



## *A Young Girl Remembered For Her Love of Horses*

*By Ann Dwyer*

It was July 17, 1996. I was at John F. Kennedy Airport with my husband Ron, son Kyle and daughter Larkyn. We got there mid-afternoon and had lunch at the airport. Larkyn was so excited; she was flying to France by herself to visit her friend Charlotte who was in Paris. She would be spending her 12th birthday in France.

Ron had to leave to catch another flight back to Phoenix where we were living at the time. Kyle and I were still at the airport with Larkyn waiting for the passengers to board the flight to France.

When it was time for passengers to board, a flight attendant, Janet, began to walk Larkyn down the jetway. Larkyn turned around and came back to kiss me goodbye and tell me she loved me. I told her I loved her too and that I hope she has a great time.

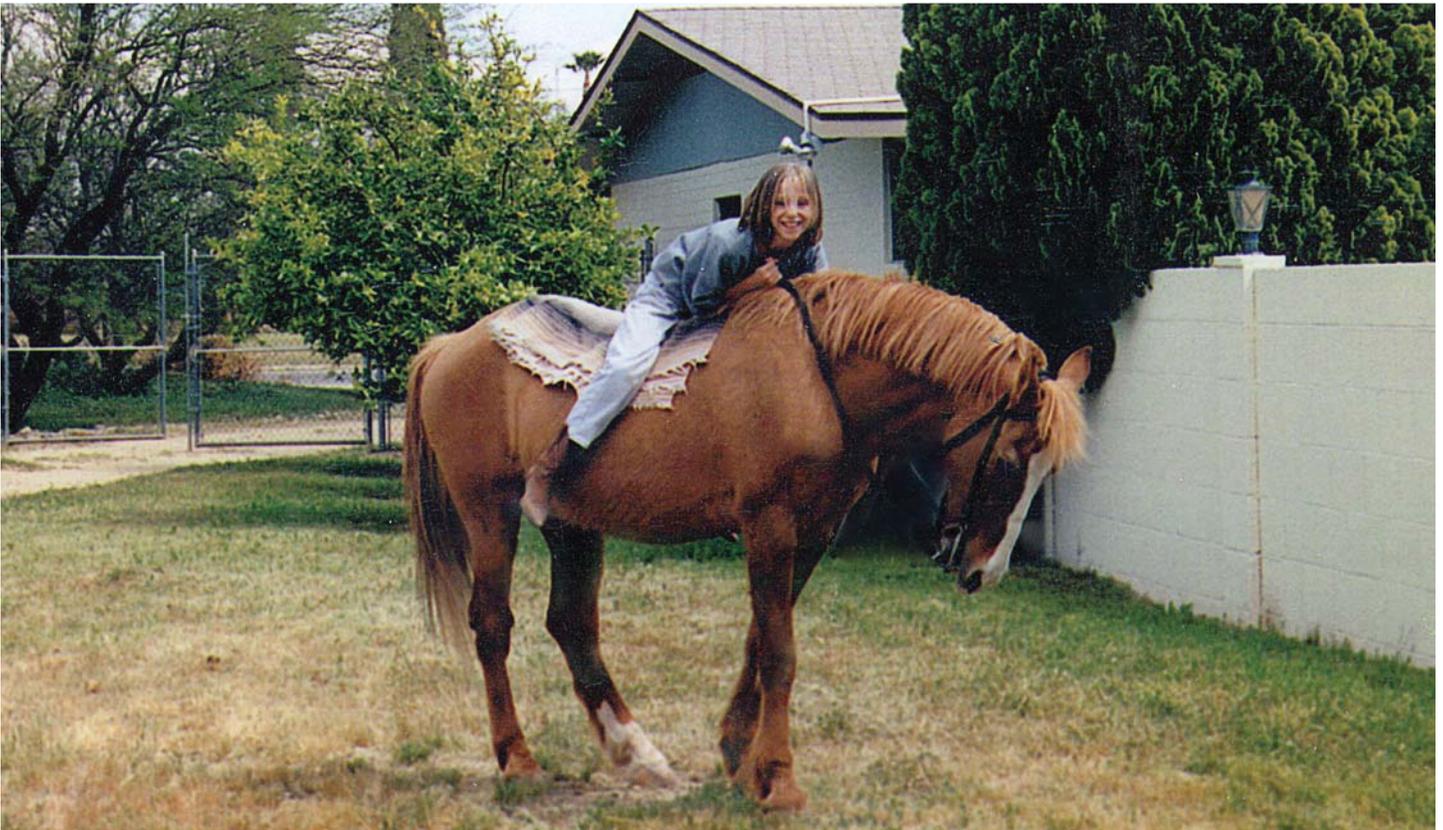
After Larkyn was on board, I left with Kyle to drive to Connecticut to see family.

