

# Grieving Homicide

A Practical Guide for Grieving



Dear Survivors,

We have found that losing a loved one by murder is one of the most difficult experiences anyone ever has to face. Part of what makes it so traumatic is that few people know what it's like, and many don't ever want us to talk about it. So we go through the pain relatively alone. Wondering if our feelings and reactions are normal and whether we'll ever find some meaning to life again.

We originally called ourselves "Parents of Murdered Children" simply because that was what we were when we began. We are now known as Homicide Survivors, Inc., for families and friends of murder victims.

Will the pain ever lessen? Will justice be done? Will there ever again be any joy in my life? We wish so much that we could give you some easy answers to these and the many other difficult questions we all have after such a brutal event occurs.

What we can say is that surviving it, and even experiencing the return of some joy to your life, is possible. Some of your greatest strength and support may come from other survivors who truly understand what it is like to go through something similar to you.

It is our hope that you will eventually experience a lessening of your pain. It is our belief that it will come sooner if you can share the suffering with others who have been down a similar path.

We have put together this booklet for new survivors in an effort to help guide you as you navigate the difficult path of recovering from the death of your loved one due to homicide. While we cannot take away your pain and suffering, we can help you by shedding light on some obstacles that you may encounter on this journey.

This booklet has two main sections to assist you. The first section will address the technical and procedural aspects of handling the death of your loved one. This will include information on what to expect over the initial few days, funeral planning, and handling possible media inquiries. The second section will address the emotional aspect of losing your loved one to murder. This will include information on grief, Post Traumatic Stress Disorder, treatment options, and ways to honor or remember your loved one.

Please know that we are here, and that we care. You do not have to go on this journey alone, we can help you along the way.

With love,  
Homicide Survivors

# Sequence of Events the First Week After a Murder

**Law Enforcement is notified, arrives on scene, and begins the investigation.** When the murder is reported, law enforcement will arrive and secure the scene to prevent the location of the crime from being contaminated. They will collect the evidence present at the scene and interview witnesses to obtain their statements on how the crime happened. They may have the ability to make an arrest at the time if the person responsible is still on scene or an arrest may come at a later time. They will notify the Office of the Medical Examiner, who will arrive on scene to begin their investigation. Law enforcement will also seek out the Next of Kin of the victim to make the notification of death.

**Medical Examiner arrives on scene.** Whenever a death occurs that is sudden or unnatural, it is the duty of the Office of the Medical Examiner to investigate the death. The medical examiner's office is an independent agency separate from law enforcement or prosecution, although they work with multiple law enforcement agencies during the death investigation process. At the scene, they will photograph the deceased victim and the entire location of the crime and make a detailed mapping of the scene. They will collect the deceased and place them on a gurney to remove them from the scene and transport them to the medical examiner's office for autopsy.

**An autopsy is performed on the deceased (Usually within 24 - 48 hours after the death).** The invasiveness of the autopsy will be determined by the medical examiner and could range from a visual inspection of the body to a full internal investigation of every organ. Upon completion of the examination they will determine the cause and manner of death. Manner of death would be the mode of the death: homicide, suicide, accidental, natural, or undetermined. Cause of death will identify the actual mechanism of death: blunt force trauma, drowning, gunshot wound, incise (stab) wound, etc.

**Funeral home is selected to handle the deceased.** After the autopsy is complete then a funeral home must come to take care of the final disposition of the deceased. The family will need to make funeral arrangements with a funeral home and the (legal) next of kin to the deceased will need to authorize the funeral home to pick up their loved one and will need to sign paperwork to verify authorization of pickup.

**Law enforcement continues investigation.** The law enforcement agency in charge of the case will continue to investigate the homicide to determine who is responsible and what led up to the murder. They will not be contacting the family of the victim possibly the first few weeks very often, unless a major break is made in the case such as an arrest. There will be very little information about the case that is released during this initial period in an effort to maintain the integrity of the investigation.

**Family of the deceased hold funeral services for their loved one.** Just as diverse as people are, the types of funerals and memorials vary from family to family. Some people choose to have no services on one end and then there are those that need an elaborate funeral for their loved one on the other end of the spectrum; whatever you choose will be right for you in remembering your loved one.

## **ARS 36-831**

# **Burial duties; notification requirements; failure to perform duty; definition.**

A. Except as provided pursuant to subsection H of this section, the duty of burying the body of or providing other funeral and disposition arrangements for a dead person devolves in the following order:

1. If the dead person was married, on the surviving spouse unless:
  - (a) The dead person was legally separated from the person's spouse.
  - (b) A petition for divorce or for legal separation from the dead person's spouse was filed before the person's death and remains pending at the time of death.
2. The person who is designated as having power of attorney for the decedent in the decedent's most recent durable power of attorney.
3. If the dead person was a minor, on the parents.
4. On the adult children of the dead person.
5. On the dead person's parent.
6. On the dead person's adult sibling.
7. On the dead person's adult grandchild.
8. On the dead person's grandparent.
9. On an adult who exhibited special care and concern for the dead person.
10. On the person who was acting as the guardian of the person of the dead person at the time of death.
11. On any other person who has the authority to dispose of the dead person's body.
12. If none of the persons named in paragraphs 1 through 10 of this subsection are financially capable of providing for the burial or other funeral and disposition arrangements, or cannot be located on reasonable inquiry, on any person or fraternal, charitable or religious organization willing to assume responsibility.

B. During a person's life, the person's family members that are listed in subsection A of this section may sign a waiver of decision making that waives their rights under this section relating to the disposition of the person's body when the person dies.

C. If none of the persons named in subsection A of this section is willing or financially able to bury or provide other funeral and disposition arrangements for a dead person, or if the person cannot be located after reasonable efforts have been made to do so, the county in which death occurs shall bury or place in a permanent care crypt the dead body or cremated remains of a dead body. If the decedent is known to be an honorably discharged veteran or the surviving spouse of an honorably discharged veteran, the county shall notify the veterans' administration or a local veteran's organization, or both, of the death and give that organization the opportunity to provide for the person's burial or for other funeral and disposition arrangements. If the organization is unable to provide for the burial of the veteran or the surviving spouse, the county shall ensure that the decedent is properly interred and that burial is made in a veterans' cemetery or a portion of a cemetery that is designated for the burial of veterans and spouses of veterans.

D. If there is more than one member of a category listed in subsection A, paragraph 3, 4, 5, 6, 7, 8 or 9 of this section entitled to serve as the authorizing agent, final arrangements may be made by any member of that category unless that member knows of any objection by another member of the category. If an objection is known, final arrangements shall be made by a majority of the members of the category who are reasonably available.

E. If the county medical examiner or person performing the duties of the county medical examiner knows that the dead person is a member of a federally recognized Native American tribe located in this state, the county medical examiner or person performing the duties of the county medical examiner must notify the tribe and give the tribe the opportunity to provide for the person's burial or other funeral and disposition arrangements. If an autopsy is required by section 11-597, the county medical examiner or person performing the duties of the county medical examiner, if possible, shall complete the autopsy and return the remains to the federally recognized Native American tribe located in this state within four calendar days after the determined date of death.

