



EVERY

Heartbeat Matters

AMERICAN HEART MONTH

A Lake Sun Publication

**SUBTLE
AS A
HEART
ATTACK**

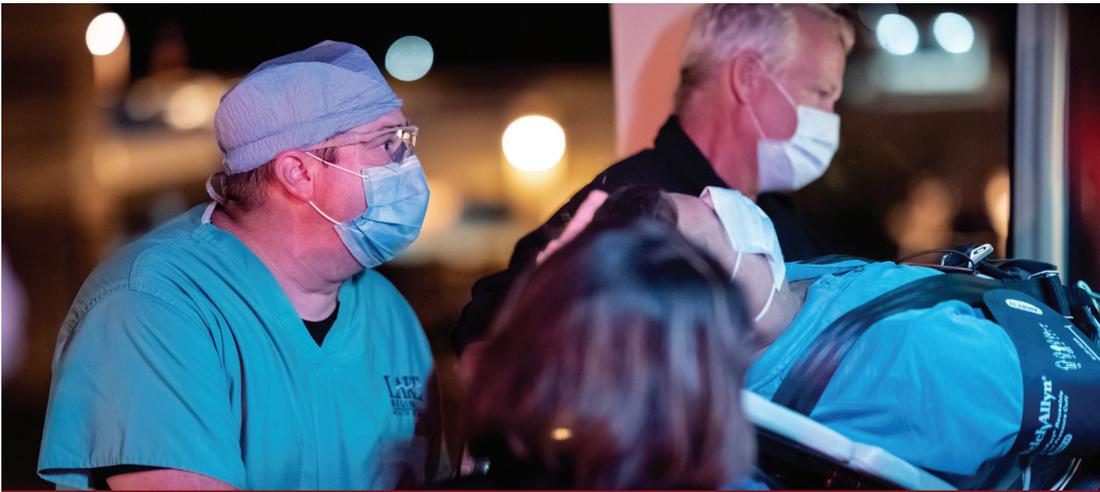
Todd Martin learns to
listen to his heart

Heart Attack

Lake Regional Cardiologist
Explains Symptom
Differences for Men
and Women

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Join the Fun!

Lake Regional's 16th Annual Fun Run and Honor Walk is Saturday, May 3. Register today at lakeregional.com/FunRun.

5 Reasons to Set a 5K Goal

Are you setting goals for 2025? Signing up for a 5K is a great way to get active and challenge yourself.

"Lake Regional's 16th Annual Fun Run on Saturday, May 3, is open to all, and you have just enough time to train if you start now," said Jody Corpe, E.P., M.S., manager of Lake Regional Cardiopulmonary Rehab.

New to running? No problem. A 5K is great for beginners, Corpe added.

"Every year, we have people cross our Fun Run finish line who surprised themselves by setting and meeting this goal," she said. "That could be you."

Here are five reasons to consider taking on a 5K challenge now:

1. You want to get fit. Running or even walking a 5K strengthens your heart, lungs and muscles. Regular exercise boosts your overall health, making you feel more energized. It also improves your sleep and helps to reduce stress.

2. You need a goal. Setting a 5K goal is a great way to build healthy habits. Having a specific goal gives you something to work toward, making it easier to stay motivated. Each day of training brings you closer to your goal and delivers small wins to celebrate.

3. You can set your own pace. Participating in a 5K is not about running fast – it's about pushing yourself to do your best. Whether you run, jog or walk, finishing a 5K gives you a huge sense of accomplishment.

4. You like encouragement. You don't have to take on a 5K alone. You can invite a friend to train with you in person or use apps to track and share progress. And on race day, you will find an incredibly supportive atmosphere as everyone cheers each other on and celebrates with you at the finish line.

5. You're ready to feel amazing. Running releases endorphins, which help you feel happy and positive. And the sense of achievement after completing a 5K is incredible. It boosts your confidence and can inspire you to set even bigger goals in the future.

"Whether you're a beginner or a seasoned runner, taking on a 5K can give you a powerful start to 2025," Corpe said. "Talk to your doctor before beginning your training, and then see how far you can go!"



Lake Regional Cardiopulmonary Rehabilitation manager
Jody Corpe, E.P., M.S.



