

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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

August 2020

## ANNOUNCEMENTS

### MARK YOUR CALENDAR!

#### National Day of Remembrance

**Date: Friday, September 25, 2020 6:00 pm**

**"Remember the Past, Treasure the Present,  
Embrace the Future"**

September 25th is the National Day of Remembrance for Murder Victims. This commemorative day was established as a National Day of Remembrance for Murder Victims as a result of unanimously passed resolutions by the U.S. Senate on October 16, 2007 (S. Res. 326) and the U.S. House of Representatives on May 14, 2007 (H. Res. 223)

The National Day of Remembrance for Murder Victims not only recognizes murder victims but also honors those organizations throughout the United States that provide services such as support, advocacy and counsel to loved ones of murder victims. POMC Chapters and other organizations holds events around the nation to commemorate the Day Of Remembrance for Murder Victims.

There will be a virtual ceremony for this event — more details to come!



# FRONT RANGE CHAPTER

## “We Are Here to Help”

[www.colorado-pomc.org](http://www.colorado-pomc.org)

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.

**LEADER**

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 Other Resources: Healing & Bereavement, Trials and Hearings

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This newsletter is published monthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC.

Articles, poems, recipes and letters from members are welcomed and can be emailed to the Editor and/or [POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)

\*They may be edited for length and conciseness.

Newsletter Feedback: We are OPEN to receiving! Comments and suggestions can be emailed to the Editor and/or [POMCColorado@gmail.com](mailto:POMCColorado@gmail.com).



## LOVE GIFTS

Thank you from our Chapter for the following donation in honor of their loved one...



## NEW MEMBERS



# TRIALS & HEARINGS

## **Tiffany & Andy Starrett:**

Suspect Arturo Garcia was captured on February 26, 2019.

He was extradited from Texas to Arapahoe County on June 11, 2019.

The preliminary proof evident hearing concluded on November 6, 2019.

The arraignment was December 9, 2019.

The trial is scheduled for April 7, 2020.

The trial has been rescheduled to June 16, 2020.

The trial has been rescheduled to August 4, 2020.

The trial has been rescheduled to September 22, 2020.



# DONATIONS

**Love gifts are dedicated to providing restorative resources for the participants of the Colorado Front Range Chapter.**

If you wish to be acknowledged in the POMC newsletter, please fill in the below and return with your check or ADD A NOTE if donating by PAYPAL.

In Honor Of: \_\_\_\_\_

Donors Name: \_\_\_\_\_

Make Checks Payable to: **POMC**

Mail Checks to:

**POMC**

**9888 W Belleview Ave. #103**

**LITTLETON, CO 80123**

**PAYPAL ACCOUNT : pomccolorado@gmail.com**

Donations are tax-deductible Federal ID 31-1023437



# COMFORT CORNER: GRIEF

## Grief In the Second Year: Finding Your Way

[Reviewed and updated June 26, 2020]

by [Marty Tousley, RN, MS, FT, BC-TMH](#)

Consequences follow when we force people to use a universal roadmap for grieving, and then judge those who do not follow it as wrong or sick. We deny the normality of grief. We deny the differences in our grieving experiences. We deny people the freedom to grieve. ~ Nancy Berns

If you find yourself (or someone you know) struggling with new waves of grief after having reached the one year mark, you are not alone.

A woman whose husband died 15 months ago described her experience this way:

Now it's just me and the dog. I was never very social -- my family was enough for me. If I were to become more social now, I'd basically have to change my personality -- and I just don't have the energy. People have been telling me to get a hobby or get active in some way -- but after I get home from work and walk the dog, I spend the rest of my time doing nothing at all. I feel paralyzed by grief. I know that our grief journey is a roller coaster -- but this roller coaster has been hurtling downward for quite some time. Is this what's called complicated grief? Am I depressed? I can't seem to get a grip on this and the future seems hopeless.

Most people expect to feel better after that first year of bereavement, as if they've reached some sort of significant milestone in their grief journey. Unfortunately, this is another of those myths about grief that simply does not hold true. If you assume that grief will ease as the second year begins, you may soon discover that in many ways it seems much harder now than it did before. You may find yourself feeling even worse ~ and that can seem very unsettling.

But think about it: For anyone grieving a significant loss, particularly when that was a spouse or life partner, the first year is a time of adjusting and learning to survive. Then comes the second year and, if you're like many mourners, it is even harder than the first, as this is when you are grappling with the harsh reality that your loved one is physically gone forever, along with all the secondary losses that accompany this death, including greatly diminished social support, financial instability or loss of religious faith.

