



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

June 2019

## ANNOUNCEMENTS

### The 33rd Annual - 2019 National Conference

will be held in DENVER, **August 8-11th**.

The convention will be held at the Denver Tech Center Marriott.

This years theme is "Together We Climb The Mountain To The Peak Of Hope"

Denver Marriott Tech Center, 4900 S. Syracuse Street,  
Denver, CO 80237-2725

\*If you need help with the registration fee, up to 20 people from Denver can get their registration paid for\*

**Register NOW:**

<https://www.eventbrite.com/e/2019-pomc-national-conference-registration-51110146825?ref=ebtn>

### Runway 5K Run for the Angels

Saturday **October 5th** 9:00am

11001 Control Tower Road, Broomfield, CO 80021

Adults: \$25 Very Early-Bird (before August 7th); \$30 Early Bird (August 8th - October 4th);  
\$45 (race day registration on-site - entry not guaranteed due to 500 race runner maximum);  
Kids (under 13 years old): \$10 anytime; Seniors (over 60): \$25

Runway 5K Run for the Angels is a certified race, come run your best time!

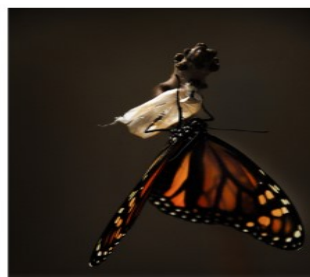
This unique "RUNway" experience will benefit Angel Flight West - an organization that delivers health and hope using donated flights to serve those with healthcare or other compelling human needs. In the air, Angel Flight West links volunteer pilots and commercial airlines with people whose non-emergency health needs require air transportation to access care. On the ground, volunteer "Earth Angels" ferry passengers to and from their departure and destination airports. There is never a charge to passengers.

**Register NOW:**

<https://runsignup.com/Race/CO/Broomfield/Runway5KRunfortheAngels>

A CALL TO  
*Receive*

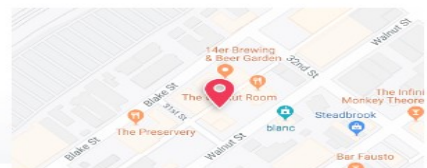
HEALING TOUCH & TOOLS FOR  
TRAUMA TRANSFORMATION



Details

🕒 Sat Jun 29 2019 15:00:00 GMT-0600  
(Mountain Daylight Time)  
Sat Jun 29 2019 15:00:00 GMT-0600  
(Mountain Daylight Time) to Sat Jun 29  
2019 17:00:00 GMT-0600 (Mountain  
Daylight Time)

📍 RiNo Yoga Social, Upstairs  
3101 Walnut Street Suite 300 · Denver, co



**Register NOW:**

<https://www.meetup.com/Transforming-Trauma/events/261657662/>



# 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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POMCColorado@gmail.com  
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

Juli Jenicek:

Mr. Howard and Mr. Vigil were found guilty of first and second degree murder among many other charges. Howard was sentenced to LIFE plus 279 and Vigil was sentenced to LIFE plus 118 years. Miss Valdes severed from the trial and will have her own trial July 18, 2019.

Tiffany & Andy Starrett:

Suspect Arturo Garcia was captured on February 26, 2019. A Governor's Warrant was issued and he is currently in Texas awaiting extradition to Arapahoe County.



## 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: \_\_\_\_\_

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

The best way I can describe grieving over a child as the years go by is to say it's similar to carrying a stone in your pocket.

When you walk, the stone brushes against your skin. You feel it. You always feel it. But depending on the way you stand or the way your body moves, the smooth edges might barely graze your body.

Sometimes you lean the wrong way or you turn too quickly and a sharp edge pokes you. Your eyes water and you rub your wound but you have to keep going because not everyone knows about your stone or if they do, they don't realize it can still bring this much pain.

There are days you are simply happy now, smiling comes easy and you laugh without thinking. You slap your leg during that laughter and you feel your stone and aren't sure whether you should be laughing still. The stone still hurts.

