



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

FEB – MAR 2017

## Upcoming VOICE Meeting

Victims Organized In Correctional Exchange

The next VOICE meeting will be held on  
Monday April 17th 6pm—8pm

### *New Location*

1325 S Colorado Blvd Denver, CO  
Basement Conference Room

Topics: Parole Board

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*National Crime Victims' Rights  
Week is April 2-8, 2017.*

*The theme is  
Strength \* Resilience \* Justice.*

*If you would need more  
information the website is*

*[www.ovc.gov/ncvrrw](http://www.ovc.gov/ncvrrw).*

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Do you have a poem or an article that you  
think would be good for the news letter?  
Please send them to me for consideration.  
POMCColorado@gmail.com

## *My mask*

*By Mardi Slagle Peaster*

*The mask I wear is heavy,  
yet it doesn't weigh an ounce.*

*The mask I wear is stifling,  
yet it doesn't block my face.*

*The mask I wear is tight,  
yet it doesn't cling at all.*

*The mask I wear is a disguise,  
yet it looks like my regular face.*

*The mask I wear is invisible,  
yet it hides my feelings.*

*The mask I wear is suffocating,  
yet I breath just fine.*

*The mask I wear is remouable,  
yet it never comes off.*

*The mask I wear is "normalcy",  
yet I am grieving.*



### 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](mailto:POMCColorado@gmail.com)

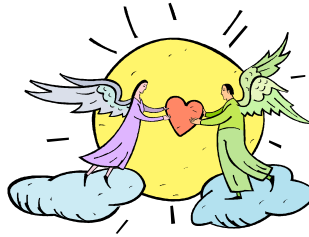
**Memorials & Birthdays:**  
Phil Clark, 303 748-6395

**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.**

Erika Mulligan  
In loving memory of  
**Michael Tarasiuk**

Veronica Duran  
In loving memory of  
**Mel Gurule**

Bob Luiszer  
In loving memory of  
**Jacine Gielinski**

Earl & Claudette Elder  
In loving memory of  
**Cher Elder**

Rita Waegele  
In loving memory of  
**Christine Waegele**

Gayle Sawhill  
In loving memory of  
**Randy Fleming**

### New Members

Andy & Danae Archuleta

Bailee Greene

Julee Kirk

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

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

**Leader** .....**Phil Clark**  
303-748-6395  
[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)

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

**Treasurer** .....**Bernadette Alness**  
720-448-9555  
[BA77077@gmail.com](mailto:BA77077@gmail.com)

**Board Members**.....**Joe Cannata**  
303-345-7301  
[kaknota@aol.com](mailto:kaknota@aol.com)

**Bill Lusk**  
303-593-0784  
[wjlusk@comcast.net](mailto:wjlusk@comcast.net)

**Nancy Rasser**  
303-798-2841  
[nancyrasser@comcast.net](mailto: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

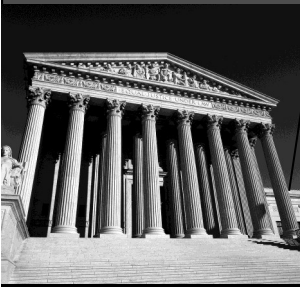
**Email:** [natlpomc@pomc.org](mailto:natlpomc@pomc.org)

**Website:** [www.pomc.org](http://www.pomc.org)

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

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

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



# Trials & Hearings

No Trial Updates

My heart aches with pain for the  
face I can no longer touch nor see.  
Only God knows the reason  
why this had to be.  
Though my heart will never  
accept even if God explains  
his reasons to me.

Narin Grewal

[www.touchinsouls.com](http://www.touchinsouls.com)

## *What Complicated Grief Is Like*

By Stephanie Muldberg

Twelve years ago, my 13-year-old son Eric died after a courageous, 16-month-long battle with cancer. For the next four years, I fought my own battles dealing with my loss until I was able to give it a name — complicated grief — and receive treatment for it.

I was unprepared for my grief and how others would react to it. I worried people would be uncomfortable seeing me emotional, so I tried to protect them by remaining silent and avoiding them. I felt the sting of rejection by friends and acquaintances who now viewed me differently. I felt people's impatience when I was unable to shake off feelings of sadness, anger, confusion and loneliness even years after Eric's death. I lost faith in the goodwill of others and felt a painful sense of isolation.

When I lost Eric, I felt I had lost part of my identity; it was as if I no longer knew who I was. The fact that people couldn't talk about it made it even harder. I had to learn to live in a world without Eric, and I couldn't do it.

I don't remember much about those first few years. There were times I was paralyzed by my grief. There are so many things I don't recall doing. I do remember coming home to our empty house after driving my daughter Lauren to school. I would sit on the couch and stare out the window until I had to pick her up. I didn't answer the phone. There were times when I floated and just went through the motions of cooking, cleaning and holding a conversation. It was a time of numbness. It was a time when the pain was so intense, it was actually physical. What I didn't know at the time was I was struggling with complicated grief.