F. A person on whom the duty prescribed in subsection A of this section is imposed who omits or is unwilling to perform that duty within a reasonable time or is prohibited from performing that duty under subsection G of this section is liable to the person performing the duty in an amount of two times the expenses the person incurred in providing for the burial or other funeral and disposition arrangements. The person who performs this duty may recover this amount in a civil action.

G. Notwithstanding the probate requirements of title 14, if a county is required to bury a person pursuant to subsection B of this section, the county may recover the burial costs from the decedent's estate. A financial institution in possession of monies in an account in the decedent's name must reimburse the county for the burial costs on presentation by the county of an affidavit that certifies:

1. The date of the decedent's death.
2. That, pursuant to this section, the county performed the decedent's burial.
3. The total burial costs incurred by the county.

H. A person, a corporation or an agency of government that provides for the burial or other funeral and disposition arrangements on the instructions of a person described in subsection A of this section is immune from civil liability:

1. For failing to honor the wishes of the decedent or the wishes of a person having a higher priority in subsection A or B of this section if the person, corporation or agency of government was not aware, after reasonable inquiry, of the contrary wishes.
2. For refusing to follow conflicting directions of persons having the same priority in subsection A of this section.
3. For following directions of a personal representative that are consistent with the written testamentary instructions of the decedent.

I. The duty to bury or to provide other funeral and disposition arrangements devolves to the next person in the order prescribed pursuant to subsection A of this section if the person who is otherwise responsible for performing this duty is charged with the criminal death of the person to whom the duty is owed. The person who performs this duty may recover costs as prescribed in subsection E of this section. If the charges against the person on whom this duty originally fell are subsequently dismissed or are resolved in that person's favor on the merits, the person is responsible for only the actual costs.

J. For the purposes of this section, "person" includes a natural person, a corporation, a company, a partnership, a firm, an association, a society, the United States, this state, any territory, state or country, an Arizona federally recognized Native American tribe, any political subdivision of this state or a public or private corporation or partnership or association.

K. For the purposes of this article, "burial" includes cremation.

# Viewing the Deceased

No matter what one's own theology is about what happens to the soul at the moment of death, there is something infinitely precious about the bodies of our loved ones. The knowledge that the loved one's body was catastrophically damaged is enormously painful for the survivor.

Service providers naturally want to protect the family from additional pain and anguish and may mistakenly believe that withholding the opportunity to be with the body, photos, and information will help to do that. Unfortunately, lack of information and choices only exacerbates the pain, as survivors tend to fill in the gaps of their knowledge by imagining horrific scenarios. Having the opportunity to view the body may provide the survivor with important information needed to begin processing the traumatic event.

Viewing the body is the point at which the death may begin to become real to the survivor. It also helps to confirm the identity of the person who was killed which combats "magical thinking" i.e. there's been a mistake; it wasn't my loved one who has been killed.

As painful as the experience can be, *knowing in advance* the condition of the body and being given the *choice* of whether or not to view the loved one is very significant. Many survivors, who choose to do so, after being prepared for what they would see, are grateful for the opportunity.

## **Pima County Office of the Medical Examiner**

**520-243-8600**

2825 E. District St, Tucson, Arizona, 85714

Under Arizona law, The Office of the Medical Examiner may perform an autopsy on persons who die unexpectedly, or without an attending physician. The forensic examination is usually completed within 24-48 hours, however, the results are usually not available for 6-8 weeks. The deceased person's next of kin can begin making arrangements through a mortuary service for a funeral as soon possible. If the person died as a result of a crime, the process can take much longer. The Forensic Science Center does not generally permit viewings by family or friends. Any questions or concerns can be addressed by phone.



# Centric

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Centric Photo has generously offered their services to Homicide Survivors. They have been helping Homicide Survivors create memory boards for many years. If you want to have your loved one's photo on a memory board, please provide us with a photo of your loved one. Original photos are preferred. If an original is not available a copy or digital version can still be used.

Along with the photo please remember to submit a brief few loving words to be placed under the photo. This should consist of a short paragraph (50 words or fewer) about your loved one and what happened to him/her. Please include your loved one's date of birth and date of death.

The photo memorial will be laminated and put on a memory board.

Centric would also like to assist survivors needing photos of their loved one for court, funeral, etc. They will work with survivors at either a discounted rate, or donate services. Cost depends on the size of the project being requested. For these needs, you can take your photo directly to Centric for processing. Please be sure to ask for Julie Jenkins, and tell them you were referred by Homicide Survivors.

We greatly appreciate this generous contribution from Centric. Please tell others to visit them for all their photographic needs.



Ralph C. Romero, Jr.  
6/16/1987 - 9/14/2007

Ralph was loved and respected by all that knew him. He was full of life and he always had a smile on his face. He was the strength of his family and always made time to help someone in need. He was the primary emotional support for his sister, Reyna. He absolutely adored her. His spirit will forever live in our hearts.



MARIELA ALVARADO

JUNE 9, 1970 - JAN. 3, 1999

MARIELA WILL ALWAYS BE LOVED AND MISSED... HER MEMORY WILL LIVE FOREVER IN THE HEARTS OF HER CHILDREN, FAMILY AND FRIENDS.



BRANDON COX, 17

Brandon was a student at Flowing Wells High School. He was found beaten to death, on Sept 2, 1996.



Patricia Baeuerlen, 40  
3/28/52-12/7/92

Patricia Baeuerlen is Arizona's first fatal car-jacking victim. Kevin Miles resides on Death Row at the Arizona State Prison, Levi Jackson's death sentence was reduced to life in prison, and juvenile Ray Hernandez was sentenced to 17 years for Patricia's senseless murder. Patricia had an optimistic and jovial outlook on life. She leaves 2 young sons, a loving mother, 1 brother and 5 sisters. If only we could see your warm smile again.

