
From the Kids . . .

My trip to Camp Paz was fun. I was in the Angels group. We played fruit ball we took a bat and hit tomatoes, eggs, and big chili peppers. We tie dyed t-shirts, we colored, we went exploring, we got to climb down the rocks. We sang songs like "Twinkle, twinkle little star". We went outside and learned about every ones family members who died like my brothers Gunnar, River, and Dakotah and my Granny and Papa Dougherty. Every one got a camera of their own when they got there and a Teddy Bear, too. Me and Sawyer explored the cabin. We did arts and crafts. We had a candle light ceremony in memory of our loved ones. We ate pizza (This part was my favorite). We had a slide show of pictures to show our families when they came to pick us up. We had hot dogs and hamburgers. Thank you Dr. Finch for letting me come to Camp Paz.

Love you,
Timmy Dougherty



Timmy Dougherty with Chip Finch at Camp Paz

A Parents H e a r t

To My Parents (written a few days after my brother, Shawn's death)

Parents go through a lot!
You don't know until something happens to you...
One thing I've learned is parents are always there for you.
Days go on and there's something wrong,
But parents don't make it seem so long.
I don't know what I would do without them here with me.

-Andrew Scaturro 1992

For Sean Michael Evans

Sean, Sean, he died in November.
The 8th to be exact.
We never got to see him.
And that is a fact.
We really, really miss him.
And that is a fact too!
We really, really love him!!!
Boo Hoo, Boo Hoo, Boo Hoo!!!

-by DJ (Sean's brother)

"When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares."

--Henri Nouwen, Out of Solitude

The Mail Bag

Hi Joanne,

My name is Liz Nicholson. I'm from Hertford, England. I just wanted to tell you how much I love and lean upon your website. Just over two years ago I lost my daughter Isabelle, due to a major heart abnormality. Just after I lost Isabelle and returned to work, I visited your website and found your poem, One day at a time is all I can bear... This I can repeat off by heart and it became my personal motto for a long time, giving me the strength to make it through 1 day at a time. You and your family are most inspirational!

Many thanks ,
Liz



Visit our website at www.misschildren.org

A Kindness Project



Editor's Note: Debra Scaturro and I have been friends since early 1998 when she became a MISS member. I knew she was special from our first meeting. Since then, I have grown to know how very beautiful she is. This is one, of many, examples of her love- the ultimate Kindness Project in memory of her son, Shawn. I am so thankful that our paths and our hearts, have crossed.

The Story Behind The Mission

Orphans are the forgotten children who cannot speak, but need a voice. Nothing has affected my life this much since the tragic death of my teenage son Shawn who died on June 10, 1992. In 1998, an article that would ultimately change the direction of my life made its way to my mailbox on Christmas Eve. It was sealed in a white envelope with my name handwritten on it, but had no return address. I tossed the stack of Christmas cards on the coffee table and ripped open the mysterious envelope. The caption that read, "Russian orphanages 'appalling,' rights group says" sent shivers down my spine and dampened my holiday spirit. What really caught my attention was the paragraph below." Of the 200,000 children institutionalized, 95 percent have at least one living parent. In most cases, the parents have given their offspring to the state because they are disabled. Because of the stigma attached to birth defects doctors routinely persuade new parents to give up disabled children at birth and send them to orphanages. From infancy, disabled children are confined to a bed,

never taught to walk or talk. They live in barren dorms with no pictures on the wall, have no toys of their own, and rarely receive attention from adults. Many of them are denied operations that could improve their condition." STOP right there! What the hell is going on half way around the world? Better yet why isn't anyone doing something about it?

That evening as we sat around our lavishly set table feasting on an enormous amount of food and drink and making toasts of good cheer, I couldn't stop thinking about those poor orphans. I pictured babies crying because they were starving to death. It was too much to bear. How could I be happy knowing children were suffering? In the days that followed my thoughts were never very far from the orphans. I wondered if the article written by the LA Times made things better or worse for the children? Or could orphan life be any worse for a child? I've learned that life goes on around us, no matter what tragic event we experience in our own lives-that the world we live in doesn't stop just because you are hurting. And although the article upset me greatly there was nothing I could do at the time for those babies... except pray. I resumed the days ahead preparing for the New Year and each time I was greeted with a smile I tried my best to give one back. I kept my thoughts private for fear of spoiling it for others. But then I exploded. It was at the hair and nail salon that I tuned into a conversation going on in the next booth. The gory details about orphan life was all too familiar. Apparently there was a show on TV about the neglect and abuse that goes on in some orphanages. I am glad that I missed it; I don't think that I would have had the stomach to sit through it. The longer the woman talked the quieter the room got and by the end of her story all that could be heard was the humming of the hair and blow dryers. We were stunned, sickened, angered, bewildered, saddened, and confused by one of life's harsh realities. "What can we do about it?" Someone asked. "N-o-t-h-i-n-g!" Another responded. "We

could write a letter." I suggested. "Who has time to write?" I heard someone say from across the room. "Sounds like someone had time to sit through a one hour horror show. And looks like we have time to get our hair and nails done too." I blurted out in one breath. I couldn't wait to get out of that place and I am sure when I left I was the talk...my ears rang all the way home. That evening right before it was time to ring in the New Year I reread the article, while my husband just shook his head. It was the last paragraph of the article that stuck in my throat this time. "Abandoned infants, toddlers, and older children with disabilities are languishing in interminable idleness, deprived of touch, sound, visual stimulation, and love."

