



"For what avail the plough or sail, or land or life, if freedom fail?"  
-Ralph Waldo Emerson

## Happy Birthday, Americans!

*As we celebrate our freedom this weekend we will also be celebrating those who have fought for it since our independence day, and those who fought to establish it more than 240 years ago.*

*As you ignite the barbeques and enjoy the fireworks among family, friends, and fellow Americans, please remember what truly makes us free. We must preserve these freedoms, especially in our current world where terrorists are targeting innocent people in attempt to strike fear in our hearts and keep us from living the lives our forefathers fought hard to establish so long ago.*

*Those who have fought and given the ultimate sacrifice did not die in vain. We must always celebrate, we must face fear, and we must prove we will continue to live the lives as Americans were meant to.*

*[Independence Day] will be the most memorable epoch in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be commemorated as the Day of Deliverance by solemn acts of devotion to God Almighty. It ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations, from one end of this continent to the other, from this time forward forevermore.*

*You will think me transported with enthusiasm, but I am not. I am well aware of the toil and blood and treasure that it will cost us to maintain this Declaration, and support and defend these States. Yet through all the gloom I can see the rays of ravishing light and glory; I can see that the end is more than worth all the means, that posterity will triumph in that day's transaction, even though we should rue it, which I trust in God we shall not.*

*— John Adams in a letter to Abigail Adams, dated 3 July 1776*

Image source and article: <http://concernedwomen.org/independence-day/>  
Flag source: <http://www.covermytimeline.com/tag/american-flag/>

Stay safe this holiday weekend and celebrate like **Americans!**

Sincerely,  
Heartbeat Serving Wounded Warriors