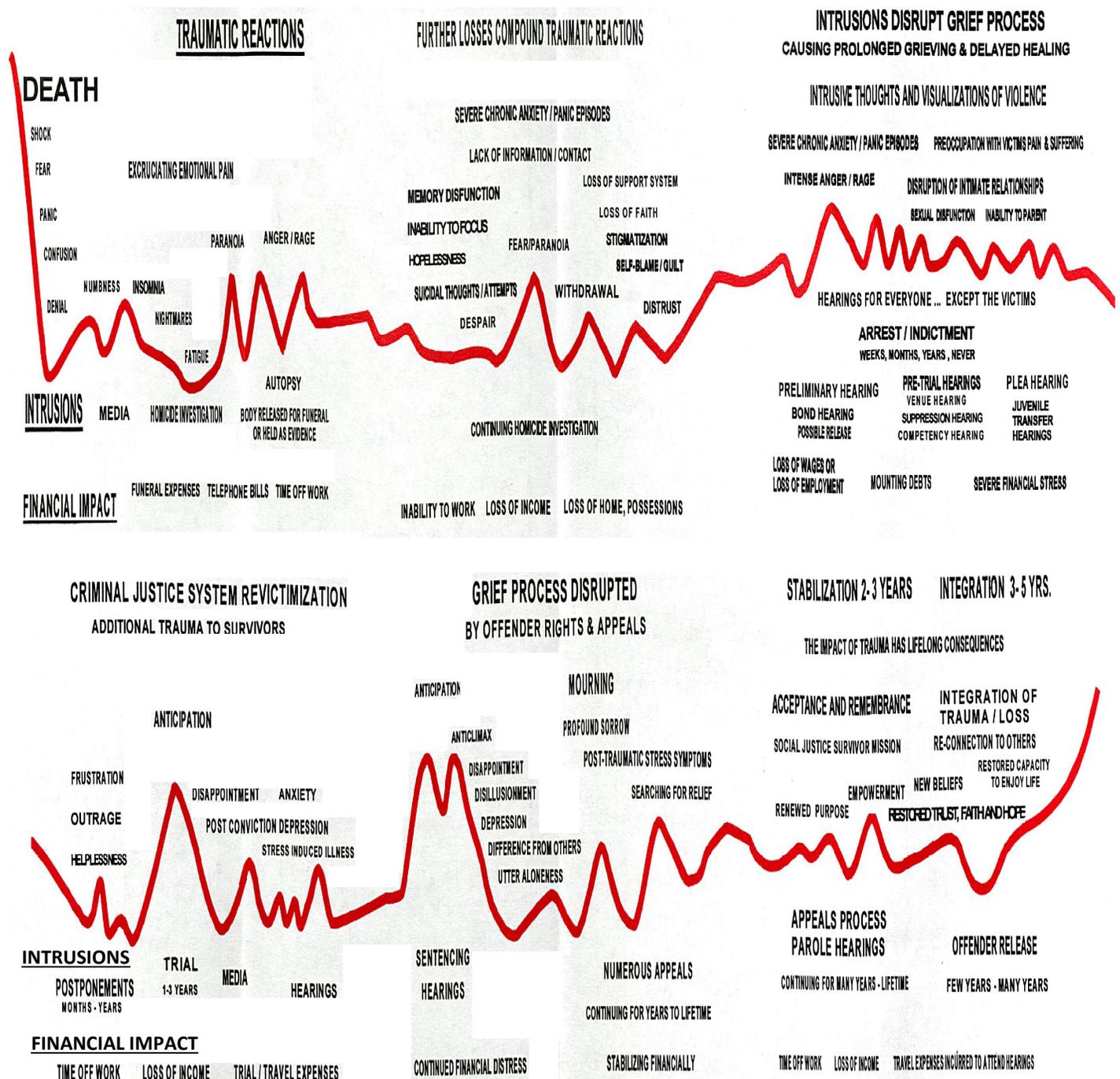


# The Grieving Process



Murder is unquestionably the worst thing that one person can do to another. Murder involves more than a death. The dimension of human cruelty compounds the feelings of injustice, distrust, and helplessness. Most survivors face a long period of emotional struggle to rebuild their devastated lives. Although there is no cure for the aftermath of murder, sufficient support, advocacy, and assistance can reduce subsequent trauma. Long term support is vital as survivors strive to construct a new life with a renewed sense of purpose.

The graph below illustrates some **common reactions** typical to the homicide survivors' experience. The traumatic emotional reactions, the financial impact, and the many intrusions that further complicate the intense grieving process. The different reactions and phases may not always occur in this order and are commonly re-experienced at various times. There is no set timetable for the grieving process. Each situation is unique and each individual grieves at their own pace.



# The Grieving Person's Bill of Rights

By: Alan D. Wolfelt, Ph.D.

Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you. The following list is intended both to empower you to heal and to help you decide how others can and cannot help. This is not to discourage you from reaching out to others for help but rather to assist you in distinguishing useful responses from hurtful ones.

- You have the right to experience your own grief. No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell what you should or should not be feeling.
- You have the right to talk about your grief. Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief.
- You have the right to feel a multitude of emotions. Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.
- You have the right to be tolerant of your physical and emotional limits. Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.
- You have the right to experience "grief attacks." Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.
- You have the right to make use of ritual. The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More important, the funeral is a way for you to mourn. If others tell you that rituals such as these are silly or unnecessary, don't listen.
- You have the right to embrace your spirituality. If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry with God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.
- You have the right to search for meaning. You may find yourself asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. And watch out for the clichéd responses that some people may give you. Comments like, "It was God's will" or "Think of what you have to be thankful for" are not helpful and you do not have to accept them.
- You have the right to treasure your memories. Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.
- You have the right to move toward your grief and heal. Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved, changes life forever.

**"When you are sorrowful, look into your heart and you shall see that you are weeping for that which has been your delight"**

**Kahlil Gibran**

# Ten Healing Rights for Grieving Children

By Alan D. Wolfelt, Ph.D.

*Author's note: This "bill of rights" for grieving children is intended to empower them to help themselves heal and to help direct the adults in their lives to be supportive as well.*

Someone you love has died. You are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called grief, which is a normal (though really difficult) thing everyone goes through after someone they love has died. The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or on your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might also ask the grown-ups in your life to read this list so they will remember to help you in the best way they can.

- I have the right to have my own unique feelings about the death. I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.
- I have the right to talk about my grief whenever I feel like talking. When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's okay, too.
- I have the right to show my feelings of grief in my own way. When they are hurting, some kids like to play so they'll feel better for awhile. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.
- I have the right to need other people to help me with my grief, especially grown-ups who care about me. Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.
- I have the right to get upset about normal, everyday problems. I might feel grumpy and have trouble getting along with others sometimes.
- I have the right to have "grief-bursts." Grief-bursts are sudden, unexpected feelings of sadness that just hit me sometimes even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.
- I have the right to use my beliefs about my God to help me deal with my feelings of grief. Praying might make me feel better and somehow closer to the person who died.
- I have the right to try to figure out why the person I loved died. But it's okay if I don't find an answer. "Why" questions about life and death are the hardest questions in the world.
- I have the right to think and talk about my memories of the person who died. Sometimes those memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.
- I have the right to move forward and feel my grief and, over time, to heal. I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss this special person.

**“There is something you must always remember.  
you are braver than you believe, stronger than you  
seem, and smarter than you think.”**

**Winnie the Pooh**



# Parts of Grief You May Experience

## **SHOCK**

Temporarily stunned. This lasts for minutes, hours or even days. Soon, with time, you will face your emotions and make decisions.

## **FACING EMOTIONS**

Emotions are your feelings. They are intense. Confront these feelings honestly. Get supportive help. During this time, do not make major decisions.

## **DEPRESSION**

Crisis is a new state of isolation. Your depression may be due to other stresses. It is OK to cry. Keep life simple. Get rest. Reduce stress. Reach out to others.

## **PHYSICAL SYMPTOMS**

Your thoughts can cause physical distress. These physical symptoms can be the result of unresolved grief. Talk to your family doctor.

## **PANIC**

Your fear of facing the unknown can create a state of panic. Panic is normal. Avoid being impulsive. Go slowly in making decisions if this stage occurs.

## **GUILT**

You may experience guilt in a crisis. Healthy guilt is the result of either doing or not doing something prior to the crisis or loss. Guilt becomes unhealthy when it lingers or affects the quality of your life.

## **ANGER**

Your crisis may create strong feelings of anger or resentment. These feelings are normal. You may want to blame someone or something. This is the time to seek support for your feelings. Expressing your anger is good. Exercise, journal writing, or talking with a trusted friend will help.