As Dick Clark began his count down 10, 9, 8, 7, 6, 5, 4, 3, 2, I made my New Years Resolution. I would start a new mission and call it Starfish International Missions. This mission would be dedicated to improving the quality of life for orphans. On December 1, 2000, nearly two years later we welcomed Alexey into our home and our hearts. He is our first orphan. This brave little soul has traveled half way around the world to find a better life. Yes, I do believe in miracles and there is a God, after all who else would have sent me that article? God must have thought it was time for me to change the direction of my life.

Editor's Follow Up:

Debra and her husband, Steve, have taken in many children- into their homes, into their hearts, and thus, have changed the world one life at a time. There are few people I have met in my life that are dedicated like this woman is. She is my hero and she sets an example of something we should all strive to do in life-make a difference in the life of a child. Debra, on behalf of the children and the MISS Foundation, thank you. You do Shawn proud!

On June 3, 1996 my husband Brett and I were blessed with our second child Hope Christine. Instead of the usual lifetime of love and care and nurturing, we had just four short hours before our daughter passed away. She was born with a neural tube defect called anencephaly, which is without exception fatal. Her name was chosen do to the fact that doctors told us there just in no hope for these children to survive. Now she would always have hope, if only in name. Though it is now five years later and we have added another child to our family, Hope is never gone from my thoughts and lives on forever in my heart.

I first started making web pages right before Hope's third birthday, with the help of another mommy to an angel born with anencephaly. I was in awe of these virtual memory books filled with love and longing and photos and memories. In a touch straight from heaven, I found out about a month after Hope's site was up that the graphic I had chosen for her main page contained an angel taken from a painting the artist titled "A Little



Hope Lights The Way." In short, I had illustrated Hope's site with an angel named Hope. No way could THAT be coincidence. It touched me so much to have found a visual element for her site that was IT; just what I was looking for. I had the desire to help others achieve that every same thing. I had really cut my teeth doing Hope's page and started doing pages for others who were overwhelmed by trying to do it themselves.

Each site I do, I try to fill with the same love the parents themselves would put in. As for making graphics, that came a little at a time until I opened her "official" graphics site, Heaven's Hope Graphics, last June for her fourth birthday. I have been so touched by the responses I've gotten and have accomplished what I set out to do: help others who are trying to create a memorial to their child say "That's IT!" Recently, I was honored to be asked to create new cards for hospital doors of those families suffering the loss of their newborn, and currently have memorial birth certificates in the works to commemorate the births of those angels. In the midst of the darkest dark there is, I hope to create a beautiful light that will become a treasured memory in the years to come. MISS has been instrumental throughout all of this, allowing me to share and have a place where my baby's memory is safe and loved. Through a tiny angel who is loved and missed with all my heart, I have been able to reach others who can now share their child with many who will carry with them. always a little piece of their spirit.

"...what do we do when we face death? We all do it a little differently. Go apart for a while--quiet with your thoughts and emotions. Gather together. Remember. Tell stories. Our period of mourning has really just begun. Tonight we gather to stand in the dark, in silence, holding up a candle to the darkness. All of us bring something: a tear, a memory, a deep sigh, anger, hope...fear. We each need to do that in the silence of our hearts. It is good that we do it together. In solidarity, there is hope." --Father Paul Respond

Garden of Angels



My Mom, sister, and I went to the cemetery where Vanessa is buried and placed flowers (with kindness cards attached to them) on the graves of the children. (See the "Garden of Angels" pictured at left). I felt as if this serves a dual purpose, one was to let parents know that their child was thought of on that day and another was so hopefully those parents will visit the MISS website if they need someone to talk to.

