



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

OCT – NOV 2015

## National Day of Remembrance For Murder Victims

In 2007, Congress designated Sept. 25 as the National Day of Remembrance for Murder Victims. This past September 25th, we held the ceremony in the Webb building down town.

We had representatives from HOPE Animal-Assisted Crisis Response "Comfort Canine" team. Their wonderful dogs were a comfort for many of us as they shared their warmth and love.

We also heard from Michelle and Nancy Prokop, who were the Grandmother and Great Grandmother (respectively) of Marlayna. She died from shaken baby syndrome. The shared Marlayna's story and it touched us all and we are so grateful that we were able to know Marlayna too.

We are grateful to law enforcement, the Denver DA's office and Victim Advocates in their continued presence on the National Day of Remembrance.

## Upcoming VOICE Meeting

The next VOICE meeting will be held on  
Monday October 19th. 6pm—8pm  
District 3 Denver Police Station  
1625 S University Blvd. Denver, CO  
Topic: TBD

## Surviving the holidays

With the holidays fast approaching, I thought it would be good to talk at our next meeting about how to handle the holidays. For those that can't make it, here are some tips.

The holidays can be a source of extreme stress and sadness for many of us. We don't need reminders that our child or loved one is not with us anymore, but the holidays seems to make the longing for them and their absence even worse. There are many ways to deal with the holidays, some people choose ignore them, some run away from them (which we did our first year), you can pretend that nothing has happened and try to go through the holidays as you always have. No matter how you choose to deal with the holidays, you will have to deal with them at some point. You will need to find what works best for you and your family.

Here are some suggestions.

If you have always had a Thanksgiving or Christmas gathering at your house, maybe it's time to pass the reigns to someone else.

Be a guest, instead of the host.

Change the location of the party or gathering.

Change up some of the traditions that you always do, make some new traditions.

If you decide to still host the gathering, let others bring some items so you don't have to do everything yourself. No matter how to choose to deal with the holidays, there are some things that may help you survive the day. #1 – Give yourself permission to not attend. #2 – Give yourself permission to leave. #3 – Make sure you have an out. A place to step away from the festivities so that you can breathe, cry, take a deep breath and let some of the stress go. Let other family members know that you will try to attend, but you may not, or that you may need to step away. Let that person run interference for you when others notice you getting up and leaving.

These little steps of preparation can help you survive the holidays. There is no easy way to get through them, they may be painful, they may be hard, but you can survive this.



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

**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:

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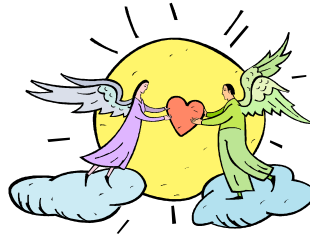
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**Trials and Hearings:**  
Phil Clark, 303 748-6395  
Joe Cannata, 303 345-7301

*Love Gifts*



**Our Chapter Thanks the following group of members who gave a donation in honor of their loved one.**

Jerri, Don & Mark Reichert  
In loving memory of  
**Michael Scott Reichert**

**New Members**

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

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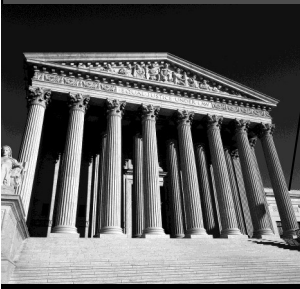
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# Trials & Hearings

There are no trials or hearings at this time.

## Note from Phil

With another tragic shooting happening in Oregon this week, I thought it would be a good time to talk about trauma and it's effects on all of us, including our children. I found this article on how parents and teachers can help children deal with trauma.

### Managing Strong Emotional Reactions to Traumatic Events: Tips for Parents and Teachers

Our society has been plagued by a number of traumatic events in recent years—schoolyard shootings, 911, Aurora theatre, floods, fires and tornadoes. When a large-scale tragedy occurs, it can cause strong and deeply felt reactions in adults and children. *How adults express their emotions will influence the reactions of children and youth.* Parents and teachers can help youngsters manage their feelings by both modeling healthy coping strategies themselves and closely monitoring their own emotional state and that of the children in their care.

### Common Reactions to Trauma

It is not uncommon to feel any or all of the following:

Shock/disbelief  
Guilt  
Confusion  
Anger

Fear  
Grief  
Shame / Loss

These reactions are often closely linked and can be difficult to separate, (e.g., where does grief end and outrage begin). Children, in particular, may have trouble understanding and talking about their feelings. Emotional reactions take place over a period of time and may not happen in any particular order. They can affect our behavior, our ability to function, and our overall sense of well-being. The intensity and ways we express our reactions will vary depending on our personal experience, general mental health, other stress factors in our lives, our coping style, our ability to self-monitor our emotional state, and our support network. This is true for both adults and children. Children of all ages may need guidance and support from the significant adults in their lives (parents, teachers, coaches, etc.) as they work through their thoughts and emotional reactions to the event.

### Anger: A Natural Reaction

For many people, adults and children alike, anger will be a natural extension of other emotions because it is a defensive mechanism that makes us *feel* more in control. As well, anger with the perpetrators of these horrible acts is, in many ways, justified.

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## Continued from page 3

The desire to “retaliate” can be strong—but quite harmful if not redirected to a positive outlet. In some situations, a significant factor in the expression of anger is the lack of a concrete “enemy” on which to focus our feelings. As long as there is doubt about the identity of the perpetrators and a lack of closure, or when the trauma is a natural disaster, anger and other strong emotions have no specific target. Such situations can lead to more inappropriate expressions. Adults must ensure that children do not “take out” their anger in inappropriate ways, such as lashing out at classmates or neighbors who might be unfairly associated with the perpetrators of violence because of their ethnicity or other affiliations. The key is to direct anger and other strong emotions in socially and psychologically healthy ways.