## **RESISTANCE**

You resist returning to normal life because it feels too painful. Decision making is difficult. It is important to balance your life. Give time to each part: self, home, work, family and feelings.

## **HOPE**

Life becomes meaningful once again. You express emotions, seek affection, receive encouragement – you feel you have survived this crisis. You want to smile again and remember the good. You grow stronger and begin again.

## **ACCEPTANCE**

Acceptance will come in time. Until then, we encourage you to experience these parts of grief at your own pace.

## **HEALING YOUR HEART**

Be gentle with yourself. This crisis has created stress in your life. It will take time and energy to feel whole and find peace of mind. Allow yourself your feelings.

# The Most Common Traumatic Effects of Victimization

## Shock

Death by homicide causes overwhelming emotional reactions for survivors. Often after learning of the murder of a loved one, survivors experience a feeling of shock, numbness and disbelief that their loved one is gone. To be confronted by the sudden violent death of a loved one is so horrible, devastating and absolute that many individuals are unable to comprehend the overwhelming news. Your world has been turned upside down. Nothing in life prepares survivors for the reality that someone they love has died a violent death. The grief and anguish may seem unbearable.



In the beginning most people feel profound numbness.

Some liken it to "being in a fog." It may be this fog that allows you to accomplish the necessary arrangements for the funeral and other duties. Shock, disbelief and numbness are coping mechanisms and are normal, functional grief reactions. Feeling dazed or numb is a good thing. This numbness serves a valuable purpose: it gives emotions time to catch up with what the mind has been told. Nothing in one's coping mechanisms prepares survivors for this kind of trauma. Shock is like an anesthetic—it helps create insulation from the reality of the death until you are more able to tolerate what has happened.

Although you may outwardly appear to be strong, this appearance reflects numbness and disbelief. Others may think you are being strong and capable, or that your reactions are uncaring, when you are really in a state of shock. Let others know you need their help now, and in the near future when the shock begins to wear off and reality sets in.

## Anxiety, Panic and Fear



Feelings of anxiety, panic, and fear are normal after a murder. You may have panic attacks and feel afraid for your life or the lives of other family members. You may be filled with restlessness and be unable to concentrate on anything. You may be unable to sleep at night or find it very hard to get out of bed in the morning. You may experience hypersensitivity and hypervigilance (jumpiness); you may be very worried and no longer feel a sense of safety and security. You may worry about what the future holds for you and feel uncertain about being able to survive without your loved one. You may experience fear and feelings of vulnerability and helplessness. You may experience forgetfulness and an

inability to concentrate. As a result of the trauma associated with violent loss, it is difficult for many survivors to concentrate initially and you may find yourself forgetting things or leaving projects unfinished. You may feel overwhelmed by everyday problems and concerns. Homicide survivors may experience heightened anxiety or phobic reactions; the anguish may seem intense and, sometimes, overwhelming. Emotional and physical fatigue all serve to heighten anxiety, panic and fear.

## Anguish, Turmoil and Depression



Survivors may experience intense emotional reactions. The emotional pain and anguish may seem unbearable. Survivors may feel an overwhelming sense of loss and deep sorrow. Many survivors experience constant thoughts about the circumstances of the death. Murder results in survivors grieving not only the death, but how the person died. You may experience intrusive visualizations of the murder and your loved one's suffering. You may have flashbacks of the moment you were notified of the death, or of the last time you saw your loved one alive. You may dream of your loved one, or believe that he or she will soon "walk through that door." Part of you will deny that your loved one really is dead.

When the fog clears, most people's emotions fall into turmoil. A life has been cut short through an act of cruelty. The disregard for human life adds overwhelming feelings of anger, distrust, injustice and helplessness to the normal sense of loss and sorrow. You may experience many grief spasms at first, crying as if you couldn't stop. The spasms gradually will come farther apart.

As the reality of death sinks in, depression usually is not far behind. It may feel difficult or even impossible to function in everyday society, and life may feel meaningless for a varying period of time. Activities that you once enjoyed may seem like a burden. You may feel as if there is little point in going on, or you may want to withdraw from everyone. Homicide survivors sometimes describe a feeling that the world has stopped; they cannot understand how everyone else is able to go on about their daily routine. For them, the world as it was has come to an end, causing feelings of confusion and anger. During all of these emotions and phases, you need to keep talking with someone you can trust and who will listen with a non-judgmental ear.

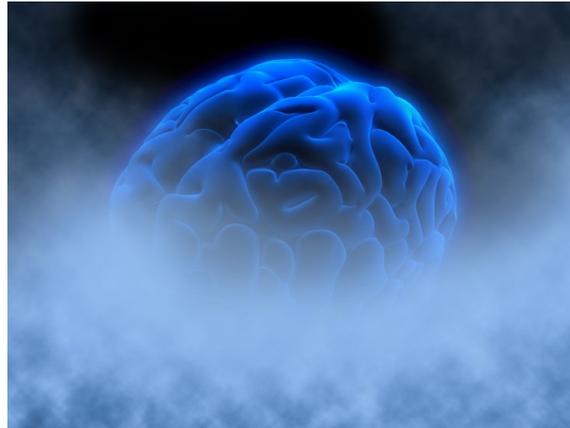


Empathetic listening  
is an awesome  
medication for the  
hurting heart.

*Gary Chapman*

# Post-Traumatic Stress Disorder

## PTSD



Post-traumatic stress disorder is a type of anxiety disorder. It can occur after you've seen or experienced a traumatic event that involved the threat of injury or death.

## Causes, Incidence, and Risk Factors

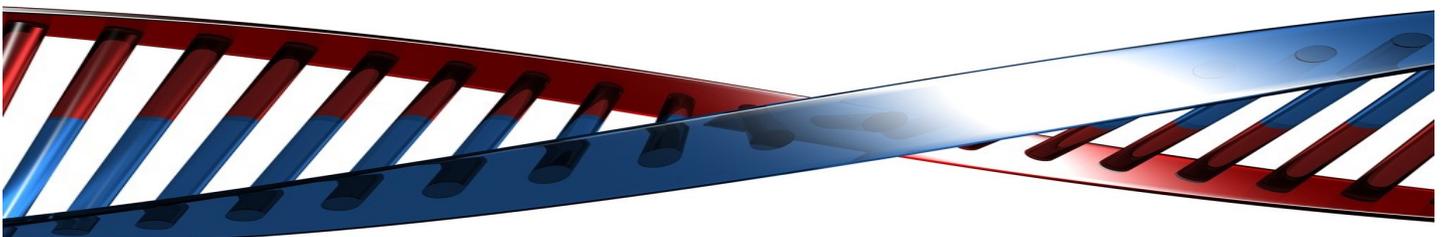
PTSD can occur at any age. It can follow a natural disaster such as a flood or fire, or events such as:

- Murder witness / surviving loved one
- Assault
- Domestic abuse
- Prison stay
- Rape
- Terrorism
- War

For example, the terrorist attacks of September 11, 2001 may have caused PTSD in some people who were involved, in people who saw the disaster, and in people who lost relatives and friends. Veterans returning home from a war often have PTSD.

