



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

APRIL – MAY 2016

## National Crime Victims' Rights Week

Monday, April 11th 2016  
12:00 — 1:00

This years event will be held at the plaza at  
the Denver Crime Lab.  
1371 Cherokee St. Denver, 80204

**Guest speaker: Theresa Hoover**  
Mother of Aurora Theater Shooting Victim,  
A.J. Boik

Please join us in honoring all of the people in  
the 18th Judicial District Attorney's Office for  
their service to the victims of the Aurora  
Theater Shooting.

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## Upcoming VOICE Meeting

The next VOICE meeting will be held on  
Monday April 11th. 6pm—8pm  
District 3 Denver Police Station  
1625 S University Blvd. Denver, CO

Topic: Presentation by the  
Colorado Board of Parole  
Q&A Session to follow

**Go ahead and mention my child  
The one that died, you know**

**Don't worry about hurting me further  
The depth of my pain doesn't show.**

**Don't worry about making me cry.  
I'm already crying inside.**

**Help me to heal by releasing  
The tears that I try to hide.**

**I'm hurt when you just keep silent  
Pretending he didn't exist.**

**I'd rather you'd mention my child  
Knowing that he has been missed.**

**You asked me how I'm doing.  
I say "Pretty good" or "Fine"**

**But healing is something on-going.**

**I feel it will take a lifetime**

— Elizabeth Dent



## 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 bimonthly 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:

Phil Clark  
10703 W Berry Pl  
Littleton, CO 80127  
**POMCColorado@gmail.com**

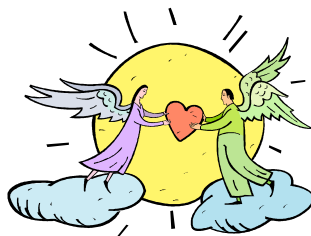
**Memorials & Birthdays:**  
Phil Clark, 303 748-6395

**Roster & Mailing List:**  
Joe Cannata, 303 345-7301

**Healing & Bereavement  
Resources:**  
Nancy Rasser, 303-798-2841

**Trials and Hearings:**  
Phil Clark, 303 748-6395  
Joe Cannata, 303 345-7301

## Love Gifts



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

### New Members

Melissa Vialpando  
Robert Cordova  
Barbara Jo Wiens  
Gayle Villegas

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

**Web Site**  
**www.colorado-pomc.org**

**Leader** ..... **Phil Clark**  
303-748-6395  
POMCColorado@gmail.com

**Secretary** ..... **Kaye Cannata**  
720-366-4165

**Treasurer** ..... **Bernadette Alness**  
720-448-9555  
BA77077@gmail.com

**Board Members** ..... **Joe Cannata**  
303-345-7301  
kaknota@aol.com

**Bill Lusk**  
303-593-0784  
wjlushk@comcast.net

**Nancy Rasser**  
303-798-2841  
nancyrasser@comcast.net

**Other Contacts** ..... **Everett & Linda  
Donelson**  
720-508-4268

**Caryl & Charles Harvey**  
970-854-2665

**POMC NATIONAL OFFICE**  
4960 Ridge Ave., Suite 2  
Cincinnati, Ohio 45209

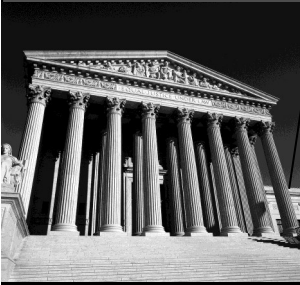
**Email:** natlpomc@pomc.org

**Website:** www.pomc.org

**Office:** (513) 721-5683

**Fax:** (513) 345-4489

**Toll Free:** (888) 818-POMC (7662)



# Trials & Hearings

No Trial Updates

## Just so you know...

I can't stop grieving just because you believe it is time for me to move on.

I can't stop hurting just because you do not understand the piercing pain in my heart.

I cannot stop my tears from flowing just because they make you uncomfortable.

My heart is not suddenly mended just because you believe I have grieved enough.

I will grieve the loss of my loved one for the rest of my life...

## Just so you know

- John Pete

## *The Day I'll Finally Stop Grieving*

“How long has it been? When is he going to get over that grief and move on already?”

I get it.

I know you might be thinking that about me or about someone else these days.

I know you may look at someone you know in mourning and wonder when they'll *snap out of it*.

I understand because I use to think that way too.

Okay, maybe at the time I was self-aware enough or guilty enough not to think it *quite* that explicitly, even in my own head. It might have come in the form of a growing impatience toward someone in mourning or a gradual dismissing of their sadness over time or maybe in my intentionally avoiding them as the days passed. It was subtle to be sure, but I can distinctly remember reaching the place where my compassion for grieving friends had reached its capacity—and it was long before they stopped hurting.