If you take the time to explore some of the threads and read the posts in our online Grief Healing Discussion Groups, you will notice that many of our members are still actively mourning, even though their losses occurred three, four and five years ago. Fortunately, this site is one place where the bereaved can come to be surrounded by others who will not hold them to some arbitrary timetable and won't judge them for not being "over it" yet. I strongly believe that is why this site continues to be one of the most powerful sources of support for the bereaved.

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### Reading Suggestions:

If you are past the first year of grief, feeling lost and looking for some direction, here is a list of some of the books I would recommend most highly to help you through (click on the book titles to read Amazon's description and reviews of each). And certainly if you've found a book or article that you've found especially helpful, please share it with us in the Post a Comment section below!

Gaining Traction: Starting Over After the Death of Your Life Partner

Good Grief: Healing Through the Shadow of Loss

A Grace Disguised: How the Soul Grows through Loss

Grieving Mindfully: A Compassionate and Spiritual Guide to Coping with Loss

The Healing Power of Love: Transcending the Loss of a Spouse to New Love

I'm Grieving as Fast as I Can: How Young Widows and Widowers Cope and Heal

How to Go On Living When Someone You Love Dies

Life After Loss: A Practical Guide to Renewing Your Life after Experiencing Major Loss

Seven Choices: Finding Daylight After Loss Shatters Your World

Transcending Loss: Understanding the Lifelong Impact of Grief & How to Make It Meaningful

Tough Transitions: Navigating Your Way Through Difficult Times

You Don't Have to Suffer: A Handbook for Moving Beyond Life's Crises



For More Information:

<https://www.griefhealingblog.com/2012/02/grief-in-second-year-finding-your-way.html>



# COMFORT CORNER: SELF CARE

## The Healing Power Of Colour

By Edwina: In Reiki, we focus on the vibration energy, and we tune in to life force to heal. I also recommend using color therapy to improve the area of lacking. Below you will find a list of colors, each with a frequency and a vibration to it, that attracts the qualities listed. After you can read them through, focus on the qualities you want to attract to your life. For example, red candles is you want to get to enhance passion. If you want to attract wealth, then I suggest a green charm or green colored gems like emerald, or tourmaline. Here are the colors and what their vibrations attract:

Red: Energy, Passion, Stimulation, Lust, Protection, Aggression, Warrior qualities

Red-Orange: Intense healing energy

Orange: Strong healing, strength, willpower, mental clarity, memory, logic, knowledge

Gold: Wealth, Health

Yellow: Communication, Logic, Thoughts, Spirituality

Green: Healing, Love, Growth, Life, Prosperity, Fertility, Money  
Turquoise: Higher Love, Acceptance, Tolerance, Divinity, Balance

Blue: Peace, Prosperity, Spirituality, Dreams, Spirit Healing

Pink: Love, Happiness, Romance

Indigo: Psychic energy, Visualization, opening the senses

Purple: Spirituality, Tranquility Balance

Violet: Cleansing, Neutralization Balance, Psychic power, divinity

White: Healing, Love, Connection to all, banishing, protection

Black: Grounding, Meditation, Mystery

Brown: Healing, Grounding, Healing animals, Stability

Rust: Removing unwanted energies, Releasing, Cleansing

Silver: Emotional Healing (moonlight is especially important to emotional healing and attachments), fertility, psychic powers

Colors are needed in our everyday life, it is also a big help to heal and cure. There is even a method of treatment called Chromotherapy (also called as Colorology, Color Therapy, Cromatherapy) that uses Colors to cure diseases and has been succesful over the years as early as Ancient Civilizations of Egypt, China and Greece. It has been used for curing diseases from Brain and Nerves up to Lower part of the body, from external parts to internal organs.

It was also in the Early 19th Century, when Edwin Dwight Babbit (Pioneer of Modern Chromotherapy) conducted experiments and invented a lot of device in line with Chromotherapy and is a big help in modern day Medicine. This indicates that healing using colours has been used and practiced years ago and has been a great help in out daily life. Colour is not just a visual description, but can also be a "Prescription".



<https://www.lifereader.com/articles/the-healing-power-of-colour/>



## MINDFUL MEMES

Show me a hero, and  
I'll write you a tragedy.