Complicated grief is an intense and long-lasting form of grief that can take over a person's life. People with complicated grief often say they feel "stuck." Nothing seems to change, and it's as if the death happened the day before. Time stops and so does the mourner's involvement with life. People with complicated grief may believe their lives are over and the intense pain they feel will never end. They may think that by enjoying their life, they are betraying their loved one. I know that's how I felt.

Grief is a reaction that can help us cope with loss. When grief is working, different feelings associated with grief can guide and motivate changes that help people adjust to the death. Uncomplicated grief is a natural process of grieving that certainly involves "upheaval in life" and great emotional pain but often enables people to progress and come to terms with the finality of their loss. While the grief never really ends, they can become able to resume their daily activities and integrate the loss into their lives. Most importantly, they can begin to engage in their own lives again. I couldn't.

Although grief is always difficult, for some people — like me — the process can go awry. Like me, people with complicated grief may not know what is wrong with them. They can't stop yearning for the person who is gone. They have strong urges to touch, hear or smell things that remind them of that person — yet, at the same time, they can get so emotionally and physically activated that they want to avoid people, places or things that act as reminders.

There were many reasons why the grief process went awry for me. One of the road blocks was my fear that I would somehow lose the memories that connected me to Eric. I seemed unable to remember the good times, and was constantly tormented by the bad ones. My thoughts frequently turned to self-blame. Why hadn't I known how ill he was? Why hadn't I gotten him treatment faster? Had I made the right decisions? Of course, these questions had no answers, and they just made the pain worse.

Grief needs to be shared with others, perhaps to lessen the burden on the mourners themselves, and to remind us it is a universal experience. I couldn't do that until I finally got the treatment I needed in a research project at Columbia University. I was helped by a short-term therapy specifically designed to target complicated grief.

The first thing that impressed me were the questions I was asked during the initial interview. No one had ever asked me before if I was having trouble accepting the loss or whether I felt angry or bitter about it. My therapist seemed surprisingly comfortable talking to me about Eric and how grief-stricken I was. She said she would not pretend to understand how I was feeling but wanted to hear anything I wanted to tell her. This was the first time I felt I didn't need to take care of someone else. I began to see a glimmer of hope.

What really made the difference, though, were the imaginal exercises. One involved revisiting the period of the death, and another entailed having an imaginary conversation with the person who died. By repeatedly telling the story of Eric's death, I was able to notice things I hadn't paid attention to. I started to focus on all the love and support Eric had received. These exercises were remarkably effective, transforming my grief and changing my life.

Today, I can say that, of course, my life was permanently changed by losing Eric, but I know it is possible to make a new life that is rich and satisfying — though often tinged with sadness.

Now I find myself going and doing and functioning, and taking joy in life and its challenges. I never believed that would be possible, but I assure you it is. There are still times, especially good times, when the pain of missing Eric stops me in my tracks. But there are good times.

I believe I have grown in my ability to be compassionate and to understand the pain that others may be experiencing. Once you know the pain of excruciating, incomprehensible loss, you can't un-know it. But when you endure struggle, you can also learn empathy.

I am sharing this because until I was diagnosed and treated with complicated grief — which I had never even heard of before and which 7 percent of bereaved people struggle with — I felt isolated and like my life had no meaning. I hope my story will reach anyone who's feeling like that and show them there is hope.

# Birthdays Remembered

Randy Fleming	2	1	1960	Steven Johnson	3	8	1986
Heather Harper	2	2	1975	Shaniqua Coffman	3	8	1991
Martin Macias	2	3	1960	Nathan Bailey	3	10	1996
Sherri Majors	2	3	1969	Amy Hill	3	11	1979
Philisia Bunting	2	4	1974	Edward Perez	3	15	1946
Tiffany Cuin	2	4	1981	Tina Abbott	3	15	1949
Ronald (Ron) Georgopoulos	2	8	1954	Pedro A. Dominguez	3	16	1982
Kay Lyn Robinson	2	9	1961	Tina Sandoval	3	17	1972
Roxanne Logan	2	12	1952	Megan Patricia Neylon	3	17	1982
Loren Holcom	2	14	1943	Gerry Schwartzman	3	18	1938
Lorren Holcomb	2	14	1943	Paul A. Stone	3	18	1980
James Mora	2	14	1972	McKinley Dixon Jr	3	20	1975
Frank Sumpton, Jr	2	16	1973	Leslie Gonzales	3	20	1989
Anthony Taiitt	2	18	1960	Troy Baker	3	23	1977
Matthew Kechter	2	19	1983	Alex Incorvia	3	23	1990
Nephew Ryan Gray	2	19	1985	David Aric Rothrock	3	23	
Ryan Gray	2	19	1985	Anthony (Tony)Gonzales	3	24	1942
Charles Harris	2	20	1976	Andrew Just	3	25	1980
Cissy Foster	2	20	1979	Jesse Field	3	27	1979
PJ Pierce?	2	20	1986	Kaci	3	27	1982
John Wann	2	21	1973	Jeffrey Smith	3	27	1992
Beulah Lawson	2	22	1927	Sid Wells	3	28	1961
Karla Winberg	2	22	1961	Andrea Weiss	3	28	1976
Monica Martinez	2	22	1974	Andrea Weiss	3	28	1976
Michael McMullen	2	22	1980	Chad Harvey	3	30	1975
Lonnell Friend	2	24	1978				
David Michael Kelly II	2	26	1977				
Chris Irish	2	27	1971				
Miranoa Rose Linn Baca	2	27	1985				
Vanessa Gushard	2	28	1976				
Garett Cordova	3	1	1965				
Jennifer Manchego	3	1	1974				
Jeremy Campton Craft	3	2	1970				
Sindy Wong	3	2	1977				
Corey DePooter	3	3	1982				
Beth Haynes	3	5	72				
Danny Steve McQueen	3	5	1955				
Wayne Craig	3	6	1969				
John Rasser	3	7	1966				
Mark Francis	3	7	1978				
Michael Scott Reichert	3	8	1964				