The cause of PTSD is unknown. Psychological, genetic, physical, and social factors are involved. PTSD changes the body's response to stress. It affects the stress hormones and chemicals that carry information between the nerves (neurotransmitters).

It is not known why traumatic events cause PTSD in some people but not others. Having a history of trauma may increase your risk for getting PTSD after a recent traumatic event.



# Symptoms

Symptoms of PTSD fall into three main categories:

## Reliving

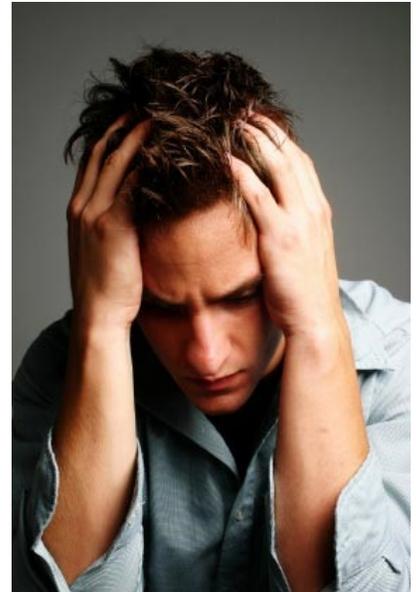
- Disturbs day-to-day activity
- Flashback episodes, where the event seems to be happening again and again
- Repeated upsetting memories of the event
- Repeated nightmares of the event
- Strong, uncomfortable reactions to situations that remind you of the event

## Avoidance

- Emotional "numbing," or feeling as though you don't care about anything
- Feeling detached
- Being unable to remember important aspects of the trauma
- Having a lack of interest in normal activities
- Showing less of your moods
- Avoiding places, people, or thoughts that remind you of the event
- Feeling like you have no future

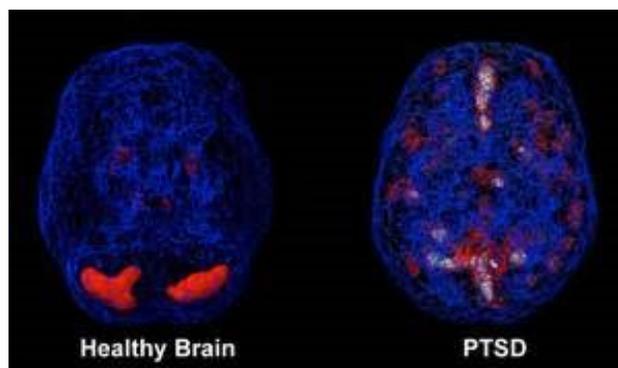
## Arousal

- Difficulty concentrating
- Startling easily
- Having an exaggerated response to things that startle you
- Feeling more aware (hypervigilance)
- Feeling irritable or having outbursts of anger
- Having trouble falling or staying asleep



You might feel guilt about the event (including "survivor guilt"). You might also have some of the following symptoms, which are typical of anxiety, stress, and tension:

- Agitation or excitability
- Dizziness
- Fainting
- Feeling your heart beat in your chest
- Headache



# Signs and Tests

There are no tests that can be done to diagnose PTSD. The diagnosis is made based on certain symptoms. Your health care provider may ask for how long you have had symptoms. This will help your health care provider know if you have PTSD or a similar condition called Acute Stress Disorder (ASD).

- In PTSD, symptoms are present for at least 30 days.
- In ASD, symptoms will be present for a shorter period of time.

Your health care provider may also do mental health exams, physical exams, and blood tests to look for other illnesses that are similar to PTSD.

# Treatment

Treatment can help prevent PTSD from developing after a trauma. A good social support system may also help protect against PTSD.

If PTSD does occur, a form of treatment called "desensitization" may be used.

- This treatment helps reduce symptoms by encouraging you to remember the traumatic event and express your feelings about it.
- Over time, memories of the event should become less frightening.
- Support groups, where people who have had similar experiences share their feelings, may also be helpful.

People with PTSD may also have problems with:

- Alcohol or other substance abuse
- Depression
- Related medical conditions

In most cases, these problems should be treated before trying desensitization therapy.

Medication may be effective to reduce anxiety and other symptoms of PTSD. Consult with a physician regarding medications that may be available to you.

- Antidepressants, including selective serotonin reuptake inhibitors (SSRIs), can be effective in treating PTSD.
- Other anti-anxiety and sleep medicines may also be helpful.



## Expectations (prognosis)

You can increase the chance of a good outcome with:

- Early diagnosis
- Prompt treatment
- Strong social support



## Complications

- Alcohol abuse or other drug abuse
- Depression
- Panic attacks



## Calling Your Health Care Provider

Although traumatic events can cause distress, not all feelings of distress are symptoms of PTSD. Talk about your feelings with friends and relatives. If your symptoms do not improve soon or are making you very upset, contact your health care provider.

Seek help right away if:

- You feel overwhelmed
- You are thinking of hurting yourself or anybody else
- You are unable to control your behavior
- You have other very upsetting symptoms of PTSD

You can also contact your health care provider for help with problems such as repeated upsetting thoughts, irritability, and problems with sleep.

“I will not insult you by trying to tell you that one day you will forget. I know as well as you that you will not. But, at least, in time you will not remember as fiercely as you do now - and I pray that that time may be soon.”

Terence Rattigan

# On Dealing With a Violent Death

The following thoughts on coping are offered by Father Kenneth Czillinger of Cincinnati, Ohio, who for the past 10 years has been involved in working with the dying and grieving, and more recently has participated in forming support groups for parents who have lost children through death.

- Generally it takes 18-24 months just to stabilize after the death of a family member. It can take much longer when the death was a violent one. Recognize the length of the mourning process. Beware of developing unrealistic expectations of yourself.
- Your worst times usually are not at the moment a tragic event takes place. Then you're in a state of shock or numbness. Often you slide "into the pits" 4-7 months after the event. Strangely, when you're in pits and tempted to despair, this may be the time when most people expect you to be over your loss.
- When people ask you how you're doing, don't always say, "Fine." Let some people know how terrible you feel.
- Talking with a true friend or with others who've been there and survived can be very helpful. Those who've been there speak your language. Only they can really say, "I know; I understand." You are not alone.
- Often depression is a cover for anger. Learn to uncork your bottle and find appropriate ways to release your bottled-up anger. What you're going through seems so unfair and unjust.
- Take time to lament, to experience being a victim. It may be necessary to spend some time feeling sorry for yourself. "Pity parties" sometimes are necessary and can be therapeutic.
- It's all right to cry, to question, to be weak. Beware of allowing yourself to be "put on a pedestal" by others who tell you what an inspiration you are because of your strength and your ability to cope so well. If they only knew!
- Remember you may be a rookie at the experience you're going through. This is probably the first violent death you've coped with. You're new at this, and you don't know what to do or how to act. You need help.
- Reach out and try to help others in some small ways at least. This little step forward may help prevent you from dwelling on yourself.
- Many times of crisis ultimately can become times of opportunity. Mysteriously your faith in yourself, in others, in God can be deepened through crisis. Seek out persons who can serve as symbols of hope to you.



