



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

February 2020

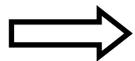
ANNOUNCEMENTS

**You voted and the results are in!
Please welcome your 2020 Front Range Board Member Support Team.**

**Phil Clark, Andy Starrett, Tiffany Starrett, Julie Rudnick,
and last but not least Juli Jenicek**

DID YOU KNOW?

**"As an Amazon Associate, POMC earns from
qualifying purchases"**



<https://www.amazon.com/?tag=pareofmurdchi-20&linkCode=ur1>

(The use of this link does not increase the cost of your purchase)

Save the Date:

**POMC National Conference
July 23-26, 2020
Atlanta Hilton in Atlanta, Georgia**

**Place: Hilton Atlanta Airport
1031 Virginia Avenue
Atlanta, Georgia 30354
404-767-9000**



[https://www.eventbrite.com/e/2020-pomc-national-conference-registration-83931624749?
ref=ebtn](https://www.eventbrite.com/e/2020-pomc-national-conference-registration-83931624749?ref=ebtn)



FRONT RANGE CHAPTER

“We Are Here to Help”

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

Phil Clark
 303-748-6395
POMCColorado@gmail.com
 Other Resources: Healing & Bereavement, Trials and Hearings

SECRETARY

Juli Jenicek
 303-947-7972

TREASURER

Tiffany Starrett
 303-601-2416
trstarrett@comcast.net
 Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

BOARD MEMBER

Andy Starrett
 303-601-4165

BOARD MEMBER

Julie Rudnick
 720-822-6551

OTHER CONTACTS

Joe Cannata, 303-345-7301
 Kaye Cannata, 720-366-4165
kaknota@aol.com

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)

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
 *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.



LOVE GIFTS

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



NEW MEMBERS

Carissa Padilla



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 Motions Hearing is scheduled for February 7, 2020.
 The Pretrial Readiness Hearing is scheduled for March 20, 2020.
 The trial is scheduled for April 7, 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

Untitled

By Betty Byrd, Front Range Chapter

My son and Sabien's brother Maitreya was disabled because of a severe Traumatic Brain Injury which he sustained in a vehicle accident in 2001. Maitreya suffered a re-injury to his brain when his attackers came into his home, stomped him on his head, and left him for dead on the morning of January 2, 2017. He died as a result of that stomping attack 15 months later. Everything has an expiration date... everything. The only way to stop hurting is to forget him, and I don't want to forget anything.

"Life — the way it really is — is a battle not between good and bad, but between bad and worse." (Joseph Brodsky)

Darkness restores what light cannot repair. Just as sleep restores the body and mind, some struggles of the heart can only be worked through in darkness, in solitude, separated from others. In the light the good memories retreat and I have to face the harsh realities of his death, because the light reveals all the details I don't want to remember. But the precious, happy memories seem to come in the dark and restore me.
(paraphrased from J. Brodsky)

It's hard when a friend dies.
Harder when a family member dies.
Even harder when your child dies.
Worse when death is due to murder.
Unspeakable when your child is murdered and your other child, his sister, is an accomplice.

The sparkle depends on the flaws in a diamond. Each day that he was with me he became ever brighter. He was the diamond in my life.

"Shine On, You Crazy Diamond" (Pink Floyd from "Wish You Were Here" about Syd Barrett)





Neuroscience Insight: How to Break Bad Habits

Sarah McKay, Neuroscientist and Author

Trying to break a bad habit or start a new, positive one? These tips, based in neuroscience, can help you make that much-desired change in your life.

Habits are behaviors or thoughts so strongly wired into your brain that you can perform them without thinking. Why, if the brain is plastic and able to change, are bad habits so hard to break? Here you can learn about the neuroscience of how habits form—and how to use that knowledge to replace bad habits with positive ones.

The Defining Features of Habits

Your brain is fundamentally lazy. When it can, the brain wires thoughts, emotions, or behaviors into circuits deep below the surface where they become automated. Habits allow your brain to work on autopilot.

During the course of a day, hundreds of habits—automated chunks of thought, emotion, or behavior—come online and offline, usually with little conscious awareness. Some habits you might think of as good, such as washing your hands after you visit the bathroom, brushing your teeth, or meditating daily. Others you may consider bad, such as negative self-talk or snacking on junk food. But in reality, most of your habits are neutral—by habit, you steer along the same roads to work, position yourself in the same spot in a gym class, fill your shopping cart with the same food at the same supermarket, and tune your ears into the same music.

Good, bad, or neutral, neuroscientists have found that all habits have a few defining features:

1. Habits are triggered by a particular cue, situation, or event.
2. Habits are learned over time by being repeated over and over.
3. Habits are performed automatically, often with little conscious awareness.
4. Habits are persistent—once formed, they are very hard to break.

Where Habits Are Stored in the Brain

Your brain's coordination center for habits is called the striatum, which is located deep beneath the cortex where it forms part of the basal ganglia. The striatum is richly connected to the prefrontal cortex (involved in higher-order thinking, feeling, and sensing) and to the midbrain. The midbrain provides input from dopamine-containing neurons (brain cells). Dopamine is a brain chemical strongly associated with creating positive feelings related to reward and events of emotional significance. A malfunctioning striatum is seen when habits become disordered, such as obsessive-compulsive behaviors and addiction.

How Habits Form

Consider how negative self-talk, a common and damaging bad habit, forms. Negative self-talk is the inner voice in your mind that repeats a subtle yet demeaning running commentary. Examples include:

1. "I'm useless; I'll never succeed."
2. "I never look good in any outfit."
3. "I'm a bad parent; my children will grow up and hate me. They deserve so much better."

