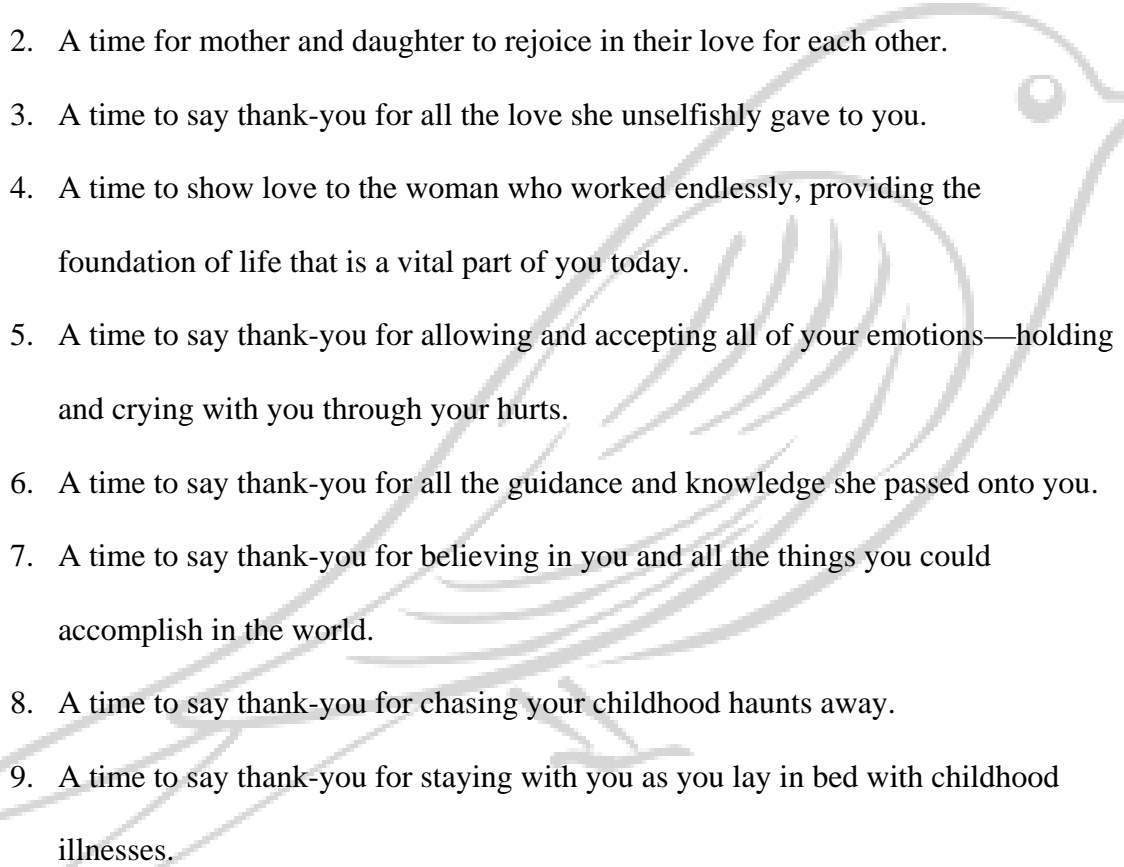


## A Mother's Milestone- Turning 70.

It is:

1. A time for a daughter to show appreciation to her mother for bringing her into the world.
  2. A time for mother and daughter to rejoice in their love for each other.
  3. A time to say thank-you for all the love she unselfishly gave to you.
  4. A time to show love to the woman who worked endlessly, providing the foundation of life that is a vital part of you today.
  5. A time to say thank-you for allowing and accepting all of your emotions—holding and crying with you through your hurts.
  6. A time to say thank-you for all the guidance and knowledge she passed onto you.
  7. A time to say thank-you for believing in you and all the things you could accomplish in the world.
  8. A time to say thank-you for chasing your childhood haunts away.
  9. A time to say thank-you for staying with you as you lay in bed with childhood illnesses.
  10. A time to say thank-you for the physical support she so abundantly bestowed upon you.
  11. A time to say thank-you for the spiritual support she so abundantly bestowed upon you.
  12. A time to say thank-you for making a house—your home, safe and secure.
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13. A time to say thank-you for showing you the marvels of the world.
14. A time to say thank-you for making the world seem a little less frightening.
15. A time to forget petty disagreements from the past.
16. A time to make amends and carry on.
17. A time to say thank-you for giving you a childhood—one you will never forget.
18. A time to pay respect to the woman who calls herself, your mother.
19. A time to reflect on—a lifetime of physical, emotional, and sexual abuse—from the woman who wants acknowledgement on a special day—her birthday.

Childhood Abuse is reported every 10 seconds.

