

Chapter 1 : Basin and Range | Wines

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This is for good reason, since clearly if you rotate to breathe and inhale more water than air this will completely interrupt your stroke, anxiety and frustration sets in preventing the swimmer from progressing. The key is to integrate an easy breath into your stroke – not interrupt rhythm and change body position to gasp for air. Put us horizontal in water and the instinct to lift the head and rotate more is how a human is driven to breathe in an aquatic environment. The more we rotate the less stable the body is and begins to sink. The higher the head lifts, the more the hips and chin sink. Lifting head and rotating more to breathe instinctively triggers the lead arm to push down and legs to splay wide to maintain stability. Once air is found and face is back in the water, body position resembles nothing like freestyle and looks more like the Flying Spaghetti Monster FSM. Timing is critical too. Allow the shoulders to do the timing. When rolling to breathe, chin should follow shoulder to air. Empty the lungs when rolling to breathe to allow for immediate inhale when nose and mouth breach surface. If you exhale and inhale after mouth breaches surface, the breathing cycle is too long and you will be sucking on more water than air. Also, if breath is late or has slight hesitation on body roll i. Breathing in the Bow Wave: When rolling to breathe, keeping head low and aligned with spine the water in front of your head will be higher and lower near your chin. Experiment by creating a bow wave with the palm of your hand so you have a good visual. Stand in the shallow end of pool, extend arm out, palm facing forward thumb up – now sweep hand forward in circular arc. Notice the water in front of hand palm side is higher – and water lower at the back or knuckle side of hand. The low water zone is the pocket next to chin that allows you to breathe easy. No lifting of head, altering stroke, rhythm, or body position to gasp for air. Just get your air quickly in the low pocket. See illustration below In the illustration, notice swimmer is: Stable, rotated just enough to get air, 2. This swimmer is not altering stroke, rhythm or body position to breathe – thus maintaining balance, a low drag profile and forward momentum. Remove the breathing component and practice the timing first by lifting one goggle above the surface. Once you see air with one goggle! Once you feel confident and comfortable peeking one goggle above surface, head and spine in alignment no lifting of head , now bring in the timing of exhale. As chin follows shoulder to peek one goggle above the surface, exhale continuously and quickly emptying lungs. Done correctly, you will feel the ending last burst of air on exhale clearing the way when mouth breaches surface and return head to goggles down without inhaling air. Stop stand up get a full tank of air, repeat the goggle peek and timing of exhale. Your mission is to break the instinct of lifting head, rotating more to breathe and discover the low pocket where easy breathing happens. The air is the same five inches above the surface as it is at the surface. One important part of breathing is the amount of air in your lungs. A common message I hear and read frequently, especially advice given to triathletes, is to start emptying lungs of air immediately when face enters water. She demonstrates body position with air in the lungs and emptying lungs too early: Breathing Comfortably in Freestyle Breathing in freestyle really is overrated. Our mouths are not located on our foreheads, lifting the head will not get us more air, only lowers the chin below surface making it more difficult to breathe. Once our human, land based instincts to breathe have been removed is when you will find that stable, easy breath in the low pressure pocket of the bow wave. Whether swimming in calm pool or in lumpy open water conditions, the breathing position and process remains the same. Learning to breathe easy in freestyle takes time, be patient and trust the process. The air is free, take all you need.

**Chapter 2 : Brianna Breathes Easy: A Story About Asthma - New Hampshire Family Voices**

*Brianna Breathes Easy: A Story about Asthma--A Concept Book by Kroll, Virginia and a great selection of similar Used, New and Collectible Books available now at [theinnatdunvilla.com](http://theinnatdunvilla.com)*