**Back then like most people, my mind was operating under the faulty assumption that grief had some predictable expiration date; a reasonable period of time after which recovery and normalcy would come and the person would return to life as it was before, albeit with some minor adjustments.**

**I thought all these things, *until I grieved*.**

**I never think these things anymore.**

Two years ago I remember sitting with a dear friend at a coffee shop table in the aftermath of my father's sudden passing. In response to my quivering voice and my tear-weary eyes and my obvious shell shock, she assured me that this debilitating sadness; this ironic combination of searing pain and complete numbness was going to give me a layer of compassion for hurting people that I'd never had before. It was an understanding, she said, that I simply couldn't have had without walking through the Grief Valley. She was right, though I would have gladly acquired this empathy in a million other ways.

Since that day I've realized that Grief doesn't just visit you for a horrible, yet temporary holiday. It moves in, puts down roots—and it never leaves. Yes as time passes, eventually the tidal waves subside for longer periods, but they inevitably come crashing in again without notice, when you are least prepared. With no warning they devastate the landscape of your heart all over again, leaving you bruised and breathless and needing to rebuild once more.

Grief brings humility as a housewarming gift and doesn't care whether you want it or not. You are forced to face your inability to do *anything* but feel it all and fall apart. It's incredibly difficult in those quiet moments, when you realize so long after the loss that you're still not the same person you used to be; that this chronic soul injury just won't heal up. This is tough medicine to take, but more difficult still, is coming to feel quite sure that you'll never be that person again. It's humbling to know you've been internally altered: Death has interrupted your plans, served your relationships, and rewritten the script for you.

And strangely (or perhaps quite understandably) those acute attacks of despair are the very moments when I feel closest to my father, as if the pain somehow allows me to remove the space and time which separates us and I can press my head against his chest and hear his heartbeat once more. These tragic times are somehow oddly comforting even as they kick you in the gut.

And it is *this* odd healing sadness which I'll carry for the remainder of my days; that nexus between total devastation and gradual restoration. It is the way your love outlives your loved one.

I've walked enough of this road to realize that it *is* my road now. This is not just a momentary detour, it's the permanent state of affairs. I will have many good days and many moments of gratitude and times of welcome respite, but I'm never getting over this loss.

This is the cost of sharing your life with someone worth missing.

Two years into my walk in the Valley I've resigned myself to the truth that this a lifetime sentence. At the end of my time here on the planet, I will either be reunited with my father in some glorious mystery, or simply reach my last day of mourning his loss.

Either way I'm beginning to rest in the simple truth:

The day I'll stop grieving—is the day I stop breathing.

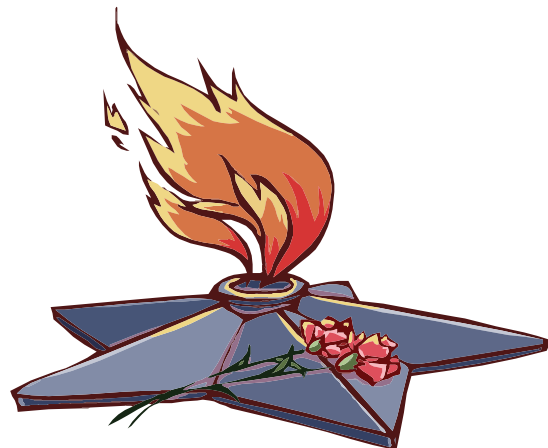
# Birthdays Remembered

Randy Fleming	Feb	1	1960	Melodie Robertson	May	3	2000
Maria Cordova	April	1	1974	Jennifer Behling	May	4	1980
Maria Fierro	April	1	1974	Jacob Wiens	May	6	1991
Dennis Sanchez	April	1	1977	Roy Cozby	May	10	1940
James Sanchez	April	1	1987	Michael Cates	May	11	1975
Martin "Marty" Martinez	April	3	1962	Lindsey Kay Creason	May	12	1993
Troy Krause	April	3	1967	Sgt Tim Mossbrucker	May	15	1958
Mary Rogers	April	3	1983	Ennis Walton	May	17	1970
Latoya Cisneros	April	4	1985	Rebecca Lynn Gonzales	May	20	1989
David Gonzales Shuker	April	5	1979	Vera Escobedo	May	21	1966
Daniel Walsh	April	6	1976	Mark Anthony David Johnsen			
Casey Korgan	April	6	1990		May	22	1987
Gary McGee	April	7	1970	Page Ten Brook	May	24	1966
Larry Carmichael	April	8	1961	Eric Martinez	May	24	1978
Kris Kirk	April	8	1970	Nate Tallman	May	24	1988
Kim Hadley	April	8	1975	Christopher Aragon	May	26	1960
Greg Swazo	April	8	1982	Jack Koller	May	27	2009
Michael Kramer	April	10	1960	Abdul Mohammad	May	28	1953
Guillermo Quinones	April	10	1982	Annamarie Villalobos	May	28	1965
Ivory Mefford	April	11	1981	Michael Julius Ford	May	29	1984
Ivory Mefford	April	11	1981	Gary Carlson	May	31	1962
Nolan Ware	April	11		Joseph Seara	May	31	1977
Stephanie Bechtold	April	13	1989				
Amanda Anders	April	14	1995				
Mary Buso	April	16	1913				
Dennis Meredith	April	17	1956				
Chris Mains	April	20	1972				
Rodney Lee	April	22	1988				
Falon Watson	April	22	1998				
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				
Trisha Green	May	3	1977				