When we reached Connecticut, we visited my aunt and uncle for a short time and then went to my cousin Sheryl's house where we were going to stay. Sheryl and her husband Scott were waiting for me in the street outside their house. I was surprised, especially since it was after dark, to see

them standing in the street. As Sheryl began asking me questions about Larkyn's flight, Scott ushered Kyle away saying they were going to get ice cream. As Sheryl and I entered the house, she said she thought there might be something wrong with Larkyn's flight. She asked what airline was Larkyn on. After I told her Larkyn was on TWA, she said she thought a TWA flight had gone down off the coast of Long Island. We both collapsed to our knees and began to cry.

Larkyn's body was found before dawn.

*(continued on page 4)*



*Larkyn Dwyer riding her horse, Red, in 1995. Larkyn was killed on TWA Flight 800 on July 17, 1996.*

# WINGS

Published by  
WINGS of LIGHT, INC.

PMB 448  
16845 N. 29 Avenue, # 1  
Phoenix, Arizona 85053

[www.wingsoflight.org](http://www.wingsoflight.org)

Assisting those affected  
by aircraft accidents

*Wings of Light, Inc.* is a national nonprofit organization dedicated to assisting those touched by aircraft accidents. The most important goal of the organization is to bring people together through the existence of three support networks.

### Survivor Support Network

The *Wings of Light* Survivor Support Network is a support group for those who have been involved in and lived through an aircraft accident. This group helps individuals understand the feelings and issues of surviving the accident and coping with the impact on their lives.

### Family and Friends Support Network

The *Wings of Light* Family and Friends Support Network provides families and individuals with specialized support that addresses the unique issues surrounding aircraft fatalities.

### Rescue/Response Personnel Support Network

The *Wings of Light* Rescue/Response Personnel Support Network brings together individuals involved in the rescue, recovery and investigative efforts. An often overlooked group, individuals in this network are given a forum for peer counseling and voicing concerns.

Other activities include the development of local chapters, the planning of a conference for network members, distribution of related informational materials and resource kit, and referral to qualified counseling professionals.

*Wings of Light, Inc.* is a 501c3 public charity; contributions are tax-deductible. If you are interested in more information or would like to make a contribution, contact: *Wings of Light, Inc.*, PMB 448, 16845 N. 29 Avenue, # 1, Phoenix, AZ 85053.



*Jonathan Godfrey (left) and Ken from Wings of Light meet.*

## A Piece of the Puzzle

The initial physical injuries hurt. The loneliness prior to being rescued was worse than anything I had ever experienced in my life. The only concerns I had at midnight on January 10th, 2005 were to stop hurting, get home to my family, and rip myself out of death's grip.

During the weeks following my rescue, wounds healed with the help of modern medicine. The attention and whirlwind of this new chance to live was a constant charge of hot adrenaline. Life slowed in the months following. My wife lived daily with a changed man. Once a confident provider and leader, I was now emerging confused, painfully lonely suffering from survivors' guilt.