*"They that love beyond the world  
cannot be separated by it.  
Death cannot kill what never dies."  
William Penn*

# **Some Thoughts on the Effects of a Murder on the Victim's Family**

By Survivors

Murder has a real impact on the lives of a victim's family, friends, and neighbors.

We feel as if half of our lives have been lost and we experience grief, depression, anger, and guilt.

With guilt, it is like somehow it might have been our fault or if we had done something or said something it would not have happened.

Relatives and friends help people feel guilty in many cases by what they say, i.e. direct blaming, or indirectly by avoiding contact or conversation.

Fear is an after-effect, even the fear to be together as a family for up to a year, because contact with each other reminds us of our loss.

A lot of running away is done; not dealing with feeling in a healthy way.

Peace of mind is lost and there is a desperate search for it again. The grieving process takes a long time with a lot of people. It can take years but some people expect it to be over within six months.

We're in shock and may be enduring the sustained panic of trying to avoid reality. Everything becomes a crisis. Effects of a murder seem to last longer than a natural death. We cringe with visions of terror that faced the victim...our son, daughter, or spouse.

With children some possible effects are:

- Withdrawal
- Dropping out of school
- Development of social problems

Paying attention to kids and their needs is important.

People can be helpful if they can be comfortable with the sorrows of the family. Important stages of recovery are to stand together, be together, allow the grieving.

We, survivors, are trying to get back to the business of living. People may tell us to keep going, which is hard to deal with at first.

*“My grief lies all within, And these external manners of lament  
Are merely shadows to the  
unseen grief That swells with silence in the tortured soul”*

William Shakespeare

# Learning to Heal from Grief

Healing requires a tremendous amount of energy. Be good to yourself by doing for you what you would do for a friend or neighbor in the same situation as you find yourself.

1. Try not to be rushing about especially if the activity is purposeless. Your body needs energy for repair of the terrible emotional wound that you have experienced.
2. Keep decision-making to a minimum, and avoid major decisions for at least a year following your tragedy.
3. Accept the help and support that are available to you.
4. Ask for help. Your family and friends want to support you, but are reluctant to invade your privacy. It is important to find someone who is caring and understanding.
5. Own your pain. It cannot be ignored. Allow the grief process to run its full course.
6. If you feel like crying by all means do so. Crying will likely make you feel better.
7. Sundays, holidays and special family days may be difficult to handle so schedule activities that will bring you comfort.
8. If your grief is unresolved it will damage your health. Seek the help of a counselor or clergy person.
9. Keeping a journal is often a good way to understand your feelings. Reading a journal at a later date often indicates that healing is happening.
10. Exercise is very helpful to persons in grief. Be moderate. Walking is beneficial and aids in stress reduction and helps sleep.
11. Do not be afraid of enjoying a good time. Often grieving persons believe they should feel guilty if they find any kind of enjoyment.
12. Grief comes and goes. It also takes time.
13. When you feel a surge of anger go with it. It is healthy to express anger.
14. Plan things to which you can look forward (trip, visit or lunch with a special person).

*“The angels are always near to those who are grieving, to whisper to them that their loved ones are safe in the hand of God.”*

*Eileen Elias Freeman*

# Do I Have to Forgive?

I was asked by Betty Jane Spencer, “Preacher, do I have to forgive a man who murdered my four sons?”

A few years earlier, a group of young men had gotten high on drugs and broken into her Indiana farmhouse and committed mass murder. Betty Jane’s sons were killed. She was shot and left for dead. Since beginning his prison sentence, one of the convicted criminals wrote to tell her he had “found Christ” and asked for her forgiveness.



When she said “Preacher,” I knew she wanted more than my opinion. She wanted a statement that represented the Christian tradition. “Am I obligated as a Christian to forgive in this situation? Just what does the church mean by ‘forgiveness’? He did not say ‘I’m sorry’... just ‘Forgive me,’” she continued. “What am I to do?”

I told her to give me six months and I would try to give her an answer. During that time I sought out victims of violent crimes, and those whose loved ones have been shattered by crimes. I studied the Jewish tradition and looked at what the church has said.

The victims who talked with me were very disturbed by the issue of forgiveness. They were constantly being told they must forgive, but most could not. One woman’s daughter had been killed by her daughter’s husband, who was now in prison. Therefore the mother concluded in anguish that he would go to heaven and be with her daughter but she would go to hell because she could not forgive him.

Victims’ resistance to forgiveness seems to focus on two elements: forgiveness as forgetting and forgiving as excuse. Survivors do not want their loved ones to be forgotten. In a conversation with the mother of Benjamin Lender, a young man killed by the contras in Nicaragua, I asked how she would feel about being asked to forgive those who killed her son. She immediately responded, “Does that mean I will have to forget?” The word “amnesty” comes from “amnesia”—to forget. When someone says “I’m sorry,” we frequently respond “Oh, forget it.” When we forgive some-one, it usually implies that we will try to act as though nothing has happened. Understandably, victims of violence are deeply concerned that their loved one not be forgotten.

Forgiving may also imply excusing. Betty Jane is willing to assume that the young man in prison has had a genuine religious experience. But what does “finding Christ” have to do with an early parole? Does finding Christ excuse what was done? Does a religious experience mean that now we should act as though a crime wasn’t committed? Leaders of the prison ministry say the man should be released so he can witness for Christ. Betty Jane wonders why he can’t witness for Christ in prison.

What can we learn from the Judeo-Christian tradition about forgiveness which does not imply forgetting or excusing? On Yom Kippur, sins against God are forgiven. But if you have sinned against your neighbor, you must go to him or her and seek forgiveness. Not even God forgives what you have done to another. This perspective is dramatically presented in Simon Wiesenthal’s *The Sunflower*. Wiesenthal, a Jew in Nazi concentration camp, is led to the bedside of a dying German soldier. The soldier confesses that he took part in the killing of Jews and wants Wiesenthal to forgive him before he dies. Unable to do so, Wiesenthal turns and leaves the young man’s side. He believes he has no right to forgive the soldier of what he did to other people. He imagines meeting dead Jews in heaven and hearing them ask, “Who gave you the right to forgive our murderer?”



Pondering this, I remembered the times I have proclaimed, "Your sins are forgiven." I now imagine a battered wife thinking to herself, "Who gave you the right to forgive the one who beats me?" I no longer say in a general or public way, "Your sins are forgiven."

Dietrich Bonhoeffer wrote that "cheap grace is the preaching of forgiveness without requiring repentance."



Repentance has traditionally involved three aspects which guard against cheap grace: remorse, restitution and regeneration. First, a genuine "I'm sorry" is required. (The prison psychologist told Betty Jane that the only regret of the young men who killed her sons was that they didn't "finish her off too.") Second, insofar as possible an attempt must be made to restore what was destroyed. This means accepting legal, financial and moral consequences. Third, there must be renewal, a change in how the person lives. "Fruits of repentance" should show evidence that the sin will not be repeated.

**THIS THREEFOLD** character is seen in one of the invitations to Holy Communion. "You that do... truly and earnestly repent of your sins; and are in love and charity with your neighbor; and intend to live a new life..." To offer forgiveness when these conditions are not met is not gracious. It is sacrilegious. Forgiveness is not a commodity that can be handed out. It is a relationship that must be entered into. Karl Rahner says, "More than repentance and reconciliation with God is required before sin is wholly overcome: the whole reality of man which sin has injured must be integrated into a new and fundamental decision, in order for that charity to be won in which indeed all is forgiven."