Brianna is a normal girl who gets to be in the school play. She gets so excited telling her family about the play that she starts coughing. Her mom says that she is sick and needs to stay home, however, Brianna feels better again after some time. One day during rehearsal, she started coughing and the teacher called an ambulance. She went to the hospital and the doctor told her that she had asthma. She gave Brianna a lesson about what asthma is, what triggers it, and what med Goodreads 9 Summary: She gave Brianna a lesson about what asthma is, what triggers it, and what medicine she would take. At school, she befriends other kids in the class who have asthma and they talk about their inhalers. During the school play, Brianna is able to breathe easy again. A theme for this book would be special needs and getting medical attention when you need it. It started getting worse until she had to get wheeled out to the ambulance and sent to the hospital. The doctor diagnosed her and gave her the medicine she needed to fix the problem. Once she found out what was wrong, she was able to fix it and live healthy again. Many people do not think of asthma as a special need, but it is. I do not have asthma, but I do have allergies. I know how hard it can be to breathe sometimes when I have an allergy attack. I also learned a lot from this book because the part where the doctor explained asthma to Brianna taught me a lot about the illness. This book is great if a child is recently diagnosed with asthma. It can be scary, but learning about it more can ease the stress about it. Also, in the book, there is a diagram of the lungs and it explains how asthma works. There are also pictures of environmental triggers, such as pets, smoke, dust, etc. These are very helpful to know. There were a lot of words on a page and the font and proximity of the lines made it a little hard to read. There was also a lot of images on each page. So, I would have formatted it a little different to make it less flashy. Brianna is a relatable person with interests and not just a child with asthma. Brianna has supportive family members and classmates who also have asthma.

**Chapter 3 : Brianna Breathes Easy : Virginia Kroll :**

*New Titles for Kids & Teens Picture Books & Beginning Readers. Children's Fiction.*

Of the different recruiters I have worked with, she has consistently delivered some of my best candidates that have allowed me to quickly and efficiently hire for key roles. She pays attention to what you are really looking for and is very responsive! she is also fun to interact with! Brent Vaughn, CEO of Cognoa Ben worked hard to get me connected with a great company that matched my skills and experience with the challenges that they face. Through several rounds of contact, keeping things lined up and managing schedules, Ben was a true professional the entire time. I highly recommend Ben as a recruiter, as he is one of the best I have seen in action. When I was looking for a job, she gave more in depth insights and worked more closely with me than any other recruiter. And when I was hiring, she did a great job of curating candidates before sending them to me. I contacted her to inquire about data science opportunities and she showed a lot of initiative in helping me with my job search. She was very responsive and kept tabs on all opportunities that she had opened for me, and would follow up with me or with the prospective employers after every stage of the interview process to make sure that things were moving along. She was diligent about collecting feedback from myself and the companies I was speaking to, and used that feedback to fine-tune the next opportunities she presented to me. I recommend Madison to any engineer or tech minded individual who is contemplating a career shift of their own! Not only was she incredibly professional and responsive, but she also took the time to develop a personal connection with me, which made working together even more enjoyable. It was obvious that she spent care and time finding opportunities that were in industries I was particularly interested in, and were great matches for my skillset. She negotiated me an amazing offer, and I would be thrilled to have the opportunity to work with her again. Jared Geilich, Software at Pilot. Brianna and her team at Techees are a breath of fresh air, always going the extra mile to make their clients happy and not just help them find a job, but find them the right job. Josh Sylvestor, Private Company Danny is a super useful, super friendly and approachable guy that ultimately led me to my next job. He provided me with some insights that legitimately changed how I viewed some companies and their recruiting processes in the tech industry. One thing that I found really unique about Danny is that the companies he talks to and introduces you to are actually hidden gems of companies that are legitimately interesting and cool! Private, Software Engineer Affirm Heather was instrumental in helping me identify and land a great opportunity. She is preceptive and detail oriented, and goes the extra mile to help resolve issues. It was a pleasure working with her. She is professional and friendly, allowing her to be a complete joy to work with. I enjoyed working with Emily. Within a couple of weeks, she already matched me up with a great company and another week into the process, I had a superb offer.

**Chapter 4 : All Day I Dream About Food | Low Carb Keto Recipes for Everyday Living**

*Brianna is excited about playing the lead in her school's Thanksgiving play, but when a terrible coughing fit sends her to the emergency room the Friday before the show, she learns that she has asthma and how to control it.*

