

QUASAR & THE VIKING

It is, arguably, the most difficult thing in life. Any guesses what that might be? How about the loss of a loved one, especially your spouse whom you've loved and lived with for your entire adult life?

It was November 04, 2024 that our KIA feature was, sadly, “*R.I.P. Liz “Quasar” Avram*, Kiado-Ryu Black Belt #46 (<https://www.kiado-ryu.com/2024/11/04/r.-i.-p.-liz-quasar-avram/>). Today, August 04, 2025, Dean Avram, Quasar's husband, gives an update on Quasar's passing back on 27 October 2024.

The photo below is what Dean found as he began packing before moving to Prescott, Arizona, where he will begin his new life among his family members. That rolled Black Belt is a reminder of the “Circle of Life” that is a visual reality of this world. There is life and there is death—both sides of the same coin.

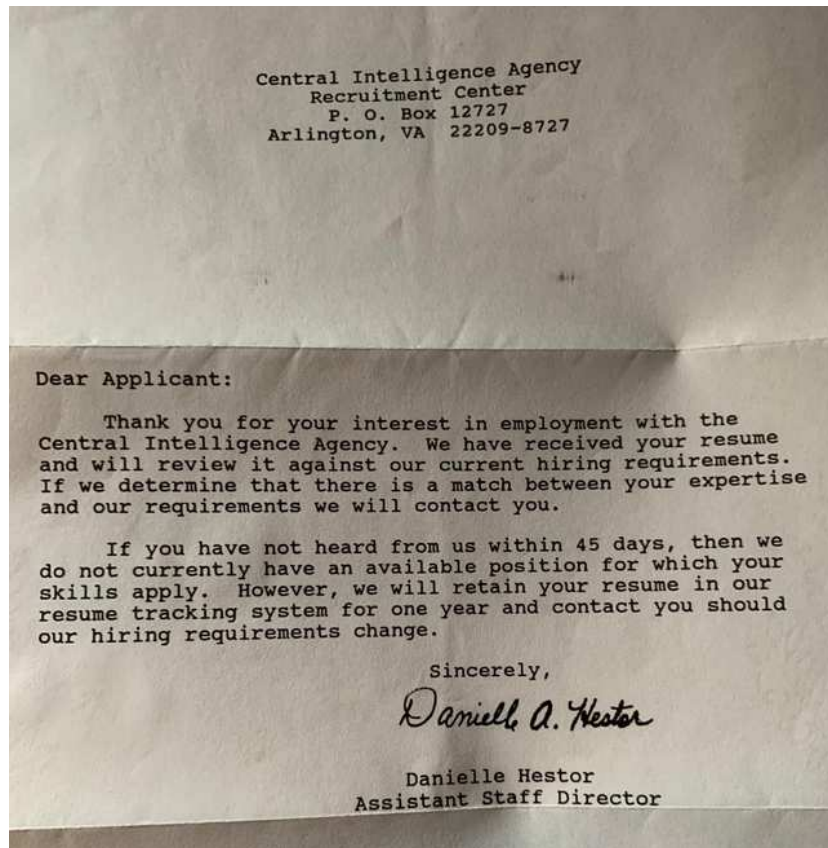


One of Quasar's favorite quotes, says Dean, is: *Life is lived forward and understood backwards*. The quote was actually penned from the Danish philosopher Søren Kierkegaard which reads—*Life can only be understood backwards; but it must be lived forwards*.

Another quote which Liz often used says Dean is, *Love it!* What quote or quotes do you remember when your loved one filled your mind with quiet thoughts and moments of days and times gone by?

An interesting aspect of the Avrams is that both were martial artists and they would often spar with each other. I wonder who won those matches? At any rate, and in respect of their life together, the KIA has given the callsign, *Viking*, to Dean Avram, which he accepted. How sweet it is that Quasar has her Viking and the Viking has his Quasar! Sounds like a movie to me!

Here's an unknown reality of Quasar's life that Dean discovered while preparing his move. At one time Liz applied to be a CIA agent (Central Intelligence Agency). Who knew?



Dean Avram, now Viking, said—in his words— *It would be great to hear from Liz's teammates. Share anything and everything. Liz would love that.* Thank you, White fire 🙏🔥 Contact info is: rocknvertigo@yahoo.com.

And “Thank you” Viking. God Bless and God Speed to you. Here's wishing you a joyful, positive and meaningful life going forward because, as Quasar said, *Life is lived forward*.

Whitefire.

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