Even with this understanding of repentance, victims ask us not to demand that they themselves pronounce absolution. Those of us who speak on behalf of the Christian community can speak of God's mercy to the truly repentant, but we have no right to insist that the victim establish a relationship with his or her victimizer to effect a reconciliation. Even without some reconciliation with the perpetrator most victims can gradually "let go" of their hate, anger, rage or despair. Their negative energy becomes channeled into constructive activity such as working for victim causes or supporting other victims. They no longer allow the perpetrator to be the center of their lives. They focus on the present and the future.



Betty Jane Spencer is open to a future without her sons. She is a prominent national leader in the victim rights movement, currently the Florida state director of Mothers Against Drunk Driving. But she is not open to a future with those who killed her children. She had no relationship with them before the murders and she desires none now. She hopes they create for themselves a positive future, but one that does not include her.

Betty Jane is quite ready to affirm that God is merciful and is hopeful that the murderers of her sons will find a genuine relationship with God. But don't ask her to go to them and judge their hearts. Let a representative of the church assume that burden.

When I saw Betty Jane six months later, I told her No.

– Richard P Lord

*"Forgiveness is the fragrance that the violet sheds on the heel that has crushed it."*

*Mark Twain*

# Inspiration

If I had one lifetime wish,  
one dream that could come true,  
we'd pray to God so hard,  
for yesterday and you.

The things we feel so deeply,  
are the hardest things to say,  
but we, your family, love you,  
in a very special way.

They say memories are golden,  
well maybe that is true,  
but we never wanted memories,  
we only wanted you.

If teardrops were a stairway,  
and heartaches made a lane,  
we'd walk a path to heaven,  
and bring you back again.

A thousand times we've needed you,  
and a thousand times we'll cry,  
if our love could have saved you,  
you never would have died.

Author Unknown



## My Constant Companion

Grief is my companion,  
It takes me by the hand,  
And walks along beside me  
in a dark and barren land.

How long will this lonesome journey last,  
How much more can my weary heart bear?  
Since your death, I've been lost in the fog,  
Too burdened with sorrow and care.

People tell me my sadness will fade,  
And my tears will reach their end.  
Grief and I must complete our journey,  
And then maybe I'll find happiness again.

Author Unknown



We bereaved are not alone.  
We belong to the largest company in all the world,  
the company of those who have known suffering.  
When it seems that our sorrow is too great to be  
borne, let us think of the great family of the heavy  
hearted into which our grief has given us entrance,  
and inevitably, we will feel about us their arms, their  
sympathy, their understanding.  
Believe, when you are most unhappy, that there is  
something for you to do in the world.  
So long as you can sweeten another's pain, life is not  
in vain.

Helen Keller



I am standing upon that foreshore, a ship at my side  
spreads her white sails to the morning breeze and  
starts for the blue ocean.

She is an object of beauty and strength and I stand  
and watch her until at length she hangs like a speck  
of white cloud just where the sea and sky come  
down to mingle with each other. Then someone at  
my side says, "there! she's gone!"

"Gone where?" "Gone from my sight, that's all", she  
is just as large in mast and spar and hull as ever she  
was when she left my side; just as able to bear her  
load of living freight to the place of her destination.

Her diminished size is in me, not in her.  
And just at that moment when someone at my side  
says, "there! she's gone!" there are other eyes  
watching her coming and other voices ready to take  
up the glad shout, "here she comes!"

And that is dying.

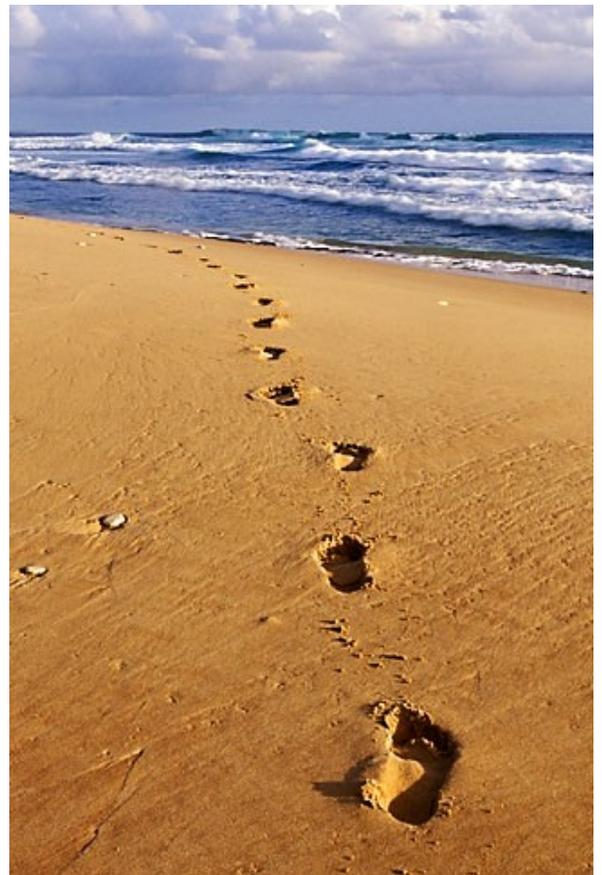
Bishop Brent

## Do Not Stand At My Grave And Weep

Mary Elizabeth Frye

Do not stand at my grave and weep,  
I am not there, I do not sleep,  
I am a thousand winds that blow  
I am the Diamond glints on snow  
I am the sunlight on ripened grain  
I am the gentle Autumn rain

When you awaken in the morning's hush  
I am the swift uplifting rush  
Of quiet birds in circled flight  
I am the soft stars that shine at night  
Do not stand at my grave and cry  
I am not there, I did not die



# Funeral Information

Funeral Home: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Website: \_\_\_\_\_

Funeral Director: \_\_\_\_\_

Church / Religious Institute: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Website: \_\_\_\_\_

Clergy: \_\_\_\_\_

Florist: \_\_\_\_\_

Phone #: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Website: \_\_\_\_\_

## Important Dates:

Visitation: \_\_\_\_/\_\_\_\_/\_\_\_\_

Time: \_\_\_\_:\_\_\_\_

Funeral: \_\_\_\_/\_\_\_\_/\_\_\_\_

Time: \_\_\_\_:\_\_\_\_

Notes \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## *Homicide Survivors, Inc.* **For Families and Friends of Murder Victims**

100 N. Stone Ave. Suite 1108  
Tucson AZ 85701  
Phone: (520)207-5012 • Fax: (520)207-5036  
[www.azhomicidesurvivors.org](http://www.azhomicidesurvivors.org)

# Important Contacts

## Social Security Administration

**1-800-772-1213 (TTY1-800-325-0778)**

A surviving spouse or child may receive a special lump-sum death payment of \$255 if they meet certain requirements. Generally, the lump-sum is paid to the surviving spouse who was living in the same household with the worker when he or she died. If they were living apart, the surviving spouse can still receive the lump-sum if, during the month the worker died, he or she was already receiving benefits on the worker's record; or became eligible for benefits upon the worker's death. If there's no eligible surviving spouse, the lump-sum can be paid to the worker's child (or children) if, during the month the worker died, the child was already receiving benefits on the worker's record; or became eligible for benefits upon the worker's death. Survivors must apply for this payment within two years of the date of death. For more information about this lump-sum payment, contact your local Social Security office or call.