Young Jamie shrugged philosophically and resumed his scrutiny of the would-be bondsmen, walking around those who took his particular interest and peering at them closely, in a way she might have thought exceedingly rude had a number of other potential employers not been doing likewise. It had been a long time since breakfast, and Brianna dug in her pocket, feeling saliva fill her mouth. And I, along with millions of other fans, really think you should. With family and friends spread across a couple of countries, visits back to the UK are always hectic. This time, we decided to go big -- and so from Anglesey we drove north to Inverness, where we picked up the boat we hired to cruise the Caledonian Canal, including Loch Ness. Here we are, ready to set off from Inverness on our very own Highland adventure. This being the 21st century instead of the 18th, we decided against procuring a bondsman, and instead comfortably settled into our historical on-board occupations -- he as Captain Howard, and me as Chief Cook, bottle-washer and occasional deck hand. My younger, liberated self would have thought so. However, as a somewhat older woman who has been married a number of years, I have acquired a little wisdom -- enough to appreciate the understated and underrated position of power that the person in charge of the food can wield -- especially if that someone can dish it out when, and if, she has to. The photos say it all -- we had just about the best weather 2 voyagers could ask for. For a couple who prefer to travel during the off-peak times of the year, we generally have pretty good weather karma. But the spectacular late-April weather we had while cruising from Inverness to Fort William and back had even the knarliest, most dour-looking lock keeper carelessly taking the bow line from me while he kept his face turned to the shining warmth of the sun. After nearby raids by Clan Mackenzie who else? Bonnie Prince Charlie visited the castle in , riding high on the early successes of his Jacobite Rebellion, and he is said to have rested there, in April , after it all went wrong at Culloden. We spent the night all alone moored beside the castle ruins. Easily a Top 5 wake-up of all time. Actually, more like a Top 3. April in the Highlands is hard to beat. Just make sure you pack your long johns AND your sunscreen. By noon, we were down to one layer of everything, including a brimmed hat and a thick coating of SPF There was research to do, and an authentic Bridie worthy of Brianna to be found. To that end, I tried one everywhere I found them on the menu, which was, unsurprisingly, mostly in butchers and pie shops. Out of all of my samples, I was surprised that just one was made with short crust pastry, while the rest used puff. In every last one of them, the filling was ground beef, onion, salt and pepper -- except for the vegetarian Bridies -- which were filled with turnips. I ate a lot of turnips while we were there, OK? Still -- there were a lot. OK, strange turnip rant over. Howard managed to snap this picture of me and my Haggis crisps before I devoured the bag. No, not so much. Even Howard had to go get his own bag. I stayed behind to guard the drinks. OK, strange Haggis chip crisp tangent over. Forfar Bridies, as they are formally known in the homeland, are said to have first been made by a traveling food seller, Maggie Bridie of Glamis, about miles southeast of Inverness. Local lore has her selling her hot, savoury pies at the Buttermarket in Forfar, Forfarshire now County Angus. While it traditionally uses the same short crust pastry as a Cornish Pasty, the filling of a Bridie is different to its southern cousin. I was disappointed by the puff pastry and ground beef. There is a big difference between a flaky, buttery shortcrust made by hand and mass-produced, oily puff pastry. There is also a big difference between minced steak and hamburger. In both cases, I prefer the former. As for the two Bridies that Brianna bought on the market square in Inverness -- the first she savoured herself, the second she shared with her newly acquired bondsmaid Lizzie -- Diana is very specific in her description: A bridie was a plump hot pie in a half-moon shape, filled with minced steak and suet and spiced with onion. A rush of hot, rich juice and flaky pastry filled her mouth, and she closed her eyes in bliss. Brianna, born in , would have been accustomed to the taste of suet -- even before she travelled through the stones. Prior to the wide-spread popularity of vegetable shortening, animal fats were widely used in baking, and there is no doubt that the crispest, flakiest pastry is made with suet beef or lard pork. Before we left on our trip, I made a batch of Bridies using suet. Having taken one bite, I doubt there are

many alive today who would choose to eat a whole Bridie made with exclusively suet. If you exist, you know who you are. The rest of us should use butter. Although much more expensive than suet, butter was readily available in the 18th Century. Suet used to be found in the at the end of the frozen meat section. It is getting harder to find though, especially at times other than Christmas traditional mincemeat uses suet. In addition to a hand-minced steak Bridie, I also created my own version of a vegetarian Bridie. For all that authenticity is important, most people these days agree that vegetables are more important. I omitted the turnip and instead opted for potato, onion, celery, carrot, red pepper and extra-aged cheddar. Claire probably would have used at least some turnip -- and thrown in the green tops in for good measure.