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Contact Us

Phone: 573-346-2132

Fax: 573.346.4045

4427 Osage Beach Parkway, Ste. A-300,

Osage Beach, MO 65065

www.LakeNewsOnline.com

Newsroom

Newsroom.LakeSun@gmail.com

Publisher

Trevor Vernon

tvernon@vernonpublishing.com

Editor

Dan Field

Dan.LakeSun@gmail.com

Editorial Contributor

Lake Regional Staff

Sales Executive

Candace Williams

Candace.LakeSun@gmail.com

McKayla Williams

McKayla.LakeSun@gmail.com

Production

Barb Deitrick

barb.lakesun@gmail.com

Tracey Steinkraus

tracey.lakesun@gmail.com

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HEART ATTACK

Symptoms for men and women

A heart attack strikes someone every 40 seconds in the United States.

“Seeking care immediately is critical to surviving and recovering from a heart attack,” said Lake Regional Cardiologist Zubair Khan, M.D., FACC. “That’s why it’s important to know the signs of a heart attack. Men and women experience some of the same signs, but there are also differences.”

Symptoms for men and women

These symptoms can happen to anyone who’s having a heart attack, regardless of their gender:

- Chest pain. The classic heart attack symptom is pain coming from the left side of your chest.
- Arm pain. This can be in either arm or shoulder.
- Shortness of breath. This can happen with or without chest pain.
- Feeling weak. This can come with light-headedness, fainting or breaking out into a cold sweat.
- Jaw, neck or back pain. Don’t write off other upper body pain. It can signal a heart attack too.

Symptoms for women

Chest pain is the most common heart attack symptom for women and men alike. But women are more likely to have other, lesser-known symptoms, such as:

- Unexplained tiredness. This heart attack symptom is common for women and easy to overlook.
- Nausea or vomiting. Don’t assume it’s something you ate or that you caught a bug.
- Back pain. This can show up as upper back discomfort. It’s not always a stabbing pain. In women, it can feel like squeezing, pressure or fullness.
- Other body pain. Discomfort in the lower chest, stomach, jaw or neck can all signal a heart attack.

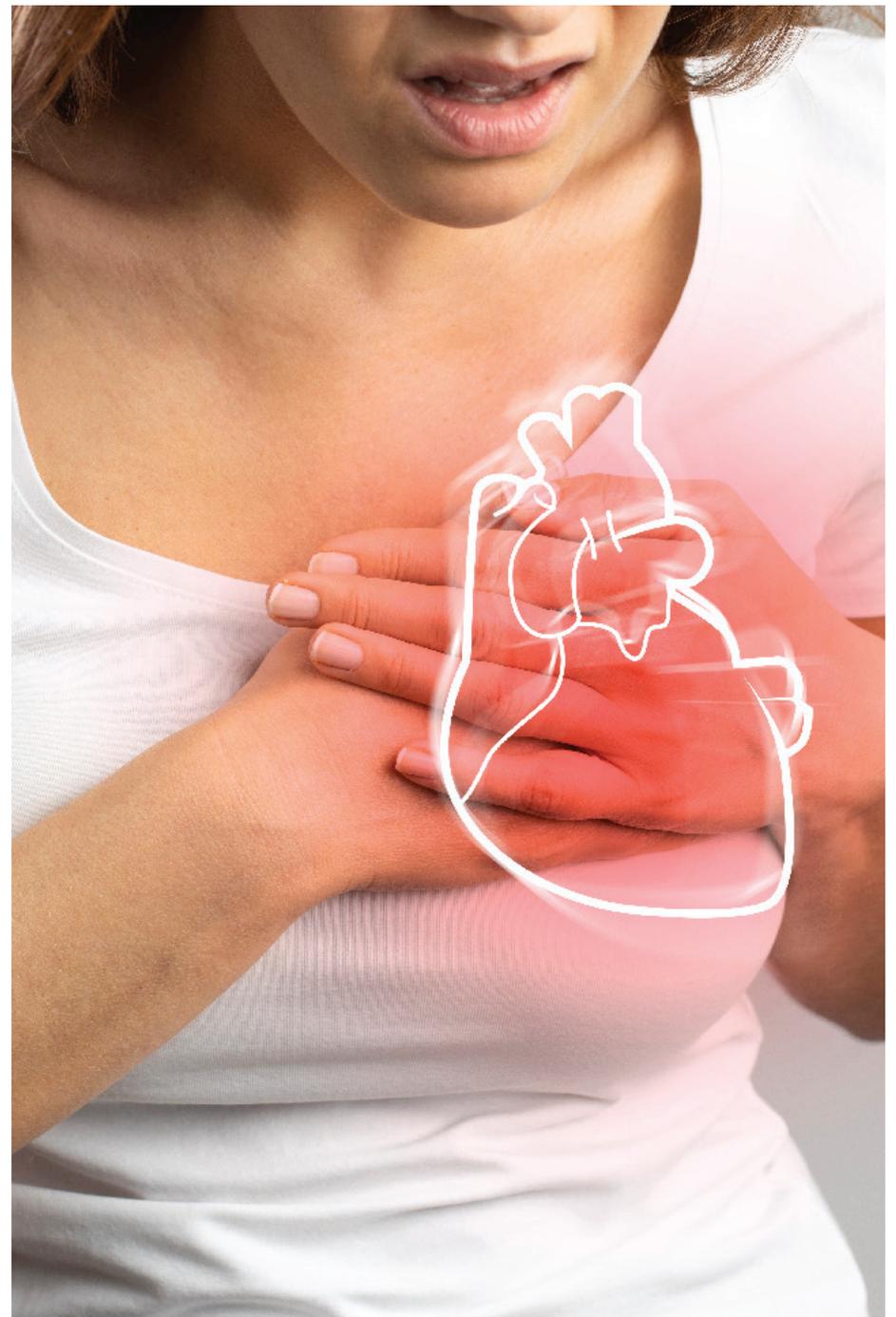
If you think you’re having a heart attack, getting care immediately is crucial. If you experience any of the signs, call 911. Getting care quickly can reduce damage to the heart.