*Mia ~ Mother of 4
^i^ Vanessa in Heaven
Alexis, Trent, & Gavin on Earth
& facilitator for M. I. S. S.*

Report: Prenatal Care Use Differs Among Ethnic Groups

Mexican-American women and African-American women receive inadequate prenatal care more often than non-Hispanic white women, find the authors of a study published in the May issue of the *Maternal and Child Health Journal*. The study presents data collected from a nationally representative sample of 9,953 women who took part in the 1988 National Maternal and Infant Health Survey. The purpose of the study was to assess differences in prenatal care use among non-Hispanic white women, African-American women, and Mexican-American women. The study findings include the following:

- * 25.0% of the Mexican-American women, 22.1% of the African-American women, and 10.4% of the non-Hispanic white women reported receiving inadequate prenatal care;

- * The Mexican-American women were

more likely than the African-American women and the non-Hispanic white women to report perceived financial and service barriers to prenatal care;

- * When race/ethnicity was included as a covariate, the African-American women and Mexican-American women were more likely than the non-Hispanic white women to receive inadequate and intermediate prenatal care;

- * After controlling for sociodemographic, economic, and health variables, the African-American women were more likely than the non-Hispanic white women and Mexican-American women to receive intermediate or intensive prenatal care;

- * Inadequate prenatal care was more common among teenagers, women with little education, women who were unmarried, high-parity women, women with low incomes, and women who re-

lied on government insurance, such as Medicaid, to pay for delivery; and

- * Receipt of public assistance and participation in WIC were both associated with an increased likelihood of receiving adequate prenatal care.

The authors conclude that although women's receipt of public assistance and participation in WIC generally reduces the likelihood that they will receive inadequate prenatal care, "it continues to appear that the United States is characterized by a health care system in which equal access is, at best, not guaranteed and, at worst, stratified along race/ethnic and socioeconomic dimensions."

Frisbie WP, Echevarria S, Hummer RA. 2001. Prenatal care utilization among non-Hispanic whites, African Americans, and Mexican Americans. Maternal and Child Health Journal 5(1):21-33.

Violence Against Pregnant Women on the Rise

Homicide May Be Prime Killer In Pregnancy

Pregnant women might die more often from homicide than from any other cause, report researchers in the *Journal of the American Medical Association*. An editorial in the journal urges routine screening of all female patients for domestic violence. Investigators in Baltimore found 247 pregnancy-associated

deaths in Maryland from 1993 to 1998, after combing through death certificate data, live birth and fetal death records and medical examiner records. The research revealed a "disturbing finding" -- more than one out of five deaths was caused by homicide. Heart disorders were the second leading cause, accounting for 19 percent of deaths. To stop these largely preventable pregnancy-associated homicides, "health care pro-

fessionals must be willing to undertake routine domestic violence screening and implement sensitive interventions when appropriate," the editorial says. In the United States, homicide is a leading killer of young women, pregnant or not. In 1998, homicide was the second leading cause of death among women ages 15 to 24, according to the National Vital Statistics Report.

Dog Bite Prevention Tips

Children will make up 60 percent of the 4.7 million Americans bitten by dogs this year, reports the American Society of Plastic Surgeons. Children attacked by dogs are often bitten on the face, resulting in severe cuts, infection or disability. The Arlington, Ill.-based medical association has tips to safeguard children so they can avoid reconstructive surgeries performed by plastic surgeons. Parents should teach children to ask permission

from a dog's owner before petting the animal. Never approach an unfamiliar dog. Children knocked over by a dog should drop to the ground, curl up into a ball and cover their heads and faces with their arms. Never disturb dogs that are eating, sleeping or caring for puppies. Never play with a dog without allowing it to see and sniff you first, and do not test or play too rough with a dog. Dog owners should follow leash laws and should not

leave children alone with dogs. They should also keep dogs healthy, because unnoticed injuries may make a dog aggressive. If a child is attacked, try to loosen the dog's grip by pushing your arm against its throat, and place something between the child and the dog, such as a jacket or purse. Control the bleeding and wash the wound with soap and water, and get medical help immediately to determine the risk of infection for rabies.

Governor Signs “Missing Angels” Bill

With the simple words “*We all know this change should have happened a long time ago,*” Arizona Governor Jane D. Hull picked up her pen and signed “The Missing Angels” bill, HB 2416, into law. It takes effect August 9, 2001.

“*The term, Missing Angels, references all stillborn infants, many of whom die just prior to birth or at term,*” explained Joanne Cacciatore, founder and director of the MISS Foundation, which championed the bill.

Arizona legislators worked with supporters of this change to draft and then enact the Missing Angels bill. The bill provides for the issuance of a “Certificate of Birth Resulting in Still Birth.” No other state in the U.S. issues birth certificates for stillborns despite the fact that the mother did “give birth.” Arizona will be the first. An example of the importance the legislature placed on this issue is the fact the Senate passed it on a unanimous 30 – 0 vote.

Attending the public signing ceremony held June 11, 2001 in the Office of the Governor were (from left front) Rep. Marilyn Jarrett, Governor Jane D. Hull,



Joanne Cacciatore, Debbie Vinette, Millie Lawton, grandmother of Camille Rayana Olsen, Cindi Nannetti, Paula Mikkelson, Doreen Sexton, Heidi Brashears, Karen Wondra, Jami Garrison, (2nd row) Marilyn Caskey, Robin Kennedy, Sharon Olsen, Dean Synan, David Garard, Carl Brashears, Senator Mark Anderson, Tammy Haimovitz, and (not pictured) Randy

Force, Richard Olsen, and Tim Dougherty.