Once in a while you can't take your hand off that stone. You run it over your fingers and roll it in your palm and are so preoccupied by it's weight, you forget things like your car keys and home address. You try to leave it alone but you just can't. You want to take a nap but it's been so many years since you've called in "sad" you're not sure anyone would understand anymore or if they ever did.

But most days you can take your hand in and out of your pocket, feel your stone and even smile at its unwavering presence. You've accepted this stone as your own, crossing your hands over it, saying "mine" as children do.

You rest more peacefully than you once did, you've learned to move forward the best you can. Some days you want to show the world what a beautiful memory you're holding. But most days you twirl it through your fingers, smile and look to the sky. You squeeze your hands together and hope you are living in a way that honors the missing piece you carry, until your arms are full again.

- Author unknown, with special thanks to Valerie Jones



# COMFORT CORNER: HEALING

## The Value of Reminiscing

By Elizabeth Harper Neeld, Ph.D.

I missed Grandmother after she died; she had been such a spirited presence in our family. Then one day I noticed something: I had started buying stationery and cards that had beautiful flowers on them. "Ah," I said to myself. "That's Grandmother!" Grandmother always had flowers in her yard, and these flowers were always a topic of conversation when you were with her. I would say that she and flowers were so connected in our family that you couldn't say one without thinking of the other. I had also begun to write to my family who live in different parts of the country, every week instead of my usual once or twice a month. Grandmother wrote every week, no matter what, and chided the rest of us when we were with her for not "keeping up the family tradition," as she put it. "Family is important," she would say. "You must write to your family." (Excerpt from *Seven Choices* by Elizabeth Harper Neeld)

Sometimes people will say to us when we are grieving, "You must not keep thinking about the past. The past is gone. You have got to focus now on the future." As well meaning as this advice might be, the advice can be wrong. For reminiscing — recalling events, conversations, occurrences from the past — is one of the important ways that we mourn. In fact, the word mourning in Sanskrit means "to remember."

What is the value of reminiscing?

When you reminisce, these memories remind you of the person who were before the loss and can unite that person with the person you are now. In memory we can recognize and recall a self we were earlier in our life. And perhaps some of the qualities of who you were in the past can be very useful to who you are now.

Think about a mother who has lost a son. Perhaps when she reminisces she recalls how she helped her son with his science fair projects in middle school. Perhaps she remembers making papier-mâché to create a big globe; perhaps it was a string of Christmas lights she and her son stapled to a piece of poster board to create a system of signals needed in a project explaining how a power plant works. This reminiscing reminds this mother of a person she was in the past, and she might imagine bringing that person into the present. Perhaps she asks, "Could I volunteer in a school in the neighborhood as a way to honor the memory of my son?" Or she might decide to work as a volunteer at a children's Discovery Museum nearby. By reminiscing she finds a role from her past that she can bring into the present as a way of honoring her son.

Professor Pietro Castelnovo-Tedesco has studied reminiscence at Vanderbilt University. He reminds us that this form of thinking about the past is "one of the principal means by which a person continues to have a relationship with old parts of the self." Through reminiscing, he says, we are able to maintain an "inventory" of the key images of ourselves from the past and are therefore able to keep "a thread of continuity among them." (p. 138, *Seven Choices*)

Reminiscing about the past can be serviceable. "Serviceable?" someone might ask. "How can a past we can never return to be serviceable?" Because through reviewing our past accomplishments as well as our failures, we can better set goals for the future. Reminiscing works a bit like trial action. When we remember the values and ideals and dreams we held in the past, these memories can point the way as we think about the future.