# In Memoriam

Louis Muradian	2	0	1985	Eddie Garcia	3	15	1998
Brandon Gushard	2	1	1987	Nathan Leon	3	17	2013
David Michael Kelly II	2	1	1996	Lee Pumroy	3	18	1993
Marilyn Gillespie	2	2	2010	Sherri Majors	3	18	1996
Jackie Maldonado	2	3	2002	Theodore C. Carleton	3	18	1996
Robert Ursetta	2	4	1995	Meglan Renaud	3	21	1989
Bryan D. Lusk	2	5	2007	Guillermo Quinones	3	21	2012
Levon George Griego	2	6	1985	Lori Jean Burritt	3	22	1990
Ruth Ortega's son	2	6	1985	Paul Hurtado Jr	3	22	1990
Amber Bullington	2	6	2000	Natalie Lynn Boggs	3	27	2013
Alan Cardares	2	7	2013	Michelle Vinson	3	28	1992
Ada Johnson	2	9	1983	Cher Elder	3	28	1993
Garett Cordova	2	11	2002	Paris Lamar Davis	3	29	1998
Heather Riccardi,	2	15	2014	Alex Incorvia	3	29	2016
Kevin Johnson	2	16	2003	Jennifer Behling	3	31	2006
Vera Escobedo	2	16	2008				
Marco Escobedo	2	16	2008				
Clair Weaver	2	17	1991				
Toni Clark	2	17	2008				
Gertrude Brown/Nussel	2	20	1992				
Aaron Richart	2	20	1999				
Carmina "Nina" Anderson	2	21	1973				
Peter Beaupre`	2	23	1995				
McKinley Dixon Jr	2	25	1994				
Terrell Ephriam	2	26	2014				
Erin Golla	2	27	2002				
Robert Zajac	2	27	2002				
Jordan Miranda	2	29	2016				
Sheldon Sullivan	3	1	1998				
Mark Francis	3	1	2002				
Maria Cordova	3	1	2003				
Maria Fierro	3	1	2003				
Falon Watson	3	1	2014				
Alice Jane Hensley	3	3	2001				
Mark Smith	3	4	1995				
Ron Haynes	3	4	2006				
Ronald Overstreet	3	4	2006				
Martin Macias	3	4					
James Mora	3	7	1992				
Andrew Just	3	7	1998				
Ruby Sparks	3	8	81				
Gloria Bailey	3	8	1981				
Ralph Earl Pettis	3	9	1986				
Harold Lee Prelow	3	9	1996				
Alan Friedman	3	10	1989				
Carrie Lee Gonzales	3	11	1984				
Larry Heil	3	12	1991				
Roxanne Logan	3	12	1995				
Scott Clarke	3	14	2011				
Roderick Paulsen	3	15	1997				



# ANNOUNCEMENTS

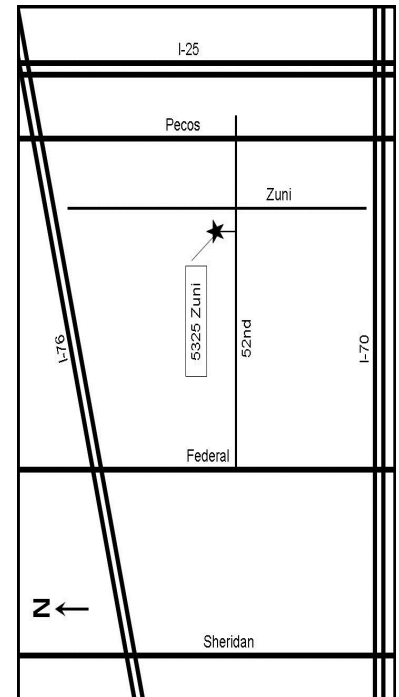
Feb 18 - Support Group at 7:30 PM

Mar 17 - Board Meeting at 6:00  
Support Group at 7:30 PM

Apr 17 - Voice Meeting 6:00 PM  
Agenda: Parole Board  
See Page 1 for new address

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. The entrance to parking is on 52nd.