State Senator Andy Nichols, who was a steadfast supporter of the bill, died unexpectedly in May. “*His presence at the ceremony was missed,*” said founder, Joanne Cacciatore, “*I will always remember him with fondness for his tremendous compassion and love for humanity.*”

Breastfeeding Benefits Teen Moms

Doctors used to be worried about breastfeeding decaying the bones of teen moms.. no more.

Breastfeeding does not hurt the bones of teenage mothers and may actually help strengthen them, as reported in a study by the University of California.

The findings contradict long-held concerns that the nutritional rigors of nursing could damage the bone health of young mothers who are still themselves growing and developing. The results of this study are important because they reassure young women that they can offer what numerous studies have shown to be the most perfect food for babies -- breast milk-- without compromising their own health. Teen moms are far less likely to nurse than are adult women, in part because of widely held misconceptions sur-

rounding this feeding method.

In the new study, reported at the annual joint meeting of the 2001 Pediatric Academic Societies and American Academy of Pediatrics in Baltimore, Md., women who had breastfed as teenagers showed no signs of bone loss an average of nearly three years after the birth of their last child. In fact, the researchers found these women had stronger bone mineral density once they stopped breastfeeding than did moms who had children but did not nurse in their formative years. “Until now, we really weren’t sure whether the bones of a breastfeeding adolescent could recover from the nutritional rigors of breastfeeding, but the results indicate that lactation may actually protect a teenager’s bone health,” said lead study author Caroline Chantry, UC Davis assistant professor of pediatrics.

“This finding, coupled with the known health benefits both baby and mother receive from breastfeeding, clearly underscores the overall advantage for both mother and baby in choosing breastfeeding over formula.”

The study of 819 white, black and Mexican women between the ages of 20 and 25 included 94 who had breastfed as teens, 151 who had babies but did not nurse them in their adolescence, 156 who had their first child as adults and 418 who were childless. The study, which accounted for such demographic and lifestyle factors known to affect bone mineral density as race, diet, weight and exercise, showed teen mothers who breastfed had 5 percent to 7 percent higher bone mineral density in all five areas of the femur studied than did their peers who did not breastfeed.

Aaron was My Light

by Heather Farrier



Aaron Lee Farrier
5/2/97—9/5/97

On September 5th, 1997, Aaron died while at the babysitter's house. A medical exam determined that he passed away due to aspiration of gastric contents – a strange event where some of the formula in his stomach was sucked into his lungs preventing him from breathing. He was 4 months and 3 days old. Shaun and I were both at work when we received a phone call from the Phoenix police. I was told to go to the hospital right away because my son was having trouble breathing. The car ride to the hospital was the longest in my life. As we made our way across town, we had no idea that he was already gone.

The day that Aaron died was without question the most painful day of my life. Hearing the ER doctor say “he didn't make it” was the beginning of a nightmare. Every ounce of energy just drained from my body. I felt spineless and weak as if I was a shaking ball of gelatin lying on the floor. With help, I picked myself up and headed to the room to rock my son for the last time. He was lying naked under a white sheet with tubes still in him. That moment was a turning point. I was changed inside as if the person that I used to be was left on that cold hospital floor. Was this happening?

We were fortunate to get in contact with Joanne and MISS right away. A special friend of ours, Dave Johnson, happened to be the Pastor of the church that Joanne attended. He contacted her for advice. Because of this guidance, we decided to

do things such as preparing Aaron for his viewing ourselves by dressing him and arranging his casket. We also set aside a special time so that we could hold him for the last time. I have a memory box with lots of things including a lock of his hair and the shirt that he wore the night before he died. It's in a ziplock bag to preserve his smell. I'm not sure that I would have done these things if they weren't suggested to me. I'm grateful that I did.

As days passed, the shock and numbness wore off and the anger appeared. I blamed everyone including God and myself. I felt betrayed. I felt guilty. I felt my son was cheated. I cried small weepy tears. I cried from places I didn't know existed as I laid on the floor in complete darkness screaming out because my heart was broken...my innocence robbed from me. Then, there were times that I couldn't cry – even when I wanted to. The guilt was overwhelming. I would lie in bed at night and wonder about his last moments. Did he cry? When he couldn't breathe, did he wonder why I wasn't there to help him? Does he know how much I love him?

Shortly after the funeral, we started attending monthly MISS meetings. Seeing other parents who knew what we were going through was very helpful for me. Becoming involved with MISS was probably the most crucial part of my healing. Volunteering for the outreach program, participating in the Kindness Project and maintaining Cherish Corner are important outlets.