Professor Castelnovo-Tedesco tells us that reminiscing can even help us have more energy and combat depression. When we remember "this event happened, that person was good to me, those times were hard but I survived," these memories can comfort and encourage us. Through this way of thinking we find that our minds are "peopled." The figures of the past are not just memories or mere abstractions but are still present and available to use in certain ways: as sources of awareness, learning, and wisdom; as reminder of goals and ideals; as part of the context we have for making decisions in the present. We may come upon something we have known all our lives but now understand in a new way. In the process of remembering we create a new story. Some fresh pattern or meaning emerges. By memory and narration we rebuild our world. (Excerpt from *Tough Transitions* by Elizabeth Harper Neeld)



# COMFORT CORNER: SELF CARE

## Self-care in Grief: The Myth of Keeping Busy

[HTTPS://WHATSYOURGRIEF.COM/SELF-CARE-AND-KEEPING-BUSY/](https://whatsyourgrief.com/self-care-and-keeping-busy/)

I am very excited to introduce today's guest author, Nick Frye. I've known Nick since my 'Tests and Assessments' course in graduate school. As the last two people without partners for the end of the term project, we were paired together by default. Anyway, during the project we found out we had the same MBTI Personality Type (INFP) so we just decided to stay friends. True story...mostly.

Nick is a licensed Clinical Professional Counselor specializing in additions, disordered eating, motivation, and health behavior change (I stole that description straight from his professional bio), but these aren't the reasons why we like him. We like him because he's the type of guy who is smart and great at what he does, but who doesn't take himself too seriously, and we are thrilled that he agreed to lend his expertise to WYG for today's post on self-care. Thanks Nick!

Last year my wife was struck in the head by an old, heavy sofa while helping a friend move. She had quite the bump on her head and a sizeable headache to boot but otherwise appeared to be okay. Over the next few days she began to have increasingly intense headaches, she was having trouble seeing and reading, words weren't as easily recalled and we began to get scared.

We went to the doctor together and found out that she had received a concussion from that blow to the head and was now suffering with Post-Concussive Syndrome (formerly known as 'shellshock') which is a form of mild-traumatic brain injury; symptoms from which may continue for weeks, months, or years after the concussion. The next year of our life was a nightmare filled with intense head and nerve pain, severe depression, outbursts of anger, a change in her personality and frequent visits to the Emergency Room with little improvement in her condition. We were newlyweds married less than 3 months when all this happened.

We lost our first year of marriage. My wife lost her self. I lost my wife.

Needless to say we were both grieving these losses. Our lives had changed in an instant and what we thought we had known was turned completely upside-down. We were spinning out of control like a Tilt-a-Whirl helmed by an absent-minded carnie. My wife felt helpless. I felt helpless. What could we do?

During this time period I would consistently receive advice from well-meaning friends and family to "make sure that you're taking care of yourself" which I interpreted as 'stay active' and 'keep busy' doing things that will make me feel better. If I can do something that makes me feel good then I will be distracted from all my emotional pain, one more day will go by, and time heals all wounds, right?

So, I took the advice and I kept busy. I did anything and everything that I thought was right and good and healthy for myself. I took up new hobbies, focused on my career, and worked hard every day so that I would come home every night exhausted... but my heart was still broken. I would think to myself "I don't understand, I kept busy, but I feel worse, not better." It wasn't until I allowed myself to acknowledge and express what I was feeling did I begin to recover.

This brings us to the myth of 'keeping busy.' When experiencing grief keeping busy only serves as a distraction that buries the pain underneath every activity you can pile on top of it. It only helps to make one more day go by which in itself connects to the myth that time heals all wounds. If this were true when someone breaks their leg we would say to them, "Don't be upset, time will heal this wound."

Beyond all this... keeping busy is not self-care.

So, how can we take care of ourselves while grieving? Well, here are a few ways we can truly care for ourselves during this time when we need self-care more than ever:

-Face your feelings – the painful emotions associated with grief are a natural and normal response to loss. You can try and suppress them or hide from them all you want but in the end this will only prolong the grieving process. Acknowledging your pain and taking responsibility for your feelings will help you avoid the complications often associated with unresolved grief such as depression, anxiety, substance abuse, and health problems.

-Express your feelings – the most effective way to do this is through some tangible or creative expression of your emotions such as journaling, writing a letter expressing your apologies, forgiveness and the significant emotional statements you wish you had said, or art projects celebrating the person's life or what you lost.

