

Jacquelyn Mitchard
THE REET OF US



Sometimes it helps to remember

You won't want to read this. And I don't want to write this. But it's the time of year when parents who have endured a child's death, that — to paraphrase Ben Jonson — makes Death itself sorry, feel that loss most keenly.

When everywhere we look and every sound we hear celebrates the joy of children in the season of family delight, parents who have experienced a child's death feel the open wound in the side of their families burn most keenly.

That's why I should write this. And you should read it.

For you may know someone whose child died a year ago, or 30 years ago, or even through a miscarriage. But what you may not know is that many of these parents would like you to bring it up, this most unbearable loss. They would like you to talk with them about how it was, at the time of the death and how it was before, what you remember of their son, their daughter, their grace, their humor, their intelligence, their dear qualities that are now invisible.

Compassionate Friends is an organization started in 1959 in England by a pastor who observed that parents who had lost a child were more comforted by others in the same straits even than by therapists or clergy.

"It helps when people don't try to pretend it never happened."
— Sandy Tesch

On Sunday, members of Compassionate Friends observed National Children's Memorial Day with a fourth worldwide candle-lighting ceremony. Starting at 7 p.m. on that day, members and others lit candles in time zone after time zone, starting in New Zealand, so that somewhere, throughout the night, everywhere on Earth, lights shined. It's the goal of each member of each of Compassionate Friends' 575 chapters that on this day, others will remember as they remember every day that their children lived.

It is the living, as much as the dying, that they wish would be remembered.

It's surprising, isn't it? A tragedy, preceded by joy, is life's most poignant possibility. Something most of us think that if we could, we would simply erase.

If a child's death is too painful even to ask about, how can it be anything but torture to remind parents themselves?

But it is not torture. It is solace. "We can't really enjoy holidays, in some sense," says Sandy Tesch of Ozaukee, Wis., whose 19-year-old, David, died by suicide in 1994. "But it helps that my best friend never forgets to acknowledge our son in her Christmas card." she says. "It helps when people don't try to pretend it never happened."

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HENRY A. KOSHOLLEK/THE CAPITAL TIMES

Women's fragrances can cost as much as \$1,500, depending on strength and bottle size. Creed and Joy are two of the first ground-breaking brands.



Although men's cologne packaging and bottling can be an easy way to attract a buyer to a fragrance, it's not a good way to judge the contents, Knud Tinglev-Hansen says.

Fragrances de-mist-ified

By Amy Mertz
The Capital Times

Many women have been the unfortunate recipients of a sad little bottle of perfume that sits on a bathroom shelf, collecting dust and prompting guilt for not wearing it. Maybe it was Exclamation! from the '80s, Opium or Poison.

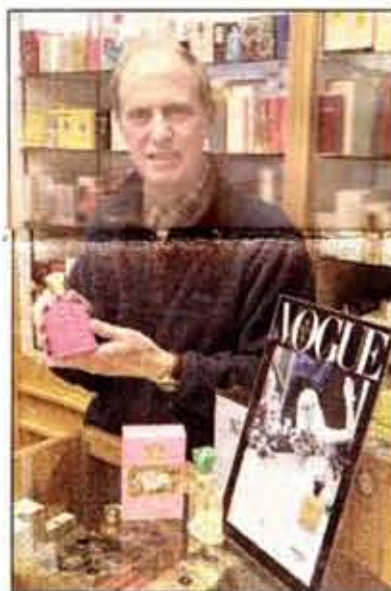
Chances are it happened because a friend or a former boyfriend panicked at a sales counter, after misting every inch of his or her exposed arms — as well as little white pieces of cardstock — with thirtysomething brands of perfume. And the buyer became nauseatingly frustrated.

Fragrances are clearly mysterious yet alluring substances. They provoke many questions: Why is one fragrance called "eau de toilette" and another called "eau de parfum"? Why do some fragrances cost \$30 and some \$130? How are fragrances made?

After talks with Denmark native Knud Tinglev-Hansen, owner of the Perfume Shop in the Walnut Grove shopping center, as well as Soap Opera co-owner Chuck Beckwith, understanding fragrances has become much simpler. So all you prospective buyers out there, take heed.

Successfully selecting a fragrance for another person is possible, but it's definitely a personal gift. It makes people feel sensual and fresh — unless, of course, you're irritated by or allergic to it. So make sure you want to get personal. A close friend, a spouse, a serious partner or a parent is a safe bet.

An important thing to remember, says Beckwith, is that fragrances work with a person's body chemistry. The same one can smell very different on different people because of how the wearer absorbs it.



Selling fragrances is like selling sentimentality, says Knud Tinglev-Hansen, owner of the Perfume Shop in Madison.

Start with something light, says Tinglev-Hansen, who has run the Perfume Shop for 28 years.