F. Scott Fitzgerald

“ quote fancy ”





# BIRTHDAYS REMEMBERED

David Blea	8	1	1967
Tiff Vainey 5th	8	1	1984
Bill Leis	8	3	1948
Brandon Hurtado	8	3	1978
Eddie Wayne Hairston	8	3	1961
Cody Martell	8	4	1966
Blaine Eric Noble	8	6	1974
H Gregory Jukiewicz	8	6	1975
Kevin	8	6	1971
Trevin Eno	8	10	1970
Jesse Maldonado	8	12	1977
Earl Mitchell	8	13	1907
Phillip Dearing	8	13	1980
Carmina "Nina" Anderson	8	14	1930
James Mendoza	8	14	1989
Lysa Beth Moser	8	14	1962
Cindy Jolene Tiemann	8	15	1959
Michelle Leigh Cospers	8	15	1973
Larry Heil	8	16	1962
Angelina Sicola	8	17	1992
Leon Nuanes	8	17	1975
Matthew Foley	8	19	1980
Christy Marie Brown	8	20	1975

Gertrude Brown/Nussel	8	22	1906
Joni Edwards	8	23	1962
Josh Harman	8	23	1984
Steven Robert Curnow	8	23	1984
Justin A. Archuleta	8	26	1975
Justin Andrew Archuleta	8	26	1975
Justin Archuleta	8	26	1975
Heather Victoria Reyes	8	29	1975
Rebecca Lynn Ochs	8	30	1971

\*We apologize if we have missed any dates or they were posted incorrectly. Please alert the Editor know and we will update our records accordingly.

Thank you!



# IN MEMORIAM

Colin Ehlers	8	1	1998
Sid Wells	8	1	1983
Robert James Schoen	8	4	1998
Damon J. Murphy	8	6	1991
Donald Hubbard	8	7	2011
Joel England	8	8	1998
Trevin Eno	8	8	2017
Rickey Ritter	8	11	2006
Daniel Kitts	8	14	1973
James Darrell Steele, Jr.	8	14	1995
Mary Anne Southwick	8	14	1993
Robert A. Vinci	8	14	1990
Rodney Lee	8	14	1999
Ray (Paisano) Linebarger	8	16	1993
Micheala Carol Hanson	8	18	1988
Cecelia Vigil Talavera	8	21	0
Charley Richards	8	21	1992
Michelle Leigh Cospers	8	23	1988
Matthew Worden	8	24	1995
Tami Krizman	8	24	1995
Paul Anthony Ciaramitaro	8	25	1988
Devon Smeltz	8	26	2016
Tammy Lamberty	8	26	1994
Marcos Torres	8	27	2005

Mary Buso	8	27	1993
Brandon Cruz Sigala	8	28	2011
Michael Ned	8	28	1992
James Mendoza	8	30	2009
Ricky Bobian	8	30	2009





# MONTHLY MEETINGS

Support meetings are held the 3rd Saturday of every month  
at **7:00 PM**

For Year: **2020**

***January 18\****

February 15

***March 21\****

April 18

***May 16\****

June 20

***July 18\****

August 15

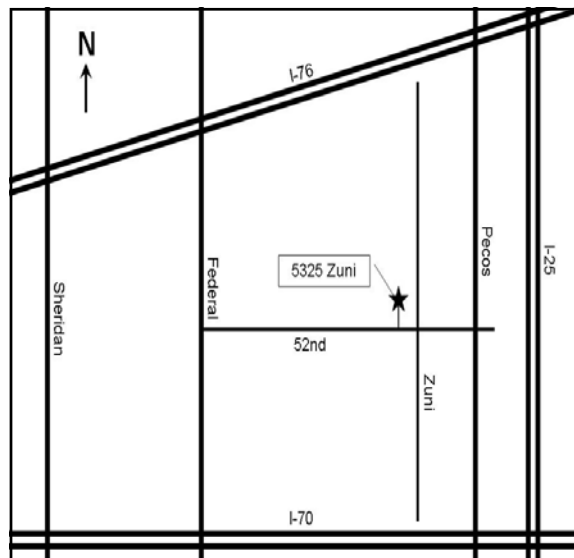
***September 19\****

October 17

***November 21\****

December 19

***\*Board meetings are held the 3rd Saturday of every other  
month at 5:30 PM***



We meet in the **cafeteria** of the **CenturyLink Building**  
at 5325 Zuni in Denver. The **entrance to parking** is on 52nd.

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80123

ADDRESS SERVICE REQUESTED