I shouldn't be alive. My mental theme was my new paradigm. I searched for meaning and purpose, feeling that I was a freak of nature. My family, friends and co-workers treated me so oddly not to mention the attention from the local and national press. I needed someone to identify with, someone who would understand. Could there be anyone who could say "I understand" and mean it?

My wife had done some research and found *Wings of Light*. Initially I resisted. I felt it would be useless, after all I was getting plenty of counseling. I didn't need more "psychobabble." Finally I heeded the advice from the *Wings of Light* literature that was on our kitchen counter for several

weeks and decided to follow up on e-mails and then phone calls.

Talking to and then meeting Ken from *Wings of Light* was a small step in the road to my mental and emotional journey, like one tiny, key piece of a larger puzzle. Just trying to get a perspective while putting my life back together, it gave me the perspective to put several adjoining pieces in place. Without Ken having spent that small amount of time with me, there would probably still be a void with several adjoining pieces missing.

Ken was the survivor who could stand in front of me and truthfully say "I understand" and follow with his own story. His wife could also stand in front of my wife and relay the same from a spouse's perspective. Total strangers with a common bond, helping to heal each other and their families.

My friendship still continues with Ken and his wife. I am still putting a puzzle together. It has taken wonderful shape and so many pieces are as they should be, but occasionally something confuses me and there is a very special person that will understand. A phone call or e-mail puts another piece into place.

Thank you *Wings of Light*,  
The Godfrey Family  
Jonathan D. Godfrey RN  
Flight Nurse, Life Evac II

# Our Sincere Thank You. . . .

**2006 Affiliate Sponsor**  
Flying Funeral Directors Association

**2006 Contributors**  
(as of August 31, 2006)  
Anonymous  
Janet Annest  
Beth Ann Deininger (in memory of John Millington)  
Frank Del Gandio  
Teri Dervenis  
Kathleen Drake (in memory of Randy Drake)  
Ann Dwyer (in memory of Larkyn Dwyer)  
Kyle Dwyer (in memory of Larkyn Dwyer)  
Executive Fliteways (in memory of John Millington)

C. Paul Heins, III  
Jeff Josefson  
Brock C. Kartes  
T. Ketchell  
Kori LaFarque  
W. Arthur Lincourt & Associates, Inc. (in memory of John Millington)  
Lorri Mathias  
Ken and Phillis Peppard (in memory of John Millington)  
Tanya Hill Risley  
Dr. Harry Robertson  
Clara Sweeten  
Tech Aviation Services, Inc. (in memory of John Millington)

Andrea Waas (in memory of John Millington)

**2006 In-Kind Contributors**  
(as of August 31, 2006)  
Association for Death Education and Counseling  
Flying Funeral Directors Association  
International Critical Incident Stress Foundation  
MSE Design.com  
National Funeral Directors Association  
Panacom Incorporated  
Andrea Waas  
Willowgreen Publishing  
Dave Yelen

## A Special Thank You to the *Wings of Light Inc.* Board of Directors and the Support Network Volunteers for Their Time and Dedication

### “In Memory of John”

#### All Support Network Volunteers:

Please help us update your email address information.

If you are a support network volunteer, please send your name and current email address to:  
[awaaswings@aol.com](mailto:awaaswings@aol.com)

John Millington, treasurer of the *Wings of Light* Board of Directors since 2001 and co-developer of the *Wings of Light* website, died suddenly at his home in Georgia on Sunday, December 4, 2005.

John had been involved with *Wings of Light* from the very beginning in a number of ways and most recently served as vice president and treasurer of the Board of Directors. He was very dedicated to the mission of *Wings of Light* and often went “above and beyond” to help us reach those in need.