**Chapter 5 : Brianna Breathes Easy: A Story about Asthma--A Concept Book by Virginia Kroll - FictionDB**

*Brianna had a regular life until one day she started to have trouble breathing and coughing a lot. They decided to go to de doctor and they discovered that she had asthma. Brianna learns how to live with it and how to take care of herself to prevent asthma attacks.*

He is best remembered for having defeated the Vikings see the name Brian for more detail. Interestingly, the female equivalent of Brian, i. See literary references below for more detail. Despite her Irish influence, Brianna is mainly used in the United States, taking off in popularity during the s. Popularity of the Name Brianna Brianna did not show up on the U. Her conquering days are probably behind her at this point. Brooke, Brielle, Brynn and Brynlee are some other favorites. It is a free and lightweight installation from Adobe. Please click here to install the same. The allegorical work is written in praise of Queen Elizabeth I, and follows the deeds of various Arthurian knights in its exploration of virtue and nobility. Alas, Briana does not share this particular characteristic. She is a lady in love with a knight the aptly named Crudor whose very strange requirement of her is that she weave him a mantle made from the hair of men and women. Only then will he marry her. Well, of course - seems reasonable to us. So the resourceful Briana sends her henchman out to exact this fee from everyone passing her castle grounds. He has been shorn of his beard by the henchman another aptly named fellow, Maleffort and his lady is now being pursued by the wicked man. Brave Calidore confronts the villain, saves the lady and slays Maleffort. He then proceeds through the castle to find the Lady Briana who get this accuses him of discourtesy in killing her servant! She sends for Crudor to do battle with Calidore, but we all know how that will turn out. In no time, our hero has Crudor at his feet, fighting for his life. This our courteous knight grants, but with conditions. Henceforth Crudor must be a polite knight. We can only hope that, after all that trouble, Briana is happy with her strange choice of husband material pun intended. Brianna loves practicing her leaping and flapping. But at the dress rehearsal, she has a bad coughing attack and feels a tightness in her chest. The teacher calls and the paramedics take Brianna to the hospital. Anderson diagnoses Brianna with asthma. Brianna begins to learn about her disease and how to manage it. Recommended for ages Brianna the Ballet Fairy is an enchanting tale that will touch the heart of anyone who has ever had a special dream. Down among the sugarplums are sprites no bigger than your thumbs. Brianna is the smallest sprite who sprinkles sugar through the night. Enter a world of fairies, pixies and dazzling enchantment. Brianna wishes that she could dance with the elite Sugarplum Fairies who prance among the sugarplums. However, she is still too young. Can a pixie help Brianna realize her dream or will she trick Brianna, instead? The story is written in a lyrical rhyme scheme that will captivate young readers. The colorful illustrations capture the creativity and imagination of this poignant tale that encourages readers to believe in themselves and their dreams. Ouch -- Icy Jack Frost has a horrible toothache! Can they track down the missing magic for their new fairy friend? Find the magic objects in all three stories inside this Rainbow Magic Special Edition and help save the Tooth Fairy magic! But one word brings reconciliation for the two friends. Search Baby Names a b c d e f g h i j k l m n o p q r s t u v w x y z Personality of the Girl Name Brianna The number Five personality loves the excitement of life and can easily adapt to all situations. As natural adventurers, these personalities thrive on the new and unexpected and prefer to be in constant motion. It makes them feel alive. Naturally rebellious, the Five personality has no fear and never resists change. Variations of the Baby Name - Brianna.

**Chapter 6 : Ep. Healthy Pregnancy Mindset with Brianna Battles - Fed & Fit**

*During dress rehearsal for the school play, Brianna gets a bad coughing attack and she has to go to the hospital where she learns that she has asthma, but when Brianna learns more about asthma and how to manage it, things are soon under control for her big stage debut.*