If you aren’t having an emergency but have questions about heart health, make an appointment at Lake Regional Heart and Vascular by calling 573-302-4406 or Lake Regional Cardiovascular Institute by calling 573-302-4960.

Sources: American Heart Association; Centers for Disease Control and Prevention



Lake Regional Cardiologist
Zubair Khan, M.D., FACC





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Coronary artery bypass grafting, often referred to as CABG, is one of the most commonly performed cardiac surgeries worldwide. It can be an emergency surgery, but in most cases, patients have some time to prepare.

“If you or a loved one is told you need bypass surgery, it’s good to ask questions about what to expect,” says Lake Regional Cardiovascular and Thoracic Surgeon Randy G. Brown, M.D., FACS. “Getting educated will help you feel confident and ease some of the worry you might feel.”

Here are five key points to know.

1. Bypass surgery improves blood flow to the heart.

It may be needed when the heart’s arteries have become narrowed or blocked by plaque. This condition — called coronary artery disease — can lead to chest pain (angina) or a heart attack. Often, bypass surgery is recommended when you have multiple heart blockages that can’t be treated by placing a stent in an artery. The surgery reroutes blood around the blocked arteries, relieving angina and helping you avoid a heart attack.

2. You’ll need to make preparations before the surgery.

For instance, your surgeon may ask you to make changes to your diet or medications. Also, you may need some tests to help determine the extent of your heart blockages. And you will want to arrange for assistance after the surgery.

“Preparations also should include education on risks that can occur during and after the surgery,” Dr. Brown says. “Common complications can include myocardial infarction, acute renal failure, stroke, bleeding and sternal complications. Your surgeon will explain how to recognize warning signs and what to do if concerned.”

3. You’ll be asleep for the procedure.

If you’re having traditional bypass surgery, the surgeon will operate through your opened chest. A machine will pump your blood while your heart is temporarily stopped. Your surgeon will then take healthy arteries or veins (grafts) from other parts of your body and connect them above and below the blockages, creating a new route for blood to reach your heart. You may have multiple bypass grafts if multiple arteries are blocked.

5 THINGS TO KNOW ABOUT BYPASS SURGERY

4. After surgery, you will stay in the hospital for about a week.

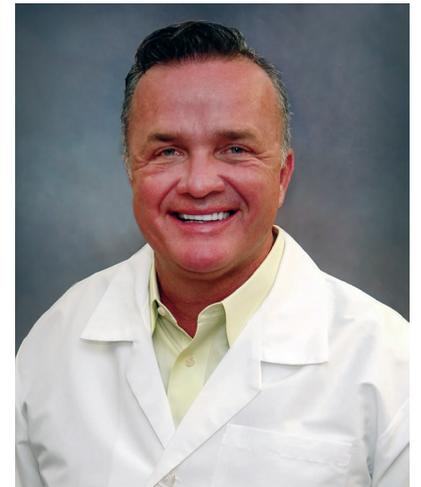
Your surgeon will tell you when you can resume work or other activities. It can take several weeks to recover fully from bypass surgery.

