



From the News to Your Front Door

**Story by: Reggie Estrella, P.T.
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On the night of May 28, 2020, I texted my good friend David and asked if he and his family needed a safe place to stay. David lives in Minneapolis and was somewhat close to the rioting that was occurring following the death of George Floyd. David texted back saying that he was grateful for the offer but felt that the danger was a few miles away and that he and his family would be safe. The next day there was some buzz on Facebook about Hudson, Wisconsin becoming a dangerous area because they were shutting down I-94. There was fear that out-of-state protesters were coming to violently demonstrate. As a result of I-94 being shut down, Hudson could be the next target. Not having experienced anything like this before, I did not think too much of the warnings.

I went to a home improvement store at about 6 p.m., only to find that it was closed. This was not anything extremely new due to the reduced hours of operation during COVID. I decided to go to another home improvement store to get my shopping done but found that all the employees were leaving that parking lot as well. It was then that I looked around and saw a noticeable police presence. On my drive home, I noted police cars at all exits and at numerous buildings. Once I got home, I turned on the news and saw that I-94 was, in fact, closed. My neighborhood, which was usually buzzing with family activities, was a ghost town as well. No cars were outside on the curbs or in driveways. All houses had as many lights turned on as they had. There was definite tension and stress as I tucked the kids into bed. My wife and I discussed having the whole family sleep together in one area but decided that would probably just stress people out more. Nothing happened that night. The routine was the same for the next two or three days. Thankfully, nothing happened in Hudson.

**Artist Grace McEllistrem
Eau Claire, WI**

Grace McEllistrem is a seventeen-year-old artist who lives in Eau Claire, WI. Grace is inspired by her friends, who give her a lot of her best ideas. She is still deciding which mediums she prefers and admits that she can't make up her mind. Whether she pursues art professionally or as a hobby, she is confident it will remain part of her life. Claire is also interested in earth sciences and financing.

View all the pieces in the *Healing Reflections* [online gallery](#).