



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

July 2020

## ANNOUNCEMENTS

National Organization of  
Parents Of Murdered Children (POMC)

### LIVE VIRTUAL POMC NATIONAL CONFERENCE

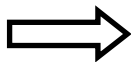
Registration is now OPEN and is required  
for entry, and also to have your Loved One's photo in the Memorial Video.

**Note: To have your Loved One's photo in the Memorial Video, National POMC  
must have the photo in their office by **JULY 10th at noon.**  
We cannot make any exceptions.**

- We are asking for a minimum donation of \$25 per log-in. However, for those experiencing financial difficulties, don't worry. There is an option for you as well. We want everyone to attend who wants to attend. If you can support us beyond the regular log-in fee, that would be appreciated.
- There will be a welcome orientation the evening before the conference on Friday evening, July 24th, from 7:00-9:00 p.m. Eastern Time to give everyone the opportunity to see how to log in, get some instructions, etc.
- The instructions will be presented two times during this orientation, at 7:30 PM and 8:30 PM Eastern Time to make it easier for people from different time zones to attend. You won't need to stay for the full two hours because the information will be repeated. Stay as long as you like.
- Orientation will be:  
6:00-8:00 p.m. Central Time  
5:00-7:00 p.m. Mountain Time  
4:00-6:00 p.m. Pacific Time

If you plan to attend this welcome orientation please check the box accordingly on the registration form.

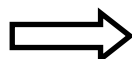
To Register:



<https://host.regform.com/pomc-live-virtual-conference-2020/>

- You will be getting login instructions in order to attend the conference. You will need to set up your own personal account with ExpoPass. We found this to be a very secure way to keep our conference attendees safe from outside disruptions. Please be sure to use the same email address to set up your account that you used when you registered. This is very important to ensure entry into the event.

To Register:



[app.expopass.com](http://app.expopass.com)



# 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**

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

**SECRETARY**

Juli Jenicek  
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**TREASURER**

Tiffany Starrett  
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Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

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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](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 Motions Hearing is scheduled for February 7, 2020.  
 The Motions Hearing was rescheduled to March 11, 2020.  
 The Pretrial Readiness Hearing is scheduled for March 20, 2020.  
 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.



# 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**

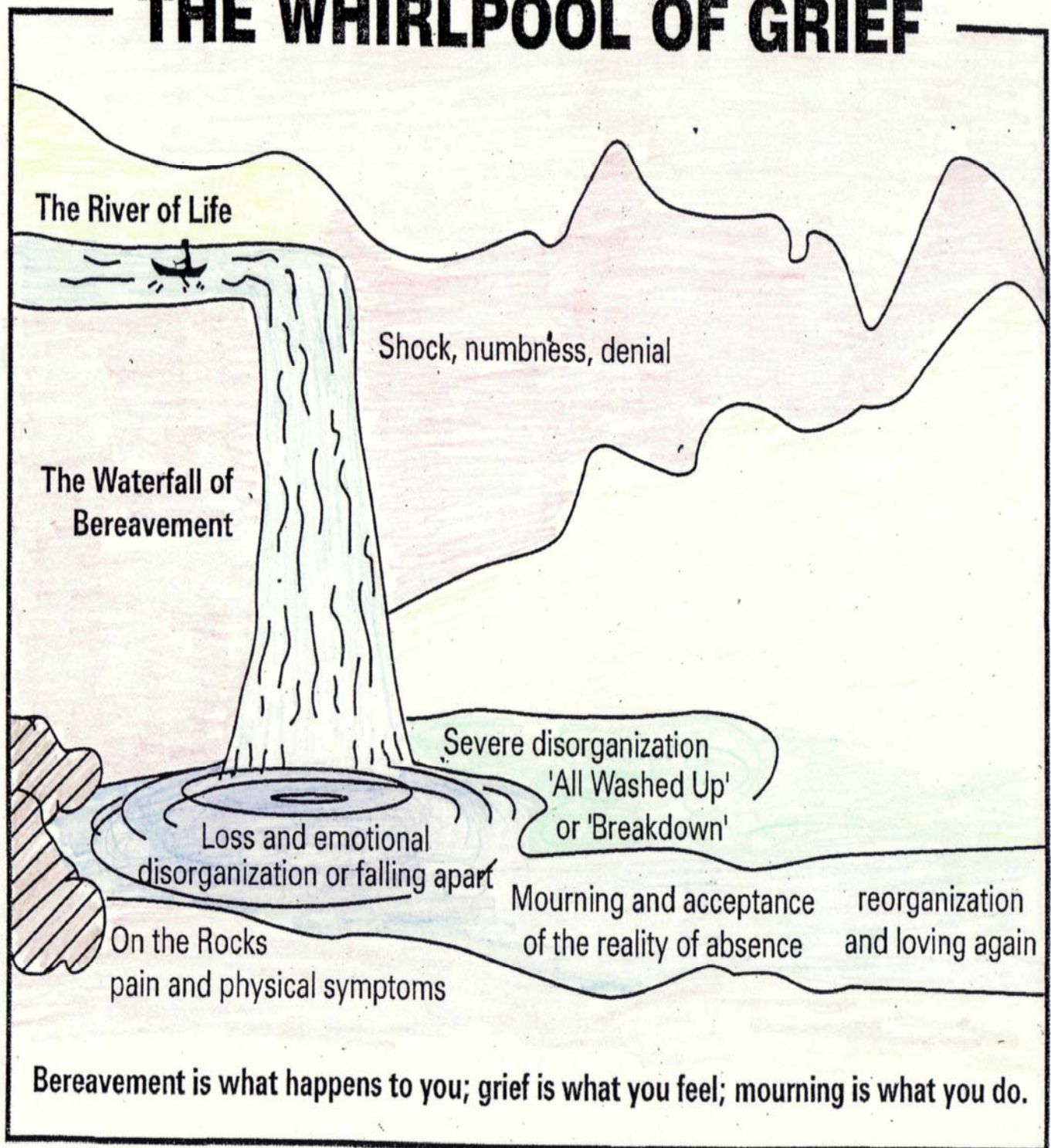
Mail Checks to:

**POMC**  
**9888 W Belleview Ave. #103**  
**LITTLETON, CO 80123**

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

Donations are tax-deductible Federal ID 31-1023437

# THE WHIRLPOOL OF GRIEF





## CRYSTALS FOR GRIEF

Aquamarine, Lemurian Quartz  
Rose Quartz, Apache Tear

### Aquamarine

Balances anger & fear  
soothes emotions

### Lemurian Quartz

Connects with the Angelic realms  
Strengthens connection with Spirit

### Rose Quartz

Encourages love & healing  
Helps heal trauma & stress

### Apache Tear

Protects from grief & sorrow  
Releases tension

 @will2wow\_jewelry

  
**Will2Wow** The Will to Wow



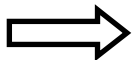
## Self Care While Grieving: Comfort Quickies

From the Center for Grief Recovery

By Chris Rothman, Ph.D.

During grieving, it is common to need breaks from our emotions. This in no way dishonors the seriousness of our concerns and the memories of our loved one. These ideas may give you some additional nourishment to respond to the stress that comes with grieving.

- Lie in the sun streaming in through your windows. Bathe, breathe in the sun.
- Designate an afternoon or evening and take the phone off the hook.
- When you are worried or obsessing, set up a specific time of the day to "worry" for 20 minutes. Set a timer. When the time is up, do something rewarding for yourself.
- Do something you're good at. It is important to ground yourself in your skills and abilities, even if the outcome isn't up to par (trouble concentrating and decreased zest are common in grief).
- Comfort yourself by taking a warm bath using your favorite scents, and burn aromatherapy candles. It's invigorating and relaxing at the same time.
- Buy yourself or your loved one a gift—and have the clerk gift wrap it. Choose the prettiest paper and bow. Celebrate fond memories.
- Wrap up in a warm blanket. Put on relaxation tapes and sip your favorite tea or hot chocolate.
- Dressed in comfortable clothing, find a rocking chair and rock your troubles away.
- Play music that matches your mood. Feel understood by the songs and singers that share your experiences.
- Especially when you are feeling stressed and overwhelmed, forget about making to-do lists. Instead, at the close of each day, make a list of what's been done.
- Burn Russian amber or sandalwood incense.
- Find something alive to care for, such as a plant or a pet.
- Eat at least one nourishing meal each day, even if the food doesn't hit your taste buds like you're used to.
- Make a fire in the fireplace and do some stretching and focus on yourself. You can add your favorite soft music to this, if you wish.
- Breathe—really breathe! Take deep breaths in through the nose and slowly out through the mouth.
- Say "No" to something... and "Yes" to yourself.
- Try gentle exercise like yoga, tai chi, or walking.
- Spend some time in nature.
- Make a memory box, collage, or journal to store your thoughts and memories



<https://griefcounselor.org/comfort-quickies-self-care-while-grieving/>



"Grieving the loss  
of a child  
starts the day  
we lose our child,  
and ends  
the day we join them."