5. While bypass surgery treats heart disease, it doesn’t cure it.

You’ll still need to make healthy changes, such as managing your weight, eating healthy foods and not smoking. And you will need to take prescribed medications. You also may benefit from participating in a cardiac rehabilitation program.

“CABG provides great results, which last for many years for most people,” Dr. Brown says. “For the best long-term outcome, patients also have to prioritize healthy lifestyle choices.”

Sources: American Heart Association; National Heart, Lung, and Blood Institute.



Lake Regional Cardiovascular-Thoracic Surgeon Randy G. Brown, M.D., FACS.

What is the difference between an interventional cardiologist and cardiovascular-thoracic surgeon?

Cardiologists and cardiovascular-thoracic surgeons are two types of heart doctors. Cardiologists specialize in diagnosing and treating heart disease, and they are the primary doctor patients see when they have heart-related issues. Although most interventional cardiologists can perform procedures that require small incisions, such as angioplasty or cardiac stenting, they are not surgeons.

When a more complex heart procedure is necessary, such as CABG, that’s when you’ll need a cardiovascular-thoracic surgeon. The cardiologist will work with the surgeon to determine necessary treatments. Cardiovascular-thoracic surgeons typically manage patient needs directly following surgery and then transfer long-term care to the cardiologist.

Diabetes and heart health

Diabetes and heart disease are more connected than you might think.

“A person with diabetes is twice as likely to have a heart attack or stroke compared to someone who doesn’t have diabetes,” said Katee Jennings, PharmD, CDCES, Lake Regional Diabetes Program coordinator. “That’s because high blood sugar can damage the blood vessels and nerves around your heart.”

Here are some other connections between diabetes and heart disease you should know.

People with diabetes are more likely to have high:

- **LDL.** That’s the “bad” cholesterol that causes plaque to build up in arteries.
- **Blood pressure.** Having both diabetes and high blood pressure dramatically increases heart disease risk.
- **Triglycerides and low HDL (“good” cholesterol).** This is a type of fat that builds up in—and stiffens—arteries.

Luckily, there is a lot you can do to help prevent both diabetes and heart disease. It starts with managing the diabetes ABCS:

A: Get your A1C tested regularly to track your average blood sugar over time.

B: Watch your blood pressure, and keep it in the zone your health care provider recommends.

C: Stay on top of your cholesterol levels. Keep them down with healthy eating, exercise and, if prescribed, medication.

S: Don’t smoke. If you smoke, find a smoking cessation program and stick to it.

Here are some other things that cut your heart disease and diabetes risks:

• **Manage stress.** Not only can stress increase blood pressure, it also might make you want to do other things that raise your risk, like overindulge in sweets.

• **Eat right.** For overall good health (and to help prevent disease), pile on the produce. Choose lean proteins and whole grains. And skip processed foods as much as you can.

• **Exercise.** Physical activity helps lower blood sugar. When done regularly, it can help prevent or manage diabetes.

• **Lose weight.** If you’re overweight, losing even a few pounds can help reduce triglycerides and blood sugar.

• **Consider medicine.** You may benefit from drugs that can reduce blood pressure, lower cholesterol, manage blood sugar or help you lose weight. Talk to your provider about what’s right for you.

• **Get tested.** There are tests you can take to evaluate your heart’s current health and heart disease risk. Your health care provider can tell you which tests to schedule.

If you have been diagnosed with diabetes, the Diabetes Education program at Lake Regional is for you. This program is covered by Medicare and many other health insurance plans. Learn more at lakeregional.com/DiabetesEducation.

Sources: American Diabetes Association; American Heart Association; Cardiovascular Research Foundation; Centers for Disease Control and Prevention.



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SUBTLE AS A HEART ATTACK



"Health care was a big worry when we moved here, and I cannot say enough good things about Lake Regional," Brandi said.

On Feb. 12, 2024 —the day after the Kansas City Chiefs won the Super Bowl in overtime — Todd Martin had intense chest pain at the end of his workday.

"I had been having small pains for about a week, but I blew it off," he said.

Todd, 57, is the owner and founder of Lake Ozark Excavating and Construction. His wife, Brandi, is a senior mortgage banker for Flat Branch Home Loans in Lake Ozark. They have three adult children and two grandchildren and love spending time with them.

"We always have game night when we all get together," Brandi said. "Now that our kids are older, there is nothing in the world better than having them all under our roof with us."

Todd knew a heart attack required immediate medical attention. But he thought the pain he felt might be bad indigestion. He could still walk and talk, and the pain just lasted a couple of minutes. He didn't mention the episodes to his wife, and that night he went bowling in Osage Beach with friends.