-Feel whatever you feel – it's okay to be angry, to yell at God, to cry or not to cry. It's also okay to laugh, to find moments of joy, or to let go when you're ready. Your grief is your own and no one can tell you when you should be "over it" or when to "move on."

-Look after your health but be aware of short-term relievers – these can be food, alcohol/drugs, anger, exercise, TV, movies, books, isolation, sex, shopping, workaholicism (the trap I fell into), etc. Most of these are not harmful, in fact some are healthy, but they become harmful when they are used for the wrong reasons... to cover-up, hide or suppress our grief. Try and get good sleep, try and make healthy food choices, try and be physically active but more importantly allow yourself to grieve as this is the best form of self-care.

I recognize my story of grief involving my wife's head injury is different than losing a loved one but isn't it also true that every relationship is unique and therefore we all have our own unique experience with grief? After all, even a well-meaning friend who has had a parallel loss does not know how you feel. What we all do share is the experience of a broken heart because we lost someone/thing we love.

I want to thank my wonderful friend Eleanor for allowing me to be a guest on her blog and to thank you for reading. I can tell you that my wife is on the path to recovery from her head injury though she might always have some lingering effects. We are still recovering, we still experience pain but we also have hope.



# FOOD FOR THOUGHT

Easy Healthy Comfort Food: Chicken Picatta

Page 1 of 1

## Easy Healthy Comfort Food: Chicken Picatta



Prep Time	Cook Time	Total Time
5 mins	30 mins	35 mins



Easy Healthy Comfort Food: Chicken Picatta, an easy weeknight dinner recipe that you can make in less than 30 minutes! Perfect for weeknight entertaining too!

Course: Main Course

Cuisine: American

Keyword: healthy chicken, healthy chicken picatta, healthy comfort food

Servings: 4 6 oz servings

Calories: 318 kcal

Author: [Michele Hall](#)

### Ingredients

24 ounces boneless, skinless chicken breasts thin cut, or cut breast in half and pound to very thin  
 2 tbsp olive oil  
 1/4 cup Flour  
 1/2 tsp salt  
 1/2 tsp pepper  
 1 1/2 tbsp lemon juice  
 1 shallot peeled and minced  
 1/2 cup White Wine  
 1 cup Chicken Broth

#### \*\*\*\*OPTIONAL GARNISHES\*\*\*\*

Slices Lemon  
 Freshly chopped Parsley  
 tablespoon Capers 1

### Instructions

1. Mix Flour, salt and pepper in a bowl
2. Heat a large skillet to high, then add 2 tablespoons olive oil and swirl to coat entire skillet.
3. Dredge chicken breast to coat both sides evenly in flour.
4. Leaving plenty of room between the breasts, place floured chicken in skillet cooking in batches until golden brown on each side, about 5 minutes.
5. Remove chicken to plate and finish all chicken.
6. Reduce heat to medium and add last tablespoon of olive oil to pan then add shallots and cook for 5 minutes, add flour and cook one minute more.
7. Add wine, wait 30 seconds then add lemon juice and chicken broth stirring constantly.
8. Place Chicken breasts back to the pan into the sauce.
9. Continue cooking until chicken has cooked through completely, about 10-15 minutes.
10. Serve Chicken on a plate, spoon sauce over the top.
11. If you are using capers as your garnish, add the capers at the same time you add the lemon juice.
12. Garnish with parsley and lemon slices.

### Recipe Notes

The nutritional information for this recipe was calculated using My Fitness Pal using the specific brands/ingredients that I used to make this recipe. The information could vary depending on what brands/ingredients you use in making the recipe. Please take this into consideration if you are following strict dietary guidelines.