Find Brianna on social media via handle [briannabattles](#). Each case of their wild salmon is labeled with the name of the Bristol Bay fishing district in which the salmon was harvested. Boxes of supremely fresh frozen filets and portions of the highest quality salmon are delivered to your door, skin on, and already deboned. You can learn more about Pride of Bristol Bay and support their important work by ordering your first box of frozen salmon by visiting their website over at [www](#). Welcome back to another episode of the Fed and Fit podcast. I have invited Brianna Battles to come onto today's show. She has worked in the strength conditioning and wellness industry for years, and has coached at various levels. Which is located in Thousand Oaks, California. She coaches a variety of people, from high level athletes to lifestyle fitness population both in person and online. Her specialty, however, which is why I think I was especially excited to invite her on, is coaching pregnant and postpartum athletes. From powerlifting to mommy bootcamp goes to high-level competitors. Thank you so much for having me. It sounded like a great opportunity. We love to geek out over science, to tell you a little bit about our Fed and Fit podcast audience. We love to geek out, we love mindset pieces, and overall wellness. But if you could share a little bit more about your business. What led you to this point. And what you really enjoy most about your work. And in all different forms, from corporate wellness and personal training, to collegiate athletics. And then after having my son, Cade, four years ago, I realized that there just was not a lot of quality information and guidance supporting moms training through their pregnancy, and then making a quality return to sustainable fitness postpartum. And because I was in the CrossFit and strength and conditioning, I guess field. And that was pretty much it. In a lot of different ways. But also in just healing their body and knowing how to reintegrate into fitness. And then how to decrease chances of injuries and dysfunction during pregnancy. So I knew that I needed to expand my efforts in coaching to be able to better understand this population. Because I was now part of that population, and wanting to heal my diastasis recti. And just connecting with other women that were also athletes. And hearing from them about how misguided they felt they were because they just followed a sort of typical CrossFit mom sort of approach to training, and then were injured. Or their mindset of wanting to hold on so badly to what their lifestyle was prior to getting pregnant, and then trying to be in quest for their body back postpartum. And all of these things were just sort of missing the bigger picture of what it means to have a fit and healthy pregnancy. And then make a quality, sustainable return postpartum. Where not just the baby is healthy and happy, but mom is too. So I do try to really bridge the gap in the messaging and the education. Not just for athletes and women in my community, but also for the coaches that have the most reach with this population. Both for athletes, and one I recently launched, which is for coaches. To be able to really understand all the different considerations required for best serving women during this chapter of their athleticism. I took so many notes! How long ago did you launch the coaches program? Three or four months ago. It was such a huge heart project, trying to figure out how I could best spread more awareness and education. And that was by reaching out to my fellow peers in this industry. Because then their reach is going to be so much greater. Or just working with their personal trainer. They just have somebody in their corner. I really want there to be more resources for women so that no one has to go through what I did, which was searching continually for someone who could help me. Help me heal, and help me feel like there was support. You know, even when I started working out. But before I was pregnant, I thought I had a pretty good idea of how I could anticipate the questions I would have. And the concerns I would have in terms of working out. The actual mechanics and build of my body is different when it comes to physical fitness. Which is another reason why I really wanted to invite you onto the show today to share some of your expertise with listeners. Teaching the teachers, so they can help support their clients and athletes. Going to the gym; I have a wonderful gym, and there are a lot of moms there who have been through it. But at the end of the day, I think a lot of us really want to know the

whys. I would love it if we could start off talking about the mindset of pregnancy. You mentioned that already. But there is a distinct mindset shift that happens. And I talked with a reverse interviewer that had come on the show recently. And I encourage you guys to go and look that up. We talked about the first trimester mindset pieces and some of the things that were involved there. A sentiment that I come back to a lot is that pregnancy is temporary, and postpartum is forever. Oh, I love that! Because we do live in a very aesthetic driven society. Where; I mean people are continually trying to lose weight and go on different diets. So I think pregnancy rages against all of that. And in fact, trying to control it is actually not healthy for you or for the baby. Because you feel guilty about that. So I do try to remind all my athletes that this is just a temporary phase. And what we do now will have a direct impact on how we recover postpartum. And that includes how we mentally approach this chapter. And you know, I also think that going into being pregnant with a humble attitude, in the sense. I have not thought; I thought I mentally overcome, right, really healed myself from negative self-talk. And had done that for at least 7 years; really felt like I had arrived at a solid state. With the migraines that I had in my first trimester, and then I was joking. And all these other wonderful things in order to support human life. And remember the bigger picture. And mostly, it came from the expectation of how you carry a baby. All these expectations of how they thought I would carry a baby. Because I had no expectations of how I was going to carry a baby. So that was something new that I had to deal with. And I think that just knowing ahead of time to just anticipate in general, at least for me, helps me think about how I can really overcome that. Which is getting through pregnancy, but also having a healthy mindset. And I see way too many women struggle because of how distracted they are by their body. Just walking, and moving. And trying to be unintentional with our movement and fitness. Or trying to get back to it right away postpartum. What we do in our daily life actually matters most. And what I mean by strategy is to learn piston breathing, which is something that Julie Wiebe taught me. I was able to mentor under her. This will help to decrease, not prevent. But it will help decrease the severity of symptoms that a lot of women experience. Either during pregnancy, and definitely in the postpartum chapter. So symptoms can be incontinence, which is leaking, like peeing when you sneeze or run or jump. Diastasis recti, which is very common and totally normal in pregnancy. And again, it is normal. And now there is more attention being brought to diastasis. We want that fascia to be strong. We want our abs to approximate again postpartum.