*Wings of Light* has received contributions in memory of John from the following: Erma Aquilina, CharterAuction.com Inc., Colt International Inc., Bruce Dana, Helen and Malcolm Dana, Beth Ann Deininger, Executive Fliteways, Matthew and Kimberly Grivner, LCA Vision Inc., W. Arthur Lincourt & Associates Inc., Edward C. Naperski Jr., Janice A. Nicolosi, Ken and Phillis Peppard, Ruth L. Pettinger, Iris D. Rice, Scott Richard Aviation Services Inc., Sentient Jet Inc., Tech Aviation Services Inc., and Andrea Waas.

-----  
DETACH FORM HERE RETURN FORM TO: WINGS OF LIGHT, INC. PMB 448, 16845 N. 29TH AVE., #1, PHOENIX, AZ 85053

### CONTRIBUTOR

YES! PLEASE ACCEPT MY CONTRIBUTION OF:

(please print)  \$25  \$50  \$100  \$150 (Nepenthe Sponsor)  \$200  \$500  \$\_\_\_\_\_

Name \_\_\_\_\_

Company (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone number \_\_\_\_\_

Email address \_\_\_\_\_

Please make my contribution in memory of \_\_\_\_\_

Please notify the following family of my gift: (please provide name and address)  
\_\_\_\_\_  
\_\_\_\_\_

# A Young Girl Remembered For Her Love of Horses

Continued from page 1

It's been ten years since Larkyn was killed. My life has completely changed since then. Sometimes it still seems like a nightmare that I haven't awakened from. At other times, I find myself thinking that Larkyn is still in Paris. In my heart, I know she's gone.

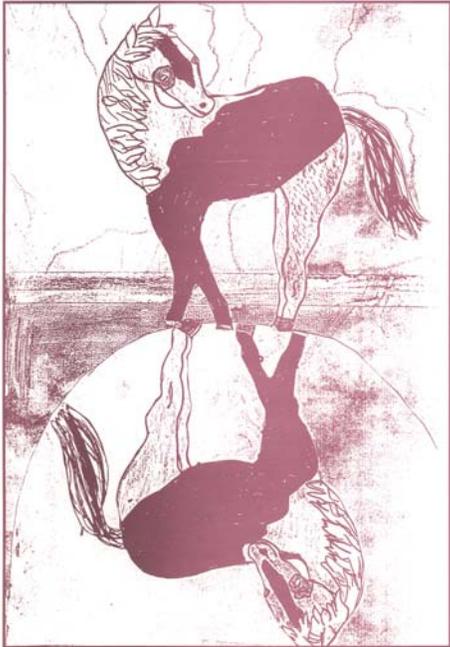
Larkyn always loved horses. She knew all of the horses' names in the area. And all of the horses knew her. We had just bought a house outside of the city in a small community where Larkyn could keep her horse, Red, at the house. We moved in our new house just 10 days before Larkyn's flight.

After Ron and I returned to Arizona from so many difficult days with investigators and trauma team members in New York, we went to the Desert Equine Center at Desert Hills to watch people riding horses in the arena. Through meeting and talking with people at the arena, Ron and I got involved in the New River Kiwanis. During one of the Kiwanis meetings, members voted on building an outdoor arena at the New River Community Park and they suggested naming it The Larkyn Memorial Arena. I was really surprised because we hadn't lived in the community very long and no one in Kiwanis had even known Larkyn. How wonderful for the community to want to honor Larkyn in that way.

There were several fundraising events to raise the money needed to build the arena. So many people and so many companies donated equipment and supplies to make it happen. The arena was completed in 1998. A plaque at the front of the arena mentions my Larkyn.

