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Mark Atwell

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MARK ATWELL OBITUARY

In Memory of Mark Atwell Born Mark Atwell Finkbine July 25, 1956 - March 3, 2011 One year ago we lost a wonderful man who loved life- he grabbed it and shook it hard. In Cave Creek, AZ, a place he loved, Mark was busy biking, gardening and creating art. He played guitar around the bonfire and marveled at the stars. He played ping pong with unabashed, competitive flair. He threw himself whole heartily into every endeavor. Mark was haunted by the lifelong effects of abuse. He made his last stand against the demon by hanging himself on March 3, 2011. Filled with his own pain, he would never have imagined the devastating effects this last angry act would cause. For the people who loved Mark, life will never be the same. He has left an unfathomable hole filled with sadness and confusion. A year has passed since his death and there are lessons to be learned in honor of Mark with regard to the affects of abuse and suicide. Mark, as so many victims do, kept the secret of his suicide plan from those closest to him. The people that could have helped never knew how desperate he was. If someone tells you they are suicidal, listen and heed the warning signs. Don't leave them alone until you're sure

they are in the hands of qualified professionals who can unravel the devastating consequences of this ×
insidious act. It is a myth that the person who talks of suicide does not do it. They need help. If you are
struggling with issues stemming from abuse or if you are suicidal for any reason, please seek
professional help. You are worthwhile... you are precious and deserve to understand and come to terms
with the horrible acts of aggression committed against you and the lifelong effects of those actions.
The National Suicide Prevention Lifeline 1-800-273-talk www.Sucidepreventionlifeline.org RAINN
Rape Incest National Network Hotline 1-800-656-hope These are two of many sites and numbers that
offer help with abuse and suicide. There is help. If you are desperate, call 911. If Mark's tragedy can
help then Mark's memory can live on for the good. Mark is remembered daily, especially on this
terrible anniversary and on the trails of the Spur Cross Conservation Area where he rode his bike
trying to outrun the demons of his youth. There are many that will be holding him in their hearts this
day. To help locally, please consider a donation to Southern Arizona Children's Advocacy Center.
www.soazadocacy.org Thanks to Cave Creek Sheriff's Dept. for treating Mark with dignity, respect and
understanding. Abuse affects all of us. **MISSING MY BUDDY By Dan Lynch There's a hole in the
road where my friend used to be I've traveled on but keep running into it It's a road hazard I
keep failing to see Without warning I keep falling into it Where is the sign that can help me
understand Where is the u-turn that can bring back the man This long journey seems to lack
clarity With pitfalls and dangers that never should be What we need here is a brand new map A
warning to travelers crossing the gap To guide and lead along the way With pilgrims directions
for safe places to stay Oh that I could read clearly The road I've misjudged so dearly So we
could all travel this way together And guide each other through stormy weather We'd arrive
singing, safe and complete But there's a hole the road where my friend used to be**

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