After four years, the tears have been slowly replaced with smiles. I don't feel guilty having happy moments or laughing at a joke that a friend told me. Acceptance has finally settled in and the pain, although still there, is muted. I have found answers to those questions I would ask myself. Yes, he knows that I love him. I can see the love in his smiles – those big beautiful smiles in our video and pictures. He wouldn't question me being there for him. He knows that I

wouldn't hesitate to trade my life for his. He knows...

Aaron was my light...my sunshine boy. His smiles were so wonderful. It was as if he smiled with his entire body. I was especially proud to see my husband as a Dad. He and Aaron had such a wonderful bond. Daddy would fly him in the air and call him superbaby.

I have learned a lot from Aaron. I've learned that family is sacred. I appreciate each day that I have with my loved ones. He has made me love my husband more than ever. He has taught me to be a great mom to his younger sisters, Lauren (born October 1998) and Anna (born March 2001).

I truly believe that Aaron's light has been my guide during this grief journey. I have felt his tiny presence along the way and he has helped me to find peace again. I love you, Aaron!

Aaron would have been 4 years old on May 2nd. We celebrated his birthday as a family event. Lauren chose a Pooh balloon for him. She also got to pick out his cake. “All by myself...for my brother Aaron”, she said. We all sang happy birthday to him wishing he were there to blow out the candles himself.

We made a recent move from Phoenix to Connecticut and are hoping to move Aaron to a cemetery close to home. We miss being able to visit his grave.

Heather Farrier

Aaron Lee Farrier's mommy

Email: heather@atgproductions.com

"A candle loses nothing by lighting another candle. But the world simply gains more light."

My Little Son Aaron

by Shaun Farrier

My little son Aaron, who I always call Mr. Man. I will never forget the first time I held him in my arms. He was so small, and he looked so much like me it was scary! I had never felt anything like that before, I completely felt as one with him. At that moment I gave myself to him completely, and made being a good father & husband the most important thing in my life.

From the short time I had to spend with my son, certain memories will be with me until the day that I leave this earth. I will always remember his smile, the way he looked at me every morning when I woke him from his slumber, the feel of

his tiny hand wrapped around my pinky finger, and of course his laughter. I have a very special bond with Mr. Man, one that will never subside.

When we were hit with the news that Aaron had passed away, I felt completely overwhelmed and totally in shock. My heart sank in a way I didn't know was possible. I think my mind went into a numb phase, where I was in total disbelief for quite a while. I just couldn't believe what had happened. He was so healthy & happy! Was this even possible? I felt completely apathetic, that absolutely nothing mattered, and that I would gladly give my life for his in re-

turn.

After almost four years since the worst day of my life, I still feel "weird", not at all like the old Shaun inside. I still take every day as it comes, and still strive to keep Mr. Man an active member of my life. I love you and miss you Aaron!!!!

Shaun Farrier
Aaron Lee Farrier's
Daddy



The Death of a Good Man

by Joanne Cacciatore-Garard



The entire state of Arizona mourns the death of a wonderful man and senator, Dr. Andy Nichols. I met Dr. Nichols on February 22, 2001. I was spear-

heading the efforts for HB2416, the act which would issue the change in birth certificates for term stillborn infants. The bill was going to be heard in the senate health committee and I called to schedule a meeting with Senator Nichols, member of this committee, to discuss any questions or concerns he may have about this bill. Our meeting was supposed to last 15 minutes. Instead, we talked in his office for nearly an hour. I told him the story of Cheyenne's birth and death, and the physiological trauma I endured during her delivery. I described the events surrounding her death with detached emotion, as I had told about fifty other legislators in my lobby efforts preceding this meeting. As I continued through my story, I looked up and saw tears running down his face.

While all the legislators had been kind and generous with their time, Senator Nichols was the first to share such emo-

tional depth. He had many questions for me about the impetus for the bill and vowed his support our cause.

In the week that followed, I thought about our meeting over and over. I was so impressed by his wisdom and humanity- by the goodness of his spirit. There was a light in his eyes that moved me. I sent him an email touting him as my "Person of the Year," praise he humbly accepted.

We kept in contact about the bill and on March 20, 2001, Senator Nichols kept his commitment and voted for the passage of HB2416. It did pass, unanimously, out of the health committee hearing and eventually, also unanimously, out of the senate.

But the real miracle here is the man, Dr. Andy Nichols. He was a good man- gentle, yet a leader- strong, yet compassionate, inquisitive, yet honest. Not a day passed since our first meeting that I haven't thought about his kindness that day in February. It is so rare to encounter a person with such dignity and integrity.