— U n k n o w n —

[ABedForMyHeart.com](http://ABedForMyHeart.com)



# BIRTHDAYS REMEMBERED

Henry Kellie	7	1	0
Michael E. Duran Jr	7	1	1961
Micheala Carol Hanson	7	1	1987
Joseph Nelson	7	4	1982
Leroy Martinez II	7	4	1973
Garry Gene Bailey	7	5	1972
Abraham Hansen	7	6	1995
Matthew Boysen	7	7	1980
Rachelle Bergeron-Hammerling	7	7	1986
Dan Suazo	7	8	1957
David Wesley Stewart	7	8	1967
Alice Jane Hensley	7	9	1965
Brandon Gushard	7	9	1969
Pamela Brandon	7	9	1957
Dylan Lee Newman	7	10	1986
Cecelia Vigil Talavera	7	11	0
Michael J. Loughrey	7	11	1954
Nathan Engle	7	12	1986
Russina Vale	7	12	1975
Amber Bullington	7	13	1981
Anthony Rudnick	7	13	1991
Antoinette "Toni" Clark	7	14	1985
Terrell Ephriam	7	14	0

Jesse Lamblin	7	15	1981
Mark Eastwood	7	15	1980
Denice Ann Hightower/Benson	7	16	1975
Elvin Landrum	7	19	1953
Byris Williams	7	21	1988
Justin Maggard	7	24	1988
Alexi Kaptanian	7	25	1972
Jordan Hood	7	25	1990
Ali Muhammad Sparks	7	26	1971
Marco Escobedo	7	27	1963
Brandy DuVall	7	28	1982
Paul Hurtado Jr	7	29	1948
Kimberly Medina	7	30	1977

\*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

Lucinda Carbonell	7	0	1999
Emily Reilly	7	1	1998
Ally Raber	7	2	2017
Lynn Cannata	7	2	1987
Zoey Espinoza	7	2	2005
Carolyn Walker	7	3	1987
Kurt Gillotte	7	3	2016
Laura Hetes	7	3	1992
Angie Fite	7	5	1998
Marlon Horton	7	5	2002
Michael Kramer	7	5	2014
Cindy Stewart	7	6	1999
John Wann	7	6	2015
Jeffrey B. Packard	7	8	1991
Jennifer Mesa	7	8	1987
Lysa Beth Moser	7	8	2001
Jesus Diaz	7	11	1998
Leon Nuanes	7	11	1990
Tyrone Anthony Bennett	7	11	1993
Alan Cardenas	7	12	2013
Jackie Gallegos	7	12	1994
Russina Vale	7	12	2014
Jennifer Manchego	7	14	1992
Brooklyn Jean Ricks	7	15	1995

Kim Hadley	7	15	1993
Amber Carlson	7	16	2006
Patricia "Trisha" Green	7	16	2000
Tina Abbott	7	16	2003
Trisha Green	7	16	2000
Jesse Harris Pejko	7	17	2008
Brandon Hurtado	7	19	1998
Philisia Bunting	7	19	1990
Michael O'Fallon	7	19	1980
A.J. Boik	7	20	2012
Dennis Sanchez	7	20	1992
Martin "Marty" Lawrence Martinez	7	21	1976
Jesse Maldonado	7	22	1995
Mark Antony Wilson	7	22	1997
Thomas Hollar	7	23	1993
Amy Hill	7	24	2008
Bailey Davidson	7	24	2008
Cindy Wilson/Langlois	7	24	1986
Denice Ann Hightower/Benson	7	24	2002
Troy Krause	7	27	1977
Jessica Morehouse	7	30	1988
Kathleen Annette David	7	31	1996
Sammy Burks	7	31	2003





# 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

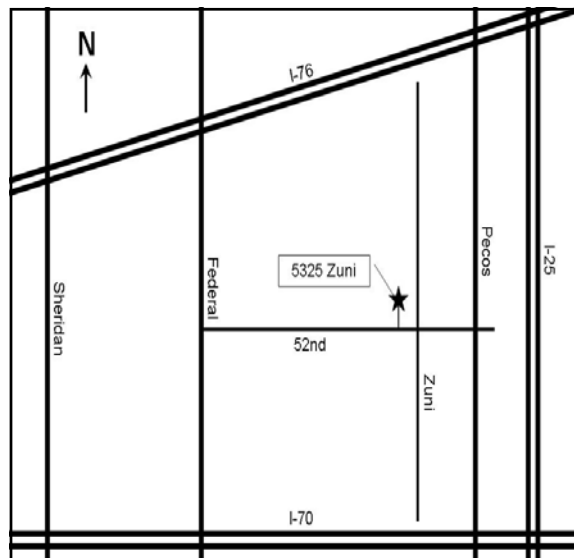
***September 19\****

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