"It takes a strong personality to wear a strong fragrance," he says. Gentler scents usually have a more romantic feel, he adds. He suggests choosing 10 fragrances at a store and spraying each on a cotton ball. Maybe a couple could be exotic and spicy, while others could be floral, woody or fruity.

Although it's tempting, don't judge perfume by its bottle or packaging, Tinglev-Hansen says. Some of the most beautiful fragrances come in a simple box and bottle — like Jean Patou's Joy, which is considered the finest perfume in the world. And you can find some nicely packaged fragrances that are anything but fine.

Determine how the fragrance will be used. For instance, if it's

for daytime use, a weaker scent is appropriate, Tinglev-Hansen says. The concept in Europe is to follow the seasons to some extent — perhaps a stronger, more exotic scent in winter, but a lighter, floral fragrance in the summer or spring. Europeans' rule of thumb, though, is to find something that's you — that matches your personality, he says. However, Tinglev-Hansen and Beckwith both dismiss the notion that certain personalities are fitting for certain types of fragrances. For instance, hippies don't — and shouldn't — always wear patchouli.

"That's like saying you're a blond, so you should like lefse and lutefisk," says Beckwith.

Beckwith and Tinglev-Hansen like their customers to describe a scent to them. They are usually able to find something that fits the description, and then they keep a file on the person who'll be wearing the fragrance.

Most American fragrances are mass-manufactured and contain many synthetic ingredients as opposed to European fragrances, Tinglev-Hansen says. In France, Italy and Switzerland, fragrances are made with more pride and in smaller batches, so costs are generally higher.

"It's a lot like wine," Tinglev-Hansen says. "The ingredients are difficult to harvest."

Distilling the principal scent in Joy — white Bulgarian rose — costs thousands of dollars and produces just a couple hundred bottles, he says. The scents that you'll find in the more popular fragrances are jasmine, rose, sandalwood, lily, spices, amber, coriander and musk. Finding the right combination of these scents is the

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Anorexia book gets updated

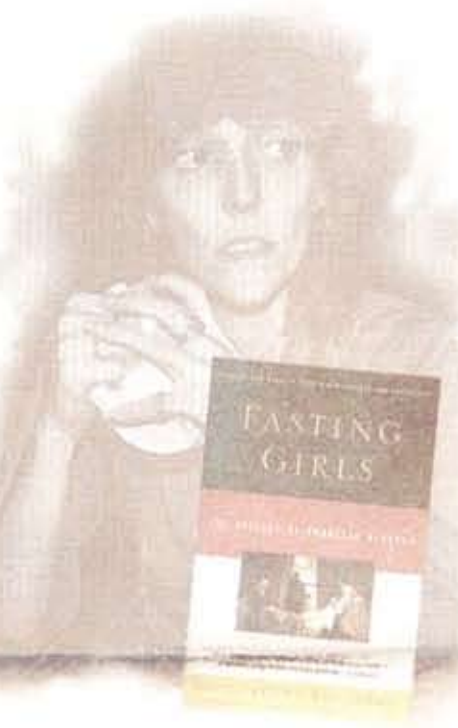
By Heather Lee Schroeder
The Capital Times

It was the Duchess of Windsor who reportedly said, "One can never be too rich or too thin." It turns out she may have had a point.

A recently released study shows that older obese women have \$135,670 less net worth than women of average weight — about a 60 percent difference in income. Moreover, the "socially acceptable" weight range is much narrower for women than it is for men.

If television and fashion magazines serve to set up cultural norms, the superthin supermodel would certainly be the ideal that most women are told to emulate.

It's no wonder, then, that so many women struggle with their weight and with feelings of inadequacy about their bodies.



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Karen Carpenter's death in January 1983 made her a symbol for the ravages of anorexia nervosa. Author Joan Jacobs Brumberg discusses the history of the disease in her newly reissued book "Fasting Girls: The History of Anorexia Nervosa."

In 1988, historian Joan Jacobs Brumberg's excellent treatise — "Fasting Girls: The History of Anorexia Nervosa" — was first published. More than a decade later, this authoritative text has been updated, revised and re-released.

What makes "Fasting Girls" so important is its exploration of the disease's history and Brumberg's careful analysis of the sociocultural implications of the disorder.

Particularly useful is Brumberg's chapter titled "Anorexia Nervosa in the 1980s." It clearly outlines the scope of the disorder and the reaction of the medical profession during that decade.

This text is full of startling details. For example, a typical "restrictive anorectic" will limit herself to between 200 and 400 calories each day. (Just to function properly, the human body uses somewhere near 1,000 calories, depending on physical activity and size.) Most anorexics practice strange and compulsive eating habits: They may be unable to eat in front of others, or they may only eat one or two kinds of food. And while it might seem unbelievable, the typical anorectic

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