On Thursday night, April 19, 2001, I got the call that Senator Nichols died. I was speechless. I had hoped that he would continue to serve in the Arizona legislature for many years to come. I had hoped

he would grace us with his foresight and experience, helping the citizens of this state achieve the goals that would benefit the people. This is a terrible loss for his family, his friends, and the state of Arizona. I will never forget Dr. and Senator Andy Nichols. His legacy will live on through the meritorious work he has achieved in the Arizona senate. He has helped to change us for the better and I am thankful that, even if for a brief time, I had the honor and privilege to know him.

Andrew W. Nichols, M.D. M.P.H. was a professor of Family and Community Medicine and Director of the Rural Health Office at the University of Arizona. Dr. Nichols was trained in public health and medicine. He served as Medical Director for the Peace Corps in Peru and was active in US-Mexico border health organizations, including the Arizona-Mexico Commission, the Arizona-Mexico Border Health Foundation, the US-Mexico Border Health Association and the Governor's Binational Border Health Task Force. He has received fellowships from the Fogarty International Center and the Robert Wood Johnson Foundation to study health policy issues. He served as a representative in the Arizona Legislature.

Study: Breastfeeding Reduces Risk of Overweight Children

A study reports that breastfeeding in infancy can reduce the risk of children becoming overweight in late childhood and adolescence.

Infants who were fed more breastmilk than infant formula were at less risk for being overweight in late childhood and adolescence than those who were fed more infant formula than breastmilk, and infants who were breastfed for a longer period were at less risk than those breastfed for a shorter period, according to an article published in JAMA.

The authors used a 1996 survey of 8,186 girls and 7,155 boys age 9 to 14 who participated in the nationwide Growing Up Today Study, a cohort study of diet, activity, and growth. The children's and adolescents' mean age was 11.9, and 93.6% of them were white. Additional data came from a 1997 supplemental questionnaire sent to participants' mothers, who took part in the Nurses' Health Study II.

The 1996 survey questionnaire for child participants collected data on sex, race/ethnicity, height, weight, sexual maturity, age at menarche for girls, diet and physical activity in the past 12 months, and average time spent watching television on weekdays and weekends. The 1997 survey collected data on each child's birthweight, birth length, category of gestational age, medical conditions

during childhood, and infant feeding practices. Survey questions on feeding practices relied on the mother's recollection of 1) what the infant was fed during the first 6 months of life (breastmilk, infant formula, or a combination), and 2) duration of breastfeeding (less than 1 month, 1 to 3 months, 4 to 6 months, 7 to 9 months, or more than 9 months). Additional information on the mothers' weight at birth and at certain subsequent intervals, smoking habits, dietary restraint, diet, weight history, body mass index (BMI), and physical activity levels were obtained from other studies associated with the Nurses' Health Study II.

The authors compared 1) children and adolescents fed primarily breastmilk as infants and those fed primarily infant formula, and 2) children and adolescents breastfed for 7 months or more as infants and those breastfed for 3 months or less. Overweight in children and adolescents was defined as "BMI exceeding the age- and sex-specific 95th percentile in a national sample of US children," and children and adolescents whose BMI was between the 85th and the 95th percentiles were categorized as being "at risk of overweight."

The study findings include the following:

* In both boys and girls, mean BMI and risk of overweight rose across categories, with the lowest values found in the

breastmilk-only category;

* Children and adolescents who had been fed mostly or only breastmilk in the first 6 months of life were 22% less likely to be at risk of overweight than those who had been fed mostly or only infant formula; and

* Children and adolescents who had been breastfed for 7 or more months were 20% less likely to be overweight than those who had been breastfed for 3 months or less.

The authors suggest two possible mechanisms to explain these findings. The first is behavioral. Infants who breastfeed naturally stop when satiated, whereas a parent feeding from a bottle may continue feeding until the contents are finished. Thus, formula-fed infants may consume more than necessary. The second mechanism could involve the serum level of insulin found in breastmilk, and the serum level's possible impact on inhibiting the development of adiposity. For these reasons, the authors find their study "consistent with the recommendations of the American Academy of Pediatrics to maintain breastfeeding for the first 12 months of life."

Gillman MW, Rifas-Shiman SL, Camargo CA, et al. 2001. Risk of overweight among adolescents who were breastfed as infants. JAMA 285(19): 2461-2467

From Blossoms

From blossoms comes
this brown paper bag of peaches
we bought from the boy
at the bend in the road where we
turned toward signs painted Peaches.

From laden boughs, from hands
from sweet fellowship in the bins,
comes nectar at the roadside,
succulent peaches we devour, dusty skin and all,
comes the familiar dust of summer,
dust we eat.

O, to take what we love inside,
to carry within us an orchard, to eat
not only the skin, but the shade,

not only the sugar, but the days, to
hold the fruit in our hands, adore it, then
bite into the round jubilation of peach.

