



For the families and friends of those who have died by violence

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

APR 2014–MAY 2014

2014 BOARD MEMBERS AND OFFICERS ELECTED

At our annual membership meeting in December following our dessert potluck and tree trimming, the general membership elected to our Board of Directors for 2014 Phil Clark, Joe Cannata, Barbara Kaptanian, Tom and Nancy Rasser.

At our January meeting, our new Board of Directors elected its officers for the 2014 term. Phil Clark was chosen to serve as Chapter Leader, Tom Rasser will remain as Treasurer and Nancy Rasser will continue as Secretary.

We look forward to a great year and if any of you have any ideas to help make our Chapter even better we would appreciate hearing from you. Please let us know if there are any topics you would like to explore. Do you have any great fundraising ideas? Just contact any of our Board Members with your input.

VOICE MEETING SET FOR APRIL 14

You are invited to the Victims Organized in Correctional Exchange (VOICE) meeting to be held:

Where: District 3 Denver Police Station

1625 S University Blvd

Denver, CO 80210

When: Monday, April 14, 2014

Time: 6:00 – 8:30 PM.

(Ample free parking is available)

CRIME VICTIMS' RIGHTS EVENT APRIL 7

Join us on Monday, April 7 at Noon as we commemorate Crime Victims' Rights Week. The theme - "30 Years: Restoring the Balance of Justice" - honors the extra-ordinary progress made on behalf of millions of victims since the passage of the Victims of Crime Act (VOCA) in 1984.

Location is the 2nd Floor Training Room of the Denver Crime Laboratory at 1371 Cherokee Street in Denver. Light refreshments to follow in the Cafeteria Atrium.

Event is sponsored by COVA, Denver DA's Office, Mothers Against Drunk Driving, Parents of Murdered Children and Voices of Victims.



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

POMC

WHY WE ARE HERE

1. To support persons who survive the violent death of someone close, as they seek to recover.
2. To provide contact with similarly bereaved persons and establish self help groups that meet regularly.
3. To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
4. To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.
5. To increase society's awareness of these problems.

POMC NEWSLETTER STAFF AND INFORMATION

This newsletter is published bi-monthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC. Articles, poems, and letters from members are welcome. They may be edited for length and conciseness. Mail such items to the editors:

Cherri and Bill Lusk
22185 E Dry Creek Pl,
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ca.lusk@comcast.net

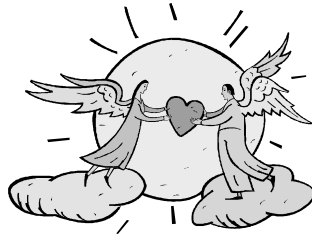
Memorials & Birthdays:
Cherri Lusk, 303 593-0784

Roster & Mailing List:
Robert Curnow, 303 948-3494

**Healing & Bereavement
Resources:**
Barbara Kaptanian, 303-792-5432

Trials and Hearings:
Tom Rasser, 303 798-2841

Love Gifts



Our Chapter Thanks the following group of members who gave a donation in honor of their loved one.

Nancy & Tom Rasser,
in memory of their son,
John Rasser

Brenda Olivas,
a friend of POMC

Erica Mulligan,
in memory of her son,
Michael Tarasiuk

New Members

Katie Leon

Bernadette Alness

Amy Thornton

FRONT RANGE CHAPTER INFORMATION AND NUMBERS "We Are Here to Help"

Web Site
www.colorado-pomc.org

Leader **Phil Clark**
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(7662)



Trials & Hearings

In the March, 2013 murder of Nathan Leon, a sentencing hearing was held in early March for the person who provided the murder weapon to the now deceased perpetrator. The sentence was for 27 months in prison. Nathan is the husband of Katie Leon and son of Cindy Jones.

New Colorado POMC Leader Phil Clark

Phil started attending POMC as a member soon after his oldest daughter Toni, was murdered by her boyfriend on Feb 17th, 2008. Toni was just 22 years old. She was beaten, stabbed 48 times and strangled in an act of domestic violence. After a year and a half of court dates and delays, the family decided to accept a plea bargain from the defense and the Toni's killer was sentenced to 48 years for second degree murder.

Phil has served on the POMC board 3 years ago before having to step down due to a job change. He also serves as a board member and speaker for CVAC (Crime Victims Advisory Council) with the Denver DA's office. He has been a volunteer with the Jefferson County Sheriff's department as a Victims Advocate for the past two and a half years. Phil and his wife started their own non-profit called the TONI Connection. They provide college scholarships and speak out about the missed warning signs of domestic violence.