Since the facility was completed, **so many people have enjoyed the arena . . . and so many children have enjoyed riding horses there because of Larkyn and her love for horses . . . and a community's love for her..**

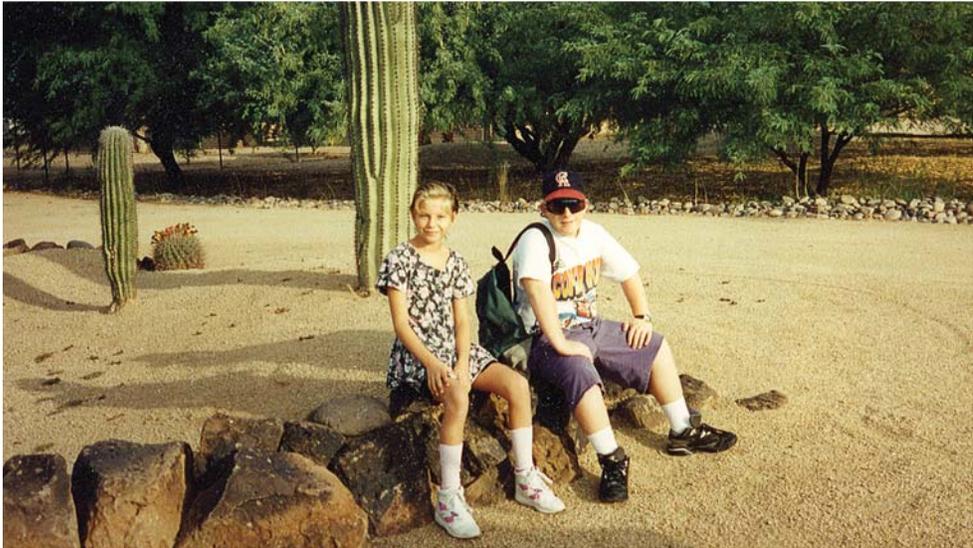
*Larkyn Lynn Dwyer*



*Larkyn's drawing of a horse was used in creating the logo for the arena.*



*Larkyn at three years old.*



*Larkyn and her brother, Kyle, together in 1994.*

# Stress and Grief: Do You Fight or Befriend?

By Thomas Golden, LCSW

As I watched our local TV news the other day, I was saddened to see a brief clip about a little, seven-year-old boy who had been hit by a car and killed. The tragedy happened not far from the boy's home. The news cameras focused on the bereaved mother, sitting in her living room, in tears and surrounded by other women who were consoling her. The next image was of the bereaved father who was by himself, pacing next to the roadside near where the accident had happened. The news anchor explained that the father was trying to understand how this tragedy could have taken place.

This was not the first time I have seen this scenario. After a major loss the women often move towards a nurturing and intimate connection and the men move towards "doing" something. Why is this such a common scenario? Why would the women gather and nurture one another while the men engage in some sort of activity?

Shelley E. Taylor, lead researcher and UCLA psychologist, may help us understand these questions. Dr. Taylor has made the important observation that much of the previous research done on stress was done with male subjects. Women had been omitted from the studies due to the researchers' fears that the women's monthly hormonal cycles could skew the results. Those studied were almost all men, and this original research found that when stressed, the subjects were likely to do one of two things: either stand and fight, or to retreat. This became a well known and publicly accepted syndrome that was titled the "Fight or Flight" response.

Dr. Taylor has helped us see that this "fight or flight" syndrome we have heard so much about is true for men, but may not be true for women. Dr. Taylor conducted research on this question that included women and what do you think she found? She found that women, when stressed, rather than resorting to fight or flight do something entirely different, they "tend and befriend." By "tend and befriend" she means that under stress women will move to nurture those around them (tend) or will make social connections with those they feel safe (befriend).

"This difference in seeking social support during stressful periods is the principal way men and women differ in their response to stress, and it is one of the most

basic differences in men's and women's behavior," Taylor said.

Dr. Taylor goes on to explain that there is a physiological component in these findings which seems to be centered around a hormone called oxytocin.

"Oxytocin has been studied largely for its role in childbirth, but it is also secreted in both men and women as a response to stress," she said. "Animals and people with high levels of oxytocin are calmer, more relaxed, more social and less anxious. In several animal species, oxytocin leads to maternal behavior and to affiliation."