There are days we live
as if death were nowhere
in the background; from joy
to joy to joy, from wing to wing,
from blossom to blossom to
impossible blossom, to sweet
impossible blossom.
-- Li-Young Lee

*Submitted in memory of Robert J. "Robbie" Harris
by Joanne Cacciatore*



MISS Foundation's & Glendale Active 20-30 Club's 1st Annual Children's Memorial Charity Golf Tournament

Registration

| Name | Price | Subtotal |
|------|-------|----------|
| | | \$65.00 |

Players to be paired With:

*Fees are due Aug. 25, 2001

Total: _____

Name _____

Address _____

Phone _____

Method of Payment

Check

Bill Me

Money Order

MISS Foundation

P. O. Box 5333
Peoria, Arizona 85385
Phone: (623) 979-1000
www.misschildren.org
Email: golf@misschildren.org

Committee Chairs: Tammy Haimovitz
and Andy Castellanos

This is the start of a wonderful tradition, The MISS Foundation's First Annual Golf Tournament.

MISS Foundation offers support to grieving children and families upon the death of a child family member, offering counseling, support groups, weekend camps, newsletters, books, and resources.

MISS is a non-profit, 100% volunteer based and tax-deductible organization. All proceeds received from this event will go directly to MISS and are a tax-deductible.

Death is the ultimate tragedy in a family's life. Your support and attendance will help our volunteer organization continue its work in the community.



"The lure of the distant and the difficult is deceptive. The great opportunity is where you are."

John Burroughs

The Day

When: September 8, 2001
Where: Phantom Horse Golf Club
Place: Pointe South Mountain Resort
Time: 7 - 8 a.m. Registration
Tee-Off: 8 a.m. Shot Gun Scramble Luncheon: 12:30 - 3:30
Cost: \$65.00

Contest:

Longest Drive

Closest to the Pin

Putting Contest

Winning Team

Golf:

Range Balls

Golf

Golf Cart

Personalized Bag Tag

Lunch:

Cheese and Relish Tray

Salads

Chicken, Hamburger, Hot Dog

Cookies and Brownies

Soda

Support Our MISSION!

| ITEM DESCRIPTION | SIZE | QTY | PRICE | TOTAL |
|--|------|-----------------------------------|--|---------------|
| Kindness Cards, please indicate quantity and price: 10 card set for \$1.00 50 card set for \$6.00 100 card set for \$10.00 250 card set for \$25.00 Circle Type of Card: For Parents - or - For Everyone Else | | circle: 10 50 100 250 | \$1.00 \$6.00 \$10.00 \$25.00 | |
| MISS Foundation "Angel" T-shirt Avail sizes: S, M, L, XL, XXL, XXXL | | | \$15.00 | |
| <i>Kaleidoscope of Grief</i> —Children's Grief Workbook | n/a | | \$5.00 | |
| <i>Kaleidoscope of Grief</i> —en espanol | n/a | | \$5.00 | |
| Angel Pin (please specify boy or girl) | | | \$5.00 | |
| Newsletter Annual Subscription DONATION | n/a | | \$13.00 | |
| <i>Dear Cheyenne</i> Grief Book | n/a | | \$8.00 | |
| <i>Passages</i> — Memorial book of Angels | | | \$10.00 | |
| ADD \$4 SHIPPING TO ALL ORDERS | | | | \$4.00 |
| TOTAL ORDER | | | | |
| <input type="checkbox"/> <i>I would like to include an additional donation of \$ _____</i> <i>My donation is in memory of _____</i> <i>Please send a memorial card to: _____</i> _____ _____ | | | | |

For a larger selection, please visit our online store at www.misschildren.org

Send order form along with
your Check or Money Order to:

The MISS Foundation—Volunteer Store
P.O. Box 5333
Peoria, AZ 85385

The MISS Foundation is an All-Volunteer,
Non-Profit 501c(3) Organization
All Donations are Tax Deductible!

information about you:

Name: _____

Street address: _____

City: _____

State/Province: _____

Zip/Postal Code: _____

Phone: () _____

MISS Foundation Support Groups

Arizona

Phoenix Monthly Meetings

Infant Death Support Group

3rd Thursday of each month, 6:30 p.m.
Heritage Church
5830 W Greenbriar Road
(59th Ave, North of Bell Rd)
623-979-1000 (24 hours)

Phoenix Christian Support Group Term Stillbirth thru 2 years of age

Meets every 6 weeks
Pure Heart Christian Fellowship
17855 N Black Canyon Hwy
Pre-register with Kellie Gatewood
602-866-3645

Tucson

2nd Tuesday of each month, 7:30 p.m.
Beginning Sept 11, 2001
St. Joseph's Villa Annex
6627 E Carondelet Dr
520-873-6590, *Mina Heinrich*

Subsequent Pregnancy Support Group

2nd Thursday of each month, 7:00 p.m.
North Hills Church
15025 N 19th Ave, bldg C
(19th Ave and Greenway Rd)
Babies are welcome at this group!
602-789-8068