2014 National Conference of POMC

The 2014 National Conference of Parents of Murdered Children will be held in Rochester, Minnesota at the Kahler Grand Hotel from August 14th thru the 17th. The theme this year is "Rebuilding Shattered Lives... Renewing Hope for Tomorrow". Deadline for registration for the conference is July 1, 2014 and hotel registration deadline is July 15, 2014.

Registration and all information is available on POMC'S National Website, www.pomc.org

The POMC National Conference is specifically designed for the families and friends of those who have died by violence. POMC members come together for a weekend of workshops, motivational speakers, sharing and interacting. The Conference is open to all survivors, advocates, criminal justice professionals, legislators, victim service providers, educators and anyone interested in victim justice.

Notes from Barb Kaptanian

DRY THE TEARS AND TRY A LITTLE LAUGHTER

It's OK to LAUGH, and, YES, YOU CAN!

Laughter really is the best medicine! I know, you've heard that expression for years and probably took it with a grain of salt. If you really believed it, you're way ahead of a lot of folks. It truly is the best medicine. Depression, serious or life-threatening illness, traumatic loss, - laughter can save a life, cure an illness, restore health and much more. But now you say, laugh? You've got to be kidding! What's there to laugh about? My child was murdered and there's nothing to laugh about. Murder is not a laughing matter and I'll never laugh again! Ever.

And then enters guilt. Now this may not be true for all of you, but for many it rings true. I feel guilty laughing, like I'm not honoring my child. I shouldn't be laughing, people will think I don't love my child. I shouldn't be having a good time with him gone; it's just not right. Everything is black and white and gray, nothing is funny anymore. Not able to see the humor in anything? Oh my, I hear this all the time from people who have lost someone, particularly a child. But, know what? Learning to laugh again may take time but that old expression really is true. There's something about laughter that changes the body chemistry, muscle tone, brain waves, attitude. A ton of psychological and medical data exists to support the power of laughter.

So let's give it a little look, a little change, a little practice, and most of all permission. Give yourself a little permission to start with a giggle. Often it may be a fond remembrance of your child, even better if so! And it's OK. Imagine your child laughing with you! He/she is probably looking down on you and saying, "It's about time!" It's no joke, there's immense stress relief from laughter!

The Mayo Clinic Foundation for Medical Education and Research reports in an article:

"Whether you're guiltily guffawing at your favorite TV show or quietly giggling at a comic strip, laughing does you good. Laughter is a great form of stress relief. A good sense of humor can't cure all ailments, but research shows that laughter can do positive things."

Short-Term Benefits:

When you start to laugh, it lightens your load mentally and causes changes in your body.

- Laughter can stimulate many organs. When you laugh you breathe in more oxygen-rich air; stimulate your heart, lungs, and muscles; increase endorphins released by your brain.
- Laughter can activate and relieve your stress response. A belly-shaking laugh fires up and then cools down your stress response leaving you relaxed.
- Laughter can sooth tension. Laughter can also boost circulation and help relax muscles which helps reduce some physical symptoms of stress.

Long-Term Effects:

Laughter isn't just a quick pick-me-up. It's also good for you over the long haul.

- Laughter may improve your immune system. Negative thoughts turn into chemical reactions. These can affect your body by bringing more stress into your system and lowering your ability to fight illness. Positive thoughts release substances in the brain that help fight stress and potentially more serious illnesses.
- Laughter may relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers. It may also break the pain-spasm cycle common to some muscle disorders.
- Laughter may increase personal satisfaction. Laughter can make it easier to cope with difficult situations, and help you connect with others.

How To Improve – Or Gain – A Sense Of Humor

Want a stronger funny bone? No problem! Humor can be learned. In fact, developing or improving your sense of humor may be easier than you think.

- Put humor on your horizon. Find photos or comic strips that make you chuckle and place them where you can see them. Keep funny movies near for when you need a humor boost. [I add, I Love Lucy! The Honeymooners! The oldies.]
- Laugh and the world laughs with you. Try to find something to laugh about in spite of your situation and watch stress begin to fade. Even if it feels forced at first, practice laughing. It does your body good.
- Share a laugh. Spend time with friends who make you laugh. [I add, spend time with children!!!]
- Knock-Knock. Find joke books and share a few rib-tickers. [Again, the kids!]
- [Especially] Know what **isn't funny!** Don't let others laugh at your expense; know what is or isn't funny and use your best judgment to tell a good joke from a bad joke and particularly some that are hurtful. [You are very sensitive at this time.]