Oxytocin, sometimes called the "cuddle" hormone, has been found to be a "major facilitator of maternal behavior." Researchers are finding that a woman's estrogen amplifies the effectiveness of the oxytocin while the man's testosterone hampers and limits the action of this "cuddle" hormone. This dramatically increases the difference in men and women following stress with men tending to fight or flight and women moving more towards the tend and befriend. We are just beginning to find that there are physical reasons for men and women to react differently to stress and to grief and oxytocin is a major component in facilitating these differences.

Is it nature or nurture? Of course it is both. Men and women get very different messages from our culture about how to act following a loss. Importantly, we are beginning to find that there are also significant physical differences.

This is an important finding on its own but it is especially important to help us understand the ways we choose to grieve following a painful loss. Dr. Taylor's research helps us to see that women will tend to seek out social contacts following a loss and find solace in being "tended." The men, on the other hand, find themselves in the midst of "fight or flight" and this will obviously move them towards a stance of either running or fighting. "Fighting" moves men into a sphere where they take some action that helps them with the grief. "Flight" is a common reaction where men or women withdraw for a period of time. Pulling back into the cave is a common phrase that captures this potentially healthy maneuver.

Not all men rely solely on fight and flight and not all women rely solely on tend and befriend. We are all a mix of both. Each of

us will use both these strategies. The point here is that men will more often seek out an active mode to help them with their loss and women will more often seek out an interactive mode. Sometimes there may be women who choose the action oriented paths and sometimes there will be men who prefer the "tend and befriend" responses. When we talk about these differences we want to keep in mind that we can't lump all men in one pile and all women in another. That just doesn't work. We are all unique in our path to deal with grief.

Let's think back to our opening story. The mother was surrounded by other women who supported her in this time of crisis. She was obviously being "tended" and "befriended." Her women friends stayed close to her. The father, on the other hand, was out pacing near the street.

Behaviors like this bereaved father's are often misunderstood and mislabeled as not really grieving. We are living in a culture that disdains grief. This makes grieving tough for men and women. Perhaps by understanding the physical differences can help us understand each other's responses to grief and loss.

Thomas Golden, LCSW, is well known in the field of healing from loss. Tom's book *Swallowed by a Snake: The Gift of the Masculine Side of Healing* has been acclaimed by Elisabeth Kubler-Ross and others. Tom enjoys presenting workshops in the United States, Canada, and Australia, having been named the "1999 International Grief Educator" by the Australian Centre for Grief Education. His workshops are known to be entertaining and informative. Tom brings a gentle sense of humor and a gift for storytelling as he draws on his twenty-five years of practical, hands-on clinical experience. His work has been featured in *The New York Times*, *The Washington Post*, and *U.S. News and World Report*, as well as on CNN and CBS Evening News. For information on workshops, Tom can be reached at his award winning website [www.webhealing.com](http://www.webhealing.com) or by phone 1-301-670-1027.

# National Transportation Safety Board information and reports: [www.nts.gov](http://www.nts.gov)

## *A Delicious New Way To Support Wings of Light!*

What if every morning as you sipped your coffee you could be supporting the work of *Wings of Light*? Now you can!

Just log on to the Cup of Care website at:

[www.cupofcare.com](http://www.cupofcare.com)

and you can order delicious gourmet coffee.

For every item of coffee that you purchase, **Cup of Care will donate \$3.00 to Wings of Light.**

Cup of Care now has gift boxes available. Choose from three styles. They are the perfect gift for birthdays, anniversaries, thank you's and the upcoming holiday season.

Please encourage your friends, neighbors, co-workers and family to order online and Cup of Care will ship directly to them.

So give yourself a delicious treat and help *Wings of Light* help those in need.



*Cup of Care*  
[www.cupofcare.com](http://www.cupofcare.com)



16845 North 29th Avenue, #1  
PMB 448  
Phoenix, AZ 85033

WINGS  
of  
LIGHT

