you want to be.

At Hougum Law Firm, we know and understand the challenges you face and we want to help you plan ahead to protect yourself and those you love most. Ready to start planning ahead? Let us know by sending us an email at [info@hougumlaw.com](mailto:info@hougumlaw.com) or calling us at (715) 843-5001. We look forward to talking to you!

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# Start Seeing Bees

By Becky Streeter

Between 70 and 80% of the world's crops are pollinated by bees. That's a lot! And yet bee populations have been in decline for almost two decades due to climate changes, bee-killing pesticides, parasites, and habitat loss. Accurate studies on bee populations are difficult to compile because they usually only take into account farmed bees. Below, however, are a few ways you can help researchers gather data and learn more about the wild bee populations hovering in your own backyard or neighborhood.



## iNaturalist ([inaturalist.org](https://www.inaturalist.org))

iNaturalist is a joint initiative of the California Academy of Sciences and the National Geographic Society for everyday people to make observations and record them in a collective database. Scientists then used these submissions to help better understand organisms and work to protect their habitats. iNaturalist has many bee-related projects, such as the BeeWise Honey Bee Pollen & Nectar Map, where you can submit photos of the bees you find to help further the program's mission. They have also held a survey the past four years called Backyard Bumble Bee Count to track where certain bees are and help determine how they're doing and how to protect them in their natural environment. In 2022, 642 observations were received and included 19 different species. Keep an eye out for (hopefully) this year's count at [backyardbbcount.wixsite.com/bumblebeecount](https://backyardbbcount.wixsite.com/bumblebeecount), it should get rolling sometime in July.

## Bumble Bee Watch ([bumblebeewatch.org](https://www.bumblebeewatch.org))

Working to track and conserve North America's bumble bees, this is another initiative where you can submit photos of the bees in your area. Scientists will help identify the species, and the overall collection of data will help researchers determine the status and conservation needs of bumble bees.

## Bee Informed Partnership ([beeinformed.org](https://www.beeinformed.org))

If you own a bee farm or are thinking about starting one, research or become a member of the Bee Informed Partnership. They are a nonprofit national collaboration founded to better understand honey bee decline in the United States. Bee Informed encourages beekeepers to add health metrics and colony weight to their national database so they can observe "the relationship between forage, nectar flows and disease." They also provide emergency response kits for failing colonies. And each year they hold a citizen science collaboration called the Sentinel Apiary Program to help alert beekeepers of increases in the destructive Nosema bee parasite. You can register for this program on their website [beeinformed.org/citizen-science/sentinel-apiaries](https://www.beeinformed.org/citizen-science/sentinel-apiaries).

## Other ways to help the bee population:

- Create a habitat in your own backyard! The Xerces Society for Invertebrate Conservation has a multitude of resources to get you started: [xerces.org/pollinator-conservation/habitat-restoration](https://www.xerces.org/pollinator-conservation/habitat-restoration)
- Buy local and/or organic produce from farmers that use little or no pesticides.
- Spread the word about how helpful bees are! Many people are afraid of bees and don't understand the importance they play in helping feed the world. There is also a fun children's book called Give Bees a Chance by Bethany Barton that can help get little ones in the right frame of mind from the get-go.

Source: Kendrick, Julie. "33% of Our Food Would Disappear Without Bees—Here Are 4 Simple Ways to Help." *Eating Well*. 15 March 2021. <https://www.eatingwell.com/article/7893191/resources-helping-bees>.

# Foods For Eye Health

Contributors: Esther Ellis, MS, RDN, LDN

Reviewers: Academy Nutrition Information Services Team

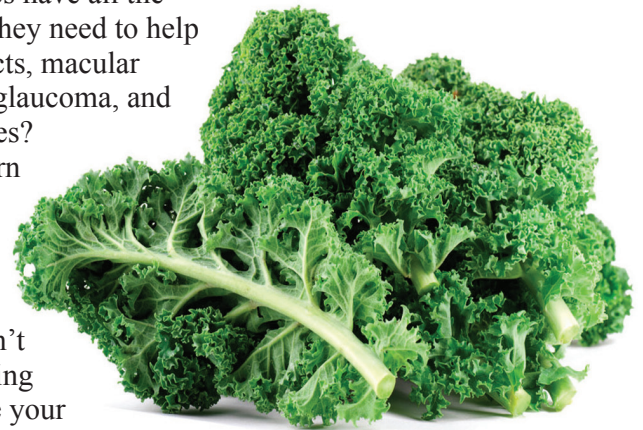
Do your eyes have all the nutrients they need to help prevent cataracts, macular degeneration, glaucoma, and other sight woes?