Laughter IS The Best Medicine

Go ahead, give it a try! Turn the corners of your mouth up into a smile and laugh, and then see how you feel. This may really be a stretch for you, especially at first, but give it your best! You have nothing to lose and a lot to gain. Your muscles will be less tense, you'll feel more relaxed, you'll sleep better, you'll get off anti-depressants, your appetite will increase, you'll hear the birds again and maybe even smell a flower or see a rainbow. Your friends and family will be more relaxed around you. And think of the hope you can bring to others! And if you can most of all laugh at yourself and out in the sunshine, then it's even better! All kinds of things can happen with you begin to laugh. That's the natural wonder of laughter at work!

I would love to hear your laughter; I'll be laughing with you through the tears! Barb

The original Mayo article dated July 23, 2010, can be found at www.mayoclinic.com/health/stress-relief/SR000034

Birthdays Remembered

Maria Cordova, April 1, 1974

Maria Fierro, April 1, 1974

Dennis Sanchez, April 1, 1977

James Sanchez, April 1, 1987

Martin Lawrence Martinez, April 3, 1962

Troy Krause, April 3, 1967

Mary Rogers, April 3, 1983

Latoya Cisneros, April 4, 1985

David Gonzales Shuker, April 5, 1979

Daniel Walsh, April 6, 1976

Casey Korgan, April 6, 1990

Gary McGee, April 7, 1970

Larry Carmichael, April 8, 1961

Kim Hadley, April 8, 1975

Greg Swazo, April 8, 1982

Guillermo Quinones, April 10, 1982

Ivory Mefford, April 1, 1981

Stephanie Bechtold, April 3, 1989

Mary Buso, April 16, 1913

Dennis Meredith, April 17, 1956

Chris Mains, April 20, 1972

Rodney Lee, April 22, 1988

Carlos Luna, April 24, 1969

Tiffany Brill Jarmon, April 26, 1975

Kevin Blunt, April 27, 1973

Michael Nigg, April 28, 1969

Jolene Romero, April 28, 1975

Cher Elder, April 30, 1972

Alan Michael Conner, May 1, 1980

Cody Faust, May 1, 1982

Carold Peoples III, May 1, 1987

Jackie Maldonado, May 2, 1962

Steve Murgatroyd, May 2, 1962

Jeff Walker, May 3, 1972

Terrance Mayo, May 3, 1976

Patricia "Trisha" Green, May 3, 1977

Melodie Robertson, May 3, 2000

Jennifer Behling, May 4, 1980

Roy Cozby, May 10, 1940

Michael Cates, May 11, 1975

Lindsey Kay Creason, May 12, 1993

Sgt Tim Mossbrucker, May 15, 1958

Ennis Walton, May 17, 1970

Rebecca Lynn Gonzales, May 20, 1989

Vera Escobedo, May 21, 1966

Mark Anthony David Johnsen, May 22, 1987

Page Ten Brook, May 24, 1966

Eric Martinez, May 24, 1978

Christopher Aragon, May 26, 1960

Jack Koller, May 27, 2009

Annamarie Villalobos, May 28, 1965

Michael Julius Ford, May 29, 1984

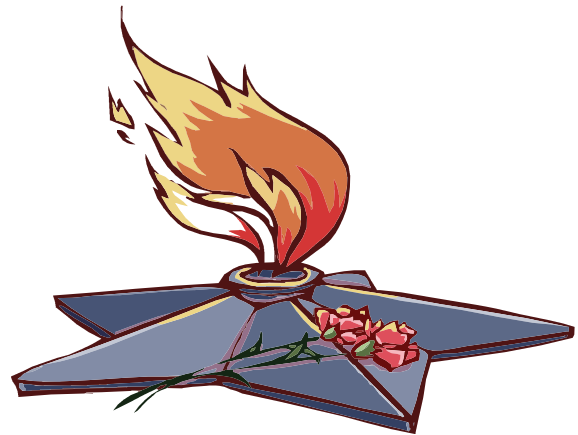