# BIRTHDAYS REMEMBERED

Cindi Talor	6	2	1975
Gail Garcia-Hererra	6	3	1960
Brad Amack	6	4	1971
Jesse Harris Pejko	6	4	1986
Clair Weaver	6	5	1940
Clarence Thomas	6	6	1983
Tristen Bingham	6	6	1998
Jim Gardner	6	7	1949
Kathleen Annette David	6	7	1958
Jackie Gallegos	6	7	1966
Michael Ned	6	11	1964
Natalie Lynn Boggs	6	12	1978
Mary Anne Southwick	6	13	1933
Danny Stanazyk	6	14	1978
Paris Lamar Davis	6	14	1981
Scott Clarke	6	16	1976
Donna Wayne	6	21	1967
Nick Thelley	6	22	1972
Pamela Sue Alger Stone	6	25	1959
Daniel Mauser	6	25	1983
Robert Ursetta	6	26	1970
Jared Whitney	6	26	1971
Raymond Albert Nieto	6	26	1976

Terry Sheeran	6	27	1957
Nancy Begg Shoupp	6	29	1963
Eddie Hairston, Jr.	6	30	1938

\*We apologize if we have missed any dates or had them incorrect. Please let the Editor know and we will update our records accordingly.

Thank you!



# IN MEMORIAM

Latoya Cisneros	6	1	1999
David Wesley Stewart	6	2	1992
Lindsey Kay Creason	6	3	1993
James Sanchez	6	5	2011
Nathan Engle	6	5	2011
Daniel Chavez	6	6	1993
Jeff Walker	6	7	1997
Shashan S Ortiz	6	8	1986
Jake	6	8	2016
Jodi Carrigg	6	9	1996
Miranoa Rose Linn Baca	6	9	2006
Chris Irish	6	10	1994
David Blea	6	12	1997
Edward Perez	6	12	2004
Pamela Sue Alger Stone	6	13	1982
Donna Wayne	6	13	1986
Lonnell Friend	6	16	1993
Matthew Boysen	6	18	1998
David Aric Rothrock	6	19	1994
Jason Paiz	6	19	1997
Javad Marshall-Fields	6	20	2005
Chad Ferguson	6	20	2010
PJ Pierce?	6	21	2005
Katheryn Gonzales	6	23	1999

Leslie Gonzales	6	23	1999
Rebecca Lynn Gonzales	6	23	1999
Cathlynn Morse's son	6	23	2002
Robert Grau	6	24	2008
Eddie Wayne Hairston	6	25	1995
Anne Elise Gibson	6	25	2017
Kip Merry	6	26	1991
Michael Julius Ford	6	26	2006
Andre` Price Jr	6	27	1995
Randy Wesely	6	29	1988
Tiffany Cuin	6	30	2008
Guy Oliver Morton	6	x	1975





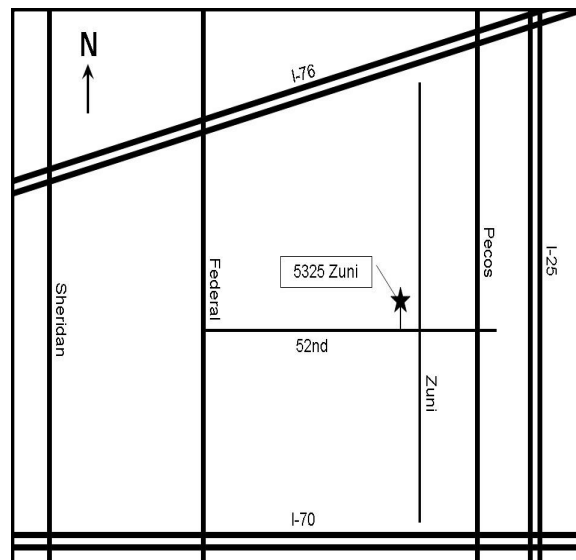
# MONTHLY MEETINGS

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

January 19, 2019  
February 16, 2019  
March 16, 2019  
April 20, 2019  
May 18, 2019  
June 15, 2019  
July 20, 2019  
August 17, 2019  
September 21, 2019  
October 19, 2019  
November 16, 2019  
December 21, 2019

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

January 19, 2019  
March 16, 2019  
May 18, 2019  
July 20, 2019  
September 21, 2019  
November 16, 2019



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