Read on to learn about some of the top foods to promote eye health.

But don't count on popping a pill to reduce your risk!

Your best sources of vitamins, minerals, and antioxidants are from whole foods,

since it may be a combination of nutrients within the foods which provide these benefits.



## Kale: See the Light

This leafy green is a source of lutein and zeaxanthin, which are related to vitamin A and beta-carotene, and may help protect eye tissues from sunlight damage and reduce the risk of eye changes related to aging. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens, and spinach, broccoli, kiwi, grapes, yellow squash, oranges, corn, and egg yolk. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of unsaturated fat such as a drizzle of olive oil or a few slices of avocado. Kale also contains vitamin C and beta-carotene, other eye-friendly nutrients.

## Sweet Potatoes: The Color of Health

Beta-carotene gives these tubers their orange color. Your body converts beta-carotene to vitamin A, a nutrient that helps prevent night blindness and age related macular degeneration. Sweet potatoes not your favorite? For beta-carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk, and eggs are also sources of vitamin A.

And, similar to lutein and zeaxanthin, beta-carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

## Strawberries: Help You "C" Better

Fresh, juicy strawberries are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that may help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, citrus (such as orange and grapefruit), and cantaloupe.

## Healthy Fats: Include Sources of Omega-3 Fatty Acids

Besides helping with the absorption of certain nutrients, some healthy fats also contain omega-3 fatty acids. Salmon is an excellent source of omega-3s, which may be beneficial for eye health. Include salmon or other types of fatty fish two to three times per week. Other foods that include omega-3 fatty acids are walnuts (which also contain eye-healthy vitamin E), flax and chia seeds.

From Academy of Nutrition and Dietetics [www.EatRight.org](https://www.eatright.org)



# Downsize & Simplify by Laurie Heuser, Diversified, Inc.

Whether you are downsizing to make a move to a new home, or you are trying to reclaim your current living space, creating a plan before you start will make the job easier and produce better results.

Be realistic-remember it took a lifetime to accumulate these items. It will take time to sort through them. The job will be physically and emotionally demanding.

Make a schedule. Decide how much time you have to allocate per day, week, and month to the task.

Keep your time frames short. Two to three hours at a time allows sufficient time to complete enough to give you a sense of accomplishment without becoming exhausted and frustrated.

If you decide to enlist the help of family and friends, keep in mind the personalities before you decide at what stage help will be beneficial. Remember this is your project. Do not let someone else order a dumpster and start tossing.

Divide the task by room and divide the room into sections. Start in one area, a closet, book shelf, or corner. Do not jump from room to room when sorting. The job will seem overwhelming and you will lose your motivation. Completely finish one area before moving to the next. The sense of accomplishment will keep you motivated.

Make sure you have plenty of heavy-duty garbage bags, boxes, and totes, before you start. Label all containers with the contents.

Start with the small items when downsizing. The photos, knick knacks, children's toys, and papers will be the most difficult to decide whether

to save, pass on to family and friends, or recycle.

As you sort through clothing remember if you have not worn it in a year, get rid of it. That includes the items with the tags still on them. Consider function and need. If you are not using it, why are you keeping it?

Once an item is in the disposal pile do not do not take it back out.

Allow yourself some time to reminisce. Enjoy the trip down memory lane as you remember your wedding day, your child's first day of school, or the biggest fish you ever caught.

The sense of accomplishment when the task is completed will be well worth the effort.

\*\*\*\*\*

**I have lived long enough to know that accumulating more does not bring contentment. The more I possess the more I fear to lose.**

**This day I choose to let go of things I hold too tightly. I want to be free of things, I want to be happy.**

*-Pat Corrick Hinton*





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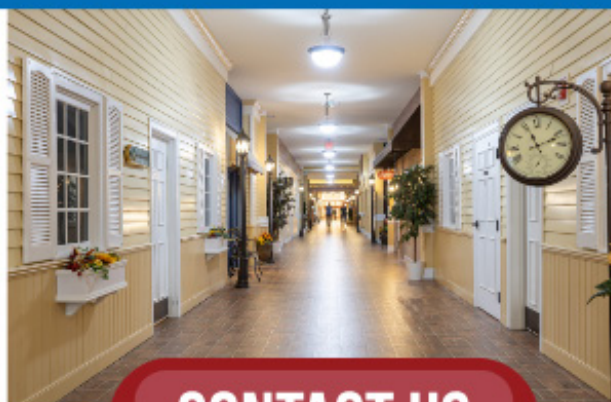
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