Brandi got a call from one of those friends an hour or so later telling her an ambulance was coming to take Todd to the hospital. He still could walk and talk, but the intense pain had returned, and it was not easing.

"I told her I was fine to drive to the hospital," Todd said. "She told me to get in that ambulance. Now."

The ambulance delivered Todd to Lake Regional Health System, where the 24/7 heart care team quickly iden-



Todd and Brandi Martin

Super Bowl Coincidence?

Todd and Brandi are die-hard Chiefs fans, and like most die-hard Chiefs fans, Todd found the 2024 Super Bowl stressful before it ended in a Chiefs overtime win. A day later, he was in the hospital with a heart attack. Was it just a coincidence, or did the emotions of the big game lead to the attack?

There's no way to say for sure in Todd's specific case, but studies have shown an increased risk for heart attacks around big sporting events. Fans seem to be especially at risk if the game is dramatic — and their team loses.

Whatever the cause of Todd's heart attack, he is especially grateful for the Chiefs' win.





Todd and Brandi enjoy spending time with their kids and grandkids

tified a partial blockage in his right coronary artery. The pain Todd had felt had been his warning that limited blood flow was damaging his heart muscle.

“A total blockage would result in more dramatic symptoms, but any heart attack is an emergency,” said Willie Maxwell, R.N., director of Lake Regional Catheterization Lab. “The longer the heart attack continues, the more damage done, and the greater the risk for a total blockage. If we can catch a heart attack early, we can save the heart from a lot of damage.”

Although Todd had waited, he had gone to the hospital before the heart attack completely stopped blood flow to his heart. He needed a stent but not open-heart surgery. His testing revealed two other blockages that could benefit from stents as well, which he received before leaving the hospital.

Almost a year later, Todd is doing well. He completed cardiac rehab at Lake Regional and found the program helpful for making positive changes.

“It helped me realize I need to take better care of myself,” he said.

When Brandi first got the call that Todd was in trouble, she considered requesting a transfer to a bigger hospital. But after arriving at Lake Regional and hearing the heart team’s plan, she felt confident that Todd was where he needed to be. Much of that confidence came from earlier experiences with the Lake Regional Emergency Department. Todd and Brandi’s daughter Maddi has a rare condition that affects her heart.

She receives most of her care in Kansas City, but the Lake Regional heart team has stabilized her more than once.

“The Emergency Department and heart team at Lake Regional have been amazing,” Brandi said. “They listen to us and make sure they know if it’s something that requires a transfer or can be handled here. I can’t tell you how much that means to us. We absolutely love living at the lake and feel confident in Lake Regional to make sure we are safe and in the very best hands.”



Todd’s hobbies include karaoke, crappy fishing and bowling.

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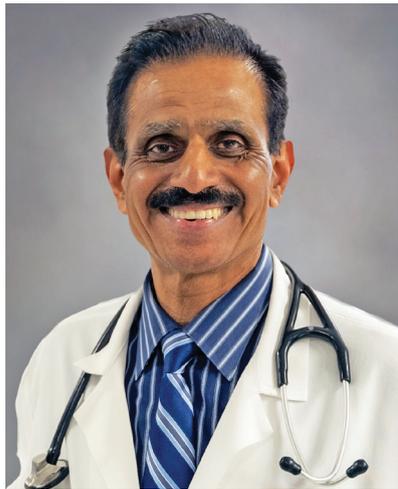


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What to know about heart failure



**Lake Regional Cardiologist
Muthu Krishnan, M.D., FACC**

If you or someone you love has heart failure, the diagnosis can be scary.

“The condition is serious, but many people learn how to manage heart failure,” said Lake Regional Cardiologist Muthu Krishnan, M.D., FACC. “The first step is recognizing the signs.”

What is heart failure?

It might surprise you to learn that heart failure doesn't mean that the heart has stopped working. When someone is diagnosed with heart failure, it means their heart's ability to pump blood is impaired. Heart failure is a chronic condition that worsens over time—if it's not managed.

There are two types of heart failure. Left-sided heart failure usually happens first. Congestive heart failure is a kind of heart failure that calls for fast treatment. The terms heart failure and congestive heart failure are often used interchangeably.

Heart failure vs. heart attack

With heart failure, the heart isn't pumping blood out of the heart as vigorously as it should. When this happens, your cells can't get enough oxygen. Heart failure symptoms come on gradually. It's a chronic condition.