**Chapter 7 : Right in a Left World: Brianna Lopez, Abused In Life, Caged In Death**

*Brianna Breathes Easy: A Story About Asthma* Very colorful story about Brianna, who finds out why she has been having coughing spells and trouble breathing. Covers general asthma information, from management to triggers.

Font Resize Workout review: After 18 years of dancing, Brianna Frey picked up yoga to stay active. She earned her yoga teacher training certification for both adults and kids before opening Fearless Motion Dance Center in September with her sister and mother. They teach a variety of dance styles and yoga to kids from 18 months to 18 years old, along with a baby and mom yoga class. What is the workout? By beginners, I mean actual beginners. The class needs no prior experience and there are no intimidating moves. Johnna Kremer works out during the Yoga 1 class. She focused on the basic postures, then put them together into a flow sequence. Breath plays an important role in yoga and she continuously queued when to breathe in and out during the poses. She kept a close eye on her students to see where they struggled and their limitations. Yoga is the unofficial workout of Colorado, Boulder especially. Level 1 classes feel like intermediate classes. Often teachers expect students to know the basic moves and their names. For true beginners, this is intimidating and far from welcoming. Frey understands this challenge. She broke down all the moves into parts with different variations. It was easy to see the teacher, and she moved around the room so we could always follow her example. Instructor Brianna Frey leads the Yoga 1 class last week in Superior. Instead of trying to stop the inevitable, she encourages people to find inspiration in other students. The studio is small and homey. Frey is welcoming, and she makes the workout easily accessible. This hour-long class is at 8 p. Tuesdays and 1 p. Workout clothes you can move in, a yoga mat and water. Mats and towels are available with a rental fee. People new to yoga will feel this in their arms, thighs and core. No one was doing handstands, headstands or bending themselves into pretzels. When studios try to make classes available to everyone, they risk alienating people at either end of the experience spectrum. Frey played more contemporary music, which was fun, but was also distracting when she was talking. How I felt after the class: Relaxed and ready to hit the hay. After a long week, a little personal time goes a long way.

**Chapter 8 : Brianna - Baby Girl Name Meaning and Origin | Oh Baby! Names**

*Hi everybody welcome back to story time. I hope you enjoy this story about a little girl who gets Asthma and learns how to live with it and be happy to:) To.*

I wrote it when I was feeling sleepy asf. This is one of the gay ass lonely shit I write when I get sad for being single af, and also should be short, but turned out I rilly did that huh? My blog on tumblr is likeuranus if you want to know, enjoy! She was feeling like this because she worked overtime on that day. She knew that worth it because of who she was doing that for. She wanted to make something nice to her, like taking her to somewhere cool or buy her a nice thing. She felt like the huge ache she was feeling was small compared to seeing her girlfriend happy. They were living together for about almost one year. Brianna wanted to celebrate that, it was so important. She wanted that even if their dating anniversary already happened months ago. The fact they were living together not deserved to be point blank, it would be a crime for her. And all she wanted was seeing her girl happy. Her cute bright and little smile, the way how her blue eyes would shine with the surpriseâ€¦ It was like a boxer were punching her all the time, even if she rested on the car seat, the same thing with her head. To make that worse, the uber driver turned on the radio. Brianna had to use her last st forces to ask them if they could turn that off. She sighed, looking at the landscape outside of the open window. Houses and buildings were passing, and there were so many faces. More weeks doing that, and she could finally get a nice time with her girlfriend, to celebrate their love. Aquaria was all the motivation she needed, then, nothing else mattered. She knew that arrive at home would be sad, because Aquaria was doing a photoshoot by what she remembered. But when she arrived home, all her pain would be gone with Aquaria on her side. As the uber were getting closer from home, she started to feel better. She felt happy because she got home, without all her shit coworkers, her stupid boss yelling, and lots of work. She imagined if her girlfriend would struggle with it and if she could get sick. Small raindrops fell on her skin, she was feeling the air freeze even more. Bri ran for the inside of the building, and seconds later the rain was raining aggressive and heavy. Brianna blessed about not get soaked like the poor souls who stayed outside. But, she remembered about Aquaria, of how she would get sick. She immediately sent her a text while she was pressing the button that called the elevator. Brianna tried to find the keys in a very messy way, and when she did she unlocked the door faster as she could. Well, she was right. She found out a sloppy blonde lying on the couch with a lot of blankets, watching something. Aquaria looked like an ethereal angel, as usual. The fact she was wearing that made Brianna heart pound so fast, she wanted to give love to her right now so bad. I forgot to told you the photoshoot got canceled because of the rain. She promised her to not spoil anything, and rewatch it all with her. But, the fact she was watching that without Brianna made her sad. I missed you too, you have no idea of how Her perfect smile was art. She was like the paintings hanging on the museums, Bri would look at Aquaria forever, and never get tired of it. Brianna was sitting on the carpet to listen to her lazy and adorable girlfriend better. Brianna loved how affectionate she was. She completely loved that girl that was always making her days better. The shorter blonde felt bad because she was being that busy and not giving attention to her. She knew that had a reason, after their special date everything would be normal again. But, in moments like that, she felt like shit. She was also stroking her hair, Brianna could already feel so recovered. These little moments of fun and comfort and love could make her day, no matter what came before of it. Every time spent with Aquaria was like this, the kind of sweet thing that warm you inside. Her girlfriend looked to have the power to turn everything in magic. Brianna was now very concentrated on the show, even if she already watched it all. Her other hand rested on her waist drawing forms with the fingers. That was impossible since Aquaria started to kiss her jaw now, looking at her in an intense way. She turned her body to be face to face to her now, holding her head and kissing her deep. Nothing could be better for her body mind and soul as her.