## Veterans Benefits

**1-800-827-1000**

If the deceased was a veteran, burial may be provided at the V.A. National Cemetery. An American flag and grave marker are provided for every veteran by the U.S. Government. In some situations, there are pensions allowed for the widow and/or children. To determine eligibility for any of these benefits, contact the Department of Veterans Affairs, or Arizona Veterans Service Commission, **628-6308. 1-800-852-VETS** provides assistance in obtaining benefits, transportation, home visits and advocacy (no fee).

## Public Fiduciary

**520-740-5454**

Those without any funds or resources with which to make funeral arrangements can contact **The Pima County Public Fiduciary Indigent Burial Program**. A minimal service is provided with cremation or burial as an option. Monday-Friday 9:00a.m.– 5:00 p.m. 10 E. Pennington, Tucson

## Mexican Consulate

**520-882-5596**

553 S. Stone Ave, Tucson, Arizona, 85701

The Consulate of Mexico in Tucson provides various services within the circumscription, which includes Pima and Pinal County, Arizona. Moreover, this Representation offers consular services of documentation to Mexicans and foreigners either for legal purposes or simply to help them meet the travel requirements needed to visit Mexico.

# Tucson Area Funeral Homes

## Abbey Funeral Chapel

3435 N. 1<sup>st</sup> Ave.  
Tucson, AZ 85719  
Phone: **888-1111** Fax: 888-0092  
abbeyfc.com

## Adair Funeral Home

1050 N. Dodge Blvd.  
Tucson, AZ 85716  
Phone: **326-4343** Fax: 326-3591  
adairfuneralhomes.com

## Adair Funeral Home -Avalon Chapel

8090 N. Northern Ave.  
Tucson AZ 85704  
Phone: **742-7901**  
adairfuneralhomes.com

## Angel Valley Funeral Home & Old Pueblo Crematory

2545 N. Tucson Blvd.  
Tucson, AZ 85716  
Phone: **327-6341**  
angelvalleyfuneralhome.com

## Bring's Broadway Chapel

6910 E. Broadway Blvd.  
Tucson, AZ 85710  
Phone: **296-7193**  
bringfuneralhome.com

## Bring Funeral Home Inc

236 S Scott Ave.  
Tucson, AZ 85701  
Phone: **623-4718**  
bringfuneralhome.com

## Carrillo's Tucson Mortuary

204 S. Stone Ave.  
Tucson, AZ 85701  
Phone: **622-7429** Fax: 622-4047  
carrillostucsonmortuary.com

## Desert Rose Cremation & Burial

2750 S. 4<sup>th</sup> Ave.  
Tucson, AZ 85713  
Phone: **790-6388** Fax: 628-4944  
dignitymemorial.com

## Desert Sunset Cremation & Funeral Services

15920 N Oracle Rd. Ste 100  
Tucson, AZ, 85739  
desertsunsetfuneralhome.com

## Desert Sunset Funeral Home

3081 W. Orange Grove Rd.  
Tucson, AZ 85741  
Phone: **297-9007** Fax: 297-9040

## East Lawn Palm's Mortuary & Cemetery

5801 E. Grant Rd.  
Tucson, AZ 85712  
Phone: **885-6741** Fax: 751-2479  
dignitymemorial.com

## Evergreen Mortuary, Cemetery & Crematory

3015 N. Oracle Rd.  
Tucson, AZ 85705  
Phone: **888-7470** Fax: 88-7830  
evergreenmortuary-cemetery.com

## Funeraria del Ángel

7 E. University Blvd.  
Tucson, AZ 85705  
Phone: **624-8685**  
dignitymemorial.com

## Funeraria Azahares

1110 E. Pennsylvania St.  
Tucson, AZ 85714  
Phone: 520-822-8281

## Heather Mortuary & Chapel

1040 N. Columbus Blvd.  
Tucson, AZ 85711  
Phone: **322-6131** Fax: 327-2162  
dignitymemorial.com

## Hudgel's Swan Mortuary & Chapel

1335 S. Swan Rd.  
Tucson, AZ 85711  
Phone: **747-2525** Fax: 748-2660  
hudgelswan.com

## Martinez Funeral Chapel

2580 S. 6<sup>th</sup> Ave.  
Tucson, AZ 85713  
Phone: **547-3400** Fax: 547-3404  
martinezfuneralchapels.com

## South Lawn Mortuary & Cemetery

5401 S. Park Ave.  
Tucson, AZ 85706  
Phone: **294-2603** Fax: 295-8415  
dignitymemorial.com

## Vistoso Funeral Home

2285 E. Rancho Vistoso Blvd.  
Oro Valley, AZ 85755  
Phone: **544 -2285**  
vistosofuneralhome.com



# Tucson Area Cemeteries

## All Faiths Memorial Park & Our Lady of The Desert Cemetery & Mausoleum

2151 S Avenida Los Reyes  
Tucson, AZ 85748-8238  
Phone: **885-9173**  
dotcc.org

## Evergreen Mortuary, Cemetery & Crematory & Masonic Cemetery

3015 N. Oracle Rd.  
Tucson, AZ 85705  
Phone: **888-7470** Fax: 888-7830  
evergreenmortuary-emetery.com

## Holy Hope Cemetery & Mausoleum

3555 N Oracle Rd.  
Tucson, AZ 85705  
Phone: **888-0860**  
dotcc.org

## East Lawn Palm's Mortuary & Cemetery

5801 E. Grant Rd.  
Tucson, AZ 85712  
Phone: **885-6741** Fax: 751-2479  
dignitymemorial.com

## South Lawn Mortuary & Cemetery

5401 S. Park Ave.  
Tucson, AZ 85706  
Phone: **294-2603** Fax: 295-8415  
dignitymemorial.com



# Tucson Area Florists

## DISCOUNT FLOWERS

2055 East 19th St.  
Tucson, Az. 85719  
Phone: **623-0321**  
discountflowerstucson.com

## SAV-ON-FLOWERS

3801 South Sixth Ave.  
Tucson, Az. 85714  
Phone: **746-1909**  
savonflowers.com

## Inglis Florist

2362 East Broadway Blvd.  
Tucson, AZ 85719  
Phone: **622-4641**  
Fax: 520-620-0032  
inglisflorists.com

## LADY BUG FLOWERS

7071 E Speedway Blvd.  
Tucson, AZ 85710  
Phone: **886-5455**

## TUCSON WHOLESALE FLORISTS

2055 East 19th St.  
Tucson, Az. 85719  
Phone: **792-3200**

## SAV-ON-FLOWERS

2902 East Speedway Blvd.  
Tucson, Az. 85716  
Phone: **323-7323**  
Fax: 795-8322  
savonflowers.com

## VILLA FELIZ

6358 East Broadway Blvd.  
Tucson, Az.  
Phone: **790-9500**  
villafelizflowers.com