When you have a heart attack, blood flow to the heart is slowed dramatically or completely blocked. It's a health emergency. Call 911 or go to the hospital if you think you're having a heart attack.

Symptoms of a heart attack include:

- Chest pain.
- Upper body pain.
- Dizziness.
- Shortness of breath.

Symptoms of heart failure

Symptoms vary depending on what kind of heart failure you have and how severe it is. Mild heart failure may have no noticeable symptoms outside of hard exertion.

Symptoms to watch for include:

- Shortness of breath.
- Swelling in the legs.
- Fatigue.
- Excessive coughing.
- Weakness.
- Trouble concentrating.
- Difficulty walking.
- Sudden weight change.

Risk factors

Past heart conditions, such as a heart attack, increase your risk of heart failure. Another issue that raises your risk is metabolic syndrome. You may have metabolic syndrome if you have three or more of these health concerns:

- Large waistline (abdominal obesity).
- High triglycerides.
- Low HDL (good) cholesterol.
- High blood pressure.
- High fasting blood sugar.

Other common issues that can raise your risk of heart failure include:

- Coronary artery disease.
- High blood pressure.
- Type 2 diabetes.
- Smoking.
- Hyperactive thyroid.
- Being severely overweight.
- Excessive alcohol or drug use.

Managing heart failure

“If you're diagnosed with heart failure, your health care provider will talk to you about treatment options,” Dr. Krishnan said. “Healthy eating, physical activity and stress management will be important, and medication may be needed, too.”

If you aren't having an emergency but have questions about heart health, make an appointment at Lake Regional Cardiovascular Institute by calling 573-302-4960 or Lake Regional Heart and Vascular by calling 573-302-4406.

Sources: American Heart Association; Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute ,





You know a healthy diet is good for your heart. It can help lower your risk of high blood pressure, high cholesterol, diabetes, heart disease and many other illnesses. But changing your eating habits is not easy, especially when advice about which foods are good and which are bad always seems to be changing.

Instead of focusing on specific foods, look at your diet as a whole. Use the following tips to make gradual improvements.

- 1. Control your portions.** How much you eat is just as important as what you eat. To prevent weight gain, be sure you don't eat more calories than you burn. One strategy is to eat larger portions of low-calorie foods and smaller portions of high-calorie foods. Use your plate as a guide, filling half of it with fruits and vegetables. Then add a palm-sized portion of meat or protein and a fist-sized portion of starchy foods, such as rice, pasta, potato or another grain.
- 2. Eat more fruits and vegetables.** Fruits and vegetables are low in calories yet rich in fiber, vitamins, minerals and nutrients that help prevent heart disease. Start by adding one extra serving of fruit or vegetables to your daily diet, and work up to five to nine servings combined daily.
- 3. Switch to whole grains.** Fiber and other nutrients in whole grains help regulate blood pressure and blood sugars, and they lower cholesterol. Look for whole grain breads, pasta and cereals, and switch to brown rice. You might want to seek out whole grains that are made with white whole wheat and look and taste similar to white grain products. Or try something totally different, like farro, quinoa, buckwheat or barley.
- 4. Limit unhealthy fats.** Too much saturated and trans fats increases the risk for cardiovascular disease. Limit these fats by choosing lean meats, trimming off fat and using less solid fat (butter, margarine, shortening, coconut oil) in cooking. Use more liquid oils, especially olive or canola oils, and add more nuts and seeds to your diet.
- 5. Choose lean proteins.** Lean red meats (loin cuts), skinless poultry, low-fat dairy products, fish, beans and even eggs are all heart-healthy protein choices. Keep your intake of processed meats, including lunch meats, hot dogs, sausage and bacon, to a minimum. Try to get at least a couple of servings of fish in every week, especially darker fish, including sardines, tuna and salmon. Bake, broil, roast or grill your meat instead of frying it.
- 6. Reduce your sodium.** Excess sodium contributes to high blood pressure and heart disease. Choose fewer canned and processed foods. Read food labels, and select foods that have less than 300 milligrams of sodium per serving. Start with raw food, and cook it yourself using lower sodium seasonings.
- 7. Cut back on added sugar.** Excess sugar means excess calories, which means excess weight. New studies show that diets high in sugar increase the risk of heart disease. Choose unsweetened beverages; water is best. Limit desserts and sweets to just a couple of times a week, rather than every day.

Your goal should be to eat a heart-healthy diet most days of the week. Allow yourself an indulgence now and then. A candy bar or potato chips once in a while won't ruin your diet, but keep the focus on foods that are good for your heart.

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