**Chapter 9 : Brianna Breathes Easy: A Story about Asthma--A Concept Book by Virginia L. Kroll**

*Brianna is excited about playing the lead in her school's Thanksgiving play, but when a terrible coughing fit sends her to the emergency room the Friday before.*

Since I wrote this post almost 2 years ago, it quickly became the most looked at post I have written here. It has been linked to in several countries as expressions of outrage over what happened this poor child has spread. Some comments left at those sites question my writing this as it deeply disturbed them. That is why I write it, because it deeply disturbed both me and my wife, being grandparents now ourselves. Feel free to copy, link to or spread this in any manner you desire. But believe me, I mean it when I say: Let me warn you, if you have a weak stomach, please do not read this post as it will make you sick to your stomach and deeply anger you. July , 5-month old Brianna Lopez, born premature in February of that year in Las Cruces, New Mexico, died a brutal death after suffering some of the most horrific abuse I have ever heard a child having to endure. In her short 5 months of life, she was pinched, thrown in the air, slammed on the ground, repeatedly bitten and sexually penetrated by her father and uncle. An autopsy showed her anus and vagina were both injured. She had a significant abrasion on her buttocks, which went all the way into the buttocks, that was consistent with sexual assault. Immediately after she was pronounced dead, a nurse observed that her anus gaped open with no muscle tone. The autopsy revealed her anal opening was dilated to a full inch. Internal examination showed an injury a half-inch to an inch inside the anal opening and vaginal injuries inside the labia minora, including three small injuries to the hymen. Her small body was literally covered from head to toe in bruises and bite marks. She also had older injuries that included fractures to her skull and legs. When authorities found her it shocked them so badly they needed counseling. Her father and uncle had raped her and were also the ones who threw her to the ceiling without catching her during a night of drinking. Her mother caused the many bite marks on different occasions and also pinched Brianna when she became frustrated with her baby. Brianna's father, Andy Walters would throw her when he became frustrated. On Friday July 19th at In , the convictions of these three monsters were overturned after lawyers for the three filed an Appeal with the New Mexico Supreme Court, claiming that because the three had been tried together and had provided evidence against one another, their right to cross examine their accusers had been violated. In September , the convictions of the father and uncle were reinstated on most counts. That these three still breathe is a travesty itself, but they are all locked away in prison, for now. The outrage in Las Cruces was astounding as was the sympathy and guilt the community felt over this poor child. The only photo of her is one filled with bruises taken after her death just prior to her autopsy. By digitally removing the bruises, a decent photo of this child was made where she appears sleeping. In a rare move for me, I am linking to a petition I would encourage everyone to sign to encourage the New Mexico Courts to legally remove that cage and allow well wishers to pay homage to this poor child, dead now for 7 years. The family did nothing for this child in life and now, in death they continue in doing nothing for her, not even a few flowers or a decent headstone. Video of the caged grave can be seen [HERE](#).