### Recognizing Anger

The first step in helping children manage their anger is getting your anger under control. Be aware of cues in your own behavior. If necessary, ask someone you trust (a family member, friend or colleague) to give you feedback on your anger reaction. Observe the behavior of other adults around you and your child(ren) and be supportive if they show signs of increased anger.

### Signs of Anger in Adults

- Short temper/impatience.
- Sleep problems.
- Eating problems.
- Restlessness and agitation.
- Hitting and slamming objects, pets, or people.
- Desire to inflict harm.
- Verbal outbursts toward family, friends, or fellow workers.
- A sense of losing control over your life.
- Poor concentration or attention span.
- Obsessing about the event.
- Physical health affected; increase in blood pressure, dizzy, headaches, heart rate elevated, clenched jaw, knot in the stomach, and tight muscles, etc.

You feel life should be fair, but it is not; and things are not how you want them to be.

### Signs of Anger in Children

- Behavioral outbursts, many times without an obvious cause.
  - Sleep problems.
  - Fights at school or home.
  - Physical attacks on others or animals, even among pre-schoolers.
  - Disobedience from otherwise well behaved child(ren).
  - Child state he/she is really sad and does not know why.
  - Complaints of stomachaches and headaches; or vague aches and pains.
- Other reactions similar to those of adults.

### **Dealing with Anger**

Some people have more problems than others dealing with anger. They either try to deny or ignore their feelings and keep them inside, or overreact and “blow-up.” These negative coping strategies can be physically and emotionally unhealthy. Pretending we don’t feel badly can have long-term affects that may eventually cause us to “lose it.” Conversely, psychological research shows that acting out your anger will not relieve it, but instead will make it more intense. We can learn to control or diffuse anger by how we think about the event or people involved and by finding other ways to regain our sense of control and security. Anger can also mask other emotions, such as grief, loss, or fear. It is important to address these related emotions as a way to deal with angry feelings.

### **Controlling Your Anger**

- Admit you are angry.
- Recognize this is a common reaction to an overwhelming event. It is how you control and manage your reaction that makes the difference.
- Try to identify the related emotions that may be fueling your anger, (e.g., sorrow, fear.)
- Find appropriate outlets for these related and equally important emotions, (e.g., talk with family members or friends, seek grief counseling, get involved in activities to help victims, etc.)
- Understand that it not just the actual event that drives your anger, but how you think about it.
- Develop a “positive” outlook and look for what can be done to help rather than harm.
- Stop, take a deep breath, visualize something peaceful or enjoyable, and try to relax for a few minutes.
- Avoid/decrease negative ways to cope, such as misuse of alcohol or drugs.
- Find an acceptable outlet, such as exercise, getting involved with your favorite hobby, sports.
- Distract yourself from continuing to think about the event -- call a friend, go to a movie.
- Keep a sense of humor.
- Turn off the TV and radio; play your favorite music.
- Keep to your daily routines.
- Consult your doctor or a mental health specialist if your reactions continue to intensify, or you feel like doing harm to yourself or others.

If you are seeing a mental health professional, be sure to share your angry feelings with him or her.

### **Helping Children Control Anger**

- Realize they will imitate your responses and reactions.
- Let them understand anger is a normal emotion under these circumstances that can even include feelings of revenge. However, acting out anger, hurting others, and uncontrolled anger is not okay.
- Answer their questions honestly and openly; but always consider their developmental age.
- Make family time to talk to the child(ren) about their reaction to the events.
- Have child(ren) come up with ideas on how to help those who have been injured, left homeless, or otherwise effected by the tragedy.
- Teach them to stop, take a deep breath, and imagine a restful scene or enjoyable activity for a few minutes as a way to relax.
- Turn off the TV and make sure violence in the media is restricted or monitored.
- Try to understand and encourage children to talk about their fears/sense of loss.
- Try to help them see how they would feel if someone hurt, yelled at, or hit them.
- Sports, exercise, or other physical activity can be quite helpful.
- Be flexible in discipline and monitor your reactions to their misbehaviors.
- Seek mental health or physician consultation if these reactions do not clear up after 30 days.

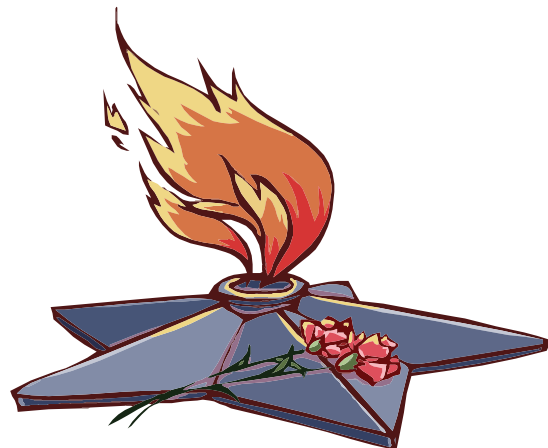
# Birthdays Remembered

<b>Cindy Stewart</b>	October 1, 1955	<b>Thomas Hollar</b>	November 6, 1992
<b>Damon A Roberts</b>	October 1, 1972	<b>Polly Elizabeth Sullivan</b>	November 7, 1954
<b>Colin Ehlers</b>	October 1, 1974	<b>Julie Gordy</b>	November 7, 1958
<b>Ada Johnson</b>	October 2, 1963	<b>Stoneham Farris</b>	November 7, 1973