KISS—Kids In Sympathy & Support For Kids in Grief NorthWest Valley

4th Saturday of each month, 10:00 a.m.
Heritage Church
5830 W Greenbriar
(59th Ave, North of Bell Rd)
623-322-2798 *Jami Garrison*

Central Valley Infant Death Meetings

2nd Thursday of each month, 7:00 p.m.
North Hills Church
15025 N 19th Ave, bldg C
(19th Ave and Greenway Rd)
602-841-4114

Prescott

3rd Thursday of each month, 7:00 p.m.
Prescott Public Library Mtg Room
BJMARI@yrmc.org Bonnie Mari

KISS—Kids In Sympathy & Support For Kids in Grief SouthEast Valley

3rd Saturday of each month, 2:00 p.m.
Dayspring United Methodist Church
1365 E Elliott, Rooms 201 and 202
(between McClintock and Rural)
480-814-7013 *Jim Nibali*

Other States

California—Riverside

2nd Monday of each month, 6:00 p.m.
Hunt Park Community Center
4015 Jackson St
909-686-2686 *Mia*

California—Arcadia

3rd Thursday of each month, 6:30 p.m.
Arcadia Congregational Church
Prince Erick Hall
626-357-4816 *Jana Vorhis*

California—Ocean Side

For information on this group contact
760-806-9812 *Alisa Detwiler*

Georgia—Douglas

3rd Monday of each month, 7:00 p.m.
Coffee Regional Medical Center
912-384-1900 *Ricky Wildes*

Idaho

For information on this group contact
208-853-1846 *joelsmom@qwest.net*
Nancy Grayson

Missouri—Hannibal

Last Wednesday of each month, 7:00 p.m.
Holiday Inn Express, Meeting Room
4000 Market St, Hannibal
Tscscorpio@homestead.com Tamela Cole

New Jersey—Galloway Twp

2nd Tuesday of each month, 7:00 p.m.
Galloway Twp
Municipal Building, Historical Room
609-601-0563 *Kathy Evans*

New York—Yonkers

(Call or email for times/dates)
The Plymouth House
1730 Central Park Av, Yonkers
Sammismom917@aol.com
914-378-1613 *Jennine Jo Shull or*
Suzanne DiMarzo

Texas—Denton

2nd Monday of each month, 7:00 p.m.
Denton Community Church
115 N Elm
janjohn83@prodigy.net Jan Heffley

Virginia, Wash DC and Maryland

2nd Tuesday of each month, 7:30 p.m.
Fairfax County Government Center
12000 Government Ctr Parkway
Fairfax, Virginia
Carmack429@aol.com Amy Carmack

Washington—Seattle

3rd Monday of each month, 7:30 p.m.
Interfaith Community Church
206-297-1012 *Kara Jones*

The M.I.S.S. Foundation

P.O. Box 5333
Peoria, AZ 85385
Phone: 623-979-1000
Fax: 623-979-1001
Email: info@misschildren.org



● *Because all the Children Matter...* ●

We're on the web!
www.misschildren.org

Kindness Project 2001 — Spread Kindness

Give Life to Remember a Life

July Blood Drive

Members of the community who have lost a child at any age and from any cause are invited to join in a nation wide blood drive. It will be held across the country throughout the month of July 2001. Go to your local blood bank or hospital and donate blood as part of the MISS Foundation's Kindness Project Community Outreach. If you would like to participate, send a self-addressed-stamped-envelope (SASE) to The MISS Foundation/Give Life to Remember a Life, PO Box 5333, Peoria, AZ 85385.

We will send you 10 free Kindness Project cards to use when you and your family/friends donate blood. And don't forget to send us your Kindness Project stories for the newsletter at the above address or email us at info@misschildren.org.

Christmas in July for the Crisis Nursery

Its time for our 4th Annual Christmas in July for the Crisis Nursery! The Crisis nursery houses children from the ages of 0-approximately 9 years of age. These children come to the nursery for many reasons— abuse, abandonment or sometimes parents just cannot take care of them. Each year we collect items that they are in great need of. We will be delivering on July 31 so we will need any items by July 30. For questions or pick-up call Heidi Brashears (623) 412-3131. Thank you for all the help in the past three years. Below is a list of items needed.

- Gently used or new summer clothes 3T - 10
- Bike helmets
- Arts & Craft Supplies
- Movie passes
- Hygeine items
- Diapers
- Wipes
- Baby food and formula
- Shoes and Socks
- Summer Hats

The MISSing Angels newsletter is published bi-monthly by the MISS Foundation, a non-profit organization. Letters, articles and photos may be submitted to the MISS Foundation, P.O. Box 5333, Peoria, AZ 85385. For address changes or to be added to the mailing list write to the address above or email us at info@misschildren.org.