[Continued to Next Page](#)



COMFORT CORNER: SELF CARE

Continued from Previous Page

As you repeat a negative statement over and over to yourself, neurons in the prefrontal-striatal-midbrain circuit fire together over and over. The connections between neurons become strengthened, and eventually the circuit wires together, storing the thought as a habit. This is where the mantra "Neurons that fire together wire together" comes into play. Turning a thought into an enduring habit is brain plasticity in action.

Once the negative self-talk habit is stored, another brain region—the infralimbic cortex—causes you to carry out the habit when you are triggered by a particular cue, situation, or event.

Use Neuroscience to Break Bad Habits

So how do you break a bad habit? Neuroscience research provides two clues:

- Habits are triggered by a particular cue, situation, or event.
- Habits are persistent—once formed, they are very hard to break.

Therefore, to break the habit:

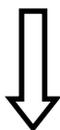
- Learn to recognize the trigger for your bad habit.
- Wire a new healthy or positive habit to override the bad-habit trigger.

Breaking your bad habit could be achieved by carefully paying attention to what, where, when, and why your habit is triggered. Once you recognize the trigger, the trick is to consciously and mindfully repeat your new desired behavior, action, or thought instead. Similar to forming the old habit, you must repeat this process over and over until the new habit is wired to the old trigger—eventually masking the old habit.

For example, in the first few years after having my children, my negative inner voice was automatically triggered when loading or emptying the dishwasher. I'd habitually tell myself, "Your children deserve a better mother ... you can't even empty a dishwasher without crying." I learned to recognize that opening the dishwasher door was my 'trigger'. I now use the opening of the dishwasher door to practice mindful and careful loading and unloading of crockery and cutlery. Over time, I replaced negative self-talk with a mindfulness practice.

Of course, the process of breaking bad habits is not always easy. But choosing a new habit that is enjoyable and rewarding will engage the dopaminergic neurons in your prefrontal cortex-striatal-midbrain circuit, and make the process of wiring in the new habits quicker and easier.

Also, understand that old habits never die; instead, they become masked by new habits, and you may sometimes experience a momentary relapse. If you do fall back into your old ways, don't be too hard on yourself. Mindfully pick yourself up. Treat yourself with compassion. As Aristototele once said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."



For questions go to:

<https://chopra.com/articles/neuroscience-insight-how-to-break-bad-habits>





BIRTHDAYS REMEMBERED

Randy Fleming	2	1	1960
Heather Harper	2	2	1975
Martin Macias	2	3	1960
Sherri Majors	2	3	1969
Phylisia Bunting	2	4	1974
Drake Smith	2	6	2003
Ronald (Ron) Georgopoulos	2	8	1954
Kay Lyn Robinson	2	9	1961
Roxanne Logan	2	12	1952
Loren Holcom	2	14	1943
Lorren Holcomb	2	14	1943
James Mora	2	14	1972
Anthony Taiitt	2	18	1960
Matthew Kechter	2	19	1983
Cissy Foster	2	20	1979
John Wann	2	21	1973
Monica Martinez	2	22	1974
Karla Winberg	2	22	1961
Michael McMullen	2	22	1980
Lonnell Friend	2	24	1978
David Michael Kelly II	2	26	1977
Chris Irish	2	27	1971
Vanessa Gushard	2	28	1976

*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

Louis Muradian	2	0	1985	Robert "Bobby" Zajac	2	27	2002
Brandon Gushard	2	1	1987	Jordan Miranda	2	29	2016
David Michael Kelly II	2	1	1996				
Jackie Maldonado	2	3	2002				
Robert Ursetta	2	4	1995				
Abraham Hansen	2	4	2017				
Bryan D. Lusk	2	5	2007				
Amber Bullington	2	6	2000				
Ada Johnson	2	9	1983				
Garett Cordova	2	11	2002				
Marco Escobedo	2	16	2008				
Chris Stockwell	2	16	2017				
Vera Escobedo	2	16	2008				
Clair Weaver	2	17	1991				
Antoinette "Toni" Clark	2	17	2008				
Mark Eastwood	2	19	2019				
Gertrude Brown/Nussel	2	20	1992				
Carmina "Nina" Anderson	2	21	1973				
Peter Beaupre`	2	23	1995				
Clarence Thomas	2	25	2017				
McKinley Dixon Jr	2	25	1994				
Terrell Ephriam	2	26	2014				
Robert Zajac	2	27	2002				
Erin Golla	2	27	2002				



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

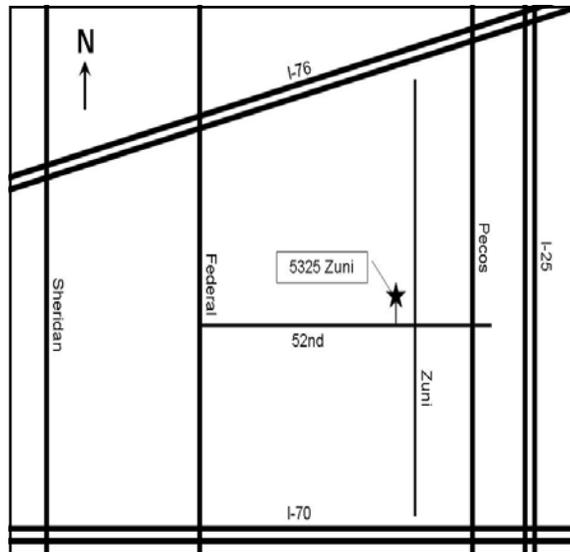
September 19*

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.

POMC
9888 W Bellevue Ave. #103
LITTLETON, CO
80123

ADDRESS SERVICE REQUESTED