

I can't believe it is finally here, but it is time for me to head to England for my English Channel swim!

When COVID hit this spring, I was certain that this trip was going to get canceled. Miraculously, it has not, and I am currently on my way to the airport. I will quarantine for 14 days upon my arrival, then my swim window is Sept. 24-30.

I wanted to share a bit more about my motivations for doing this. While I am swimming to test my mental and physical strength and endurance, I am also using this opportunity to bring awareness to a cause near and dear to my family: prevention and awareness of domestic violence.

A little over five years ago, my husband's cousin Natalie Beissel was tragically murdered in an act of domestic violence. At the time of her death, she was less than a year away from med school graduation and was in the top 10% of her class. Her brother and sister-in-law created Love Conquers Violence in her memory to always be Nat's voice and help prevent domestic violence in their community.

I am teaming up with LCV to raise money so they can continue their important work. Further, a portion of all funds donated will come back to Chicago and will go to Connections for Abused Women and their Children (CAWC) so they can continue to pursue a similar mission here in the city I call home. You can read more, and donate if you are so inclined, here: <https://secure.givelively.org/donate/love-conquers-violence/swim4nat>

Thanks, and I hope to have great stories for you when I return in October!

Cari Dahling