Gary Carlson, May 31, 1962

Joseph Seara, May 31, 1977



In Memoriam

- Phillip Rose Jr.**, April 1, 1992
Christopher Aragon, April 2, 1994
Dylan Lee Newman, April 3, 2007
Annamarie Villalobos, April 6, 2011
Phillip Dearing, April 9, 2002
Chelsea Strauss, April 9, 2010
Yvette Strong, April 10, 1992
Jared Whitney, April 11, 1997
Mitch Anderson, April 11, 2001
Gerry Schwartzman, April 13, 2011
Beth Haynes, April 16, 1994
Paul Klein, April 17, 1993
Terrance Mayo, April 17, 1995
Carold Peoples III, April 17
Douglas "Dougie" Charles, April 19, 2000
Cynthia Mc Queen, April 20, 1983
Matthew Kechter, April 20, 1999
Corey DePooter, April 20, 1999
Daniel Mauser, April 20, 1999
Steven Robert Curnow, April 20, 1999
John Tomlin, April 20, 1999
Cassie Bernall, April 20, 1999
Dan Rohrbough, April 20, 1999
Rachel Scott, April 20, 1999
Desiree Holland, April 20, 2002
Jesse Field, April 21, 1998
Ethan Wolf, April 23, 1996
Jon-Paul Lewis, April 24, 2010
Charles Harris, April 24, 2013
Andrew Sheppard, April 25, 2008
Gail Garcia-Herrera, April 27, 1984
Nancy Begg Shoupp, April 28, 1990
Sgt Tim Mossbrucker, April 28, 1995
Dan Suazo, April 28, 1995
Rob Stewart, April 28, 2010
Jacine Gielinski, April 29, 1997
Stoneham Farris, April 30, 1996
Chandra Haak, May 1, 1991
Tina Abbott, May 1, 2003
Karla Winberg, May 2, 1981
Kyra Harris, May 3, 1987
Christy Marie Brown, May 4, 1995
Danny Stanazyk, May 5, 2005
Eddie Hairston, Jr., May 6, 1978
Kay Lyn Robinson, May 8, 1979
Frankie Paul, May 8, 1998
Rubon Wayne Norwood, May 9, 1988
Anthony (Tony) Gonzales, May 10, 1990
Lori Bases, May 11, 2000
Heather Victoria Reyes, May 15, 1998
Ronald Eugene Hinson Jr., May 18, 1988
Jeffrey Smith, May 18, 1993
Alie Berrelez, May 18, 1993
Leslie Ann Russell, May 20, 1991
Carlos Luna, May 21, 1992
Christy Birmingham Barry, May 23, 1989
Beth Gallegos, May 23, 1998
Britt Mackay, May 23, 2007
Shaniqua Coffman, May 26, 1993
Jeremy Campton Craft, May 26, 1995
Geney Crutchley, May 26, 2002
Shaundra Schell, May 28, 1990
John C. Abeyta, May 29, 1993
Kaci, May 29, 2008
Kevin, May 29, 2011
Linnea Dick, May 30, 2008
Ivory Mefford, May 30, 2009
Brandy DuVall, May 31, 1997

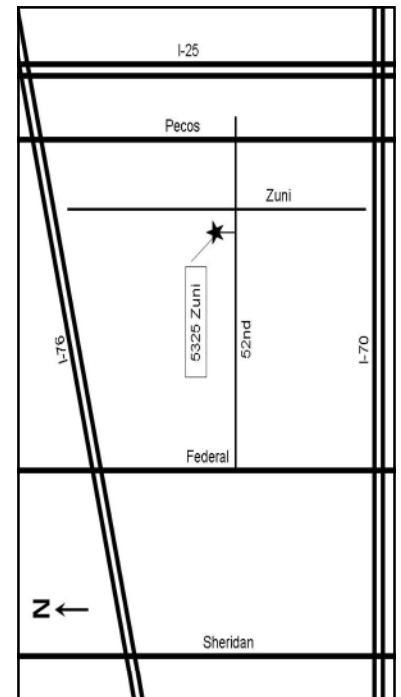


ANNOUNCEMENTS

- April 7 - Crime Victims' Rights Event
(see pg 1 for details)
- April 14 - VOICE Forum
(see Pg 1 for details)
- April 19 - Regular Meeting at 7:30 PM
- May 17 - Board Meeting at 6:00 PM
Regular Meeting at 7:30 PM
- August 14-17 - National POMC Conference

ADDRESS SERVICE REQUESTED

POMC
P. O. BOX 375
LITTLETON, CO
80160-0375



We meet in the
cafeteria of the
CenturyLink Building
at 5325 Zuni in Denver on
the **3rd Saturday**