# In Memoriam

Phillip Rose Jr	April 1	1992	Tina Abbott	May 1	2003
Christopher Aragon	April 2	1994	Karla Winberg	May 2	1981
Dylan Lee Newman	April 3	2007	Angelina Sicola	May 2	2013
Annamarie Villalobos	April 6	2011	Kyra Harris	May 3	1987
Aaron Tuneberg	April 8	2014	Christy Marie Brown	May 4	1995
Phillip Dearing	April 9	2002	Danny Stanazyk	May 5	2005
Chelsea Strauss	April 9	2010	Eddie Hairston, Jr.	May 6	1978
Yvette Strong	April 10	1992	Kay Lyn Robinson	May 8	1979
Jared Whitney	April 11	1997	Frankie Paul	May 8	1998
Mitch Anderson	April 11	2001	Rubon Wayne Norwood	May 9	1988
Gerry Schwartzman	April 13	2011	Anthony (Tony)Gonzales	May 10	1990
Kris Kirk	April 14	2014	Lori Bases	May 11	2000
Beth Haynes	April 16	1994	Heather Victoria Reyes	May 15	1998
Paul Klein	April 17	1993	Ronald Eugene Hinson Jr	May 18	1988
Terrance Mayo	April 17	1995	Jeffrey Smith	May 18	1993
Carold Peoples III	April 17		Alie Berrelez	May 18	1993
Douglas "Dougie" Charles	April 19	2000	Leslie Ann Russell	May 20	1991
Cynthia Mc Queen	April 20	1983	Carlos Luna	May 21	1992
Matthew Kechter	April 20	1999	Christy Birmingham Barry	May 23	1989
Corey DePooter	April 20	1999	Beth Gallegos	May 23	1998
Daniel Mauser	April 20	1999	Britt Mackay	May 23	2007
Steven Robert Curnow	April 20	1999	Isaiah Gargia	May 23	2012
John Tomlin	April 20	1999	Shaniqua Coffman	May 26	1993
Cassie Bernall	April 20	1999	Jeremy Campton Craft	May 26	1995
Dan Rohrbough	April 20	1999	Geney Crutchley	May 26	2002
Rachel Scott	April 20	1999	Shaundra Schell	May 28	1990
Desiree Holland	April 20	2002	John C. Abeyta	May 29	1993
Ryan Gray	April 20	2014	Kaci	May 29	2008
Nephew Ryan Gray	April 20	2014	Kevin	May 29	2011
Abdul Mohammad	April 20	2015	Linnea Dick	May 30	2008
Jesse Field	April 21	1998	Ivory Mefford	May 30	2009
Monica Martinez	April 22	1991	Brandy DuVall	May 31	1997
Ethan Wolf	April 23	1996			
Chris Waters	April 23	2013			
Jon-Paul Lewis	April 24	2010			
Charles Harris	April 24	2013			
Andrew Sheppard	April 25	2008			
Nolan Ware	April 25	2015			
Gail Garcia-Hererra	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			

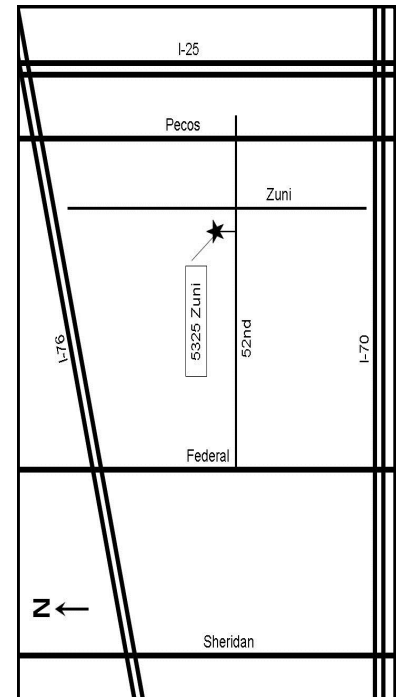


# ANNOUNCEMENTS

- April 11 - National Crime Victims' Rights Week  
12:00 — 1:00  
1371 Cherokee St.
- Apr 11 - VOICE Meeting 6:00 pm  
Presentation by the Colorado  
Board of Parole
- April 16 - Support Group at 7:30 PM
- May 21 - POMC Board Meeting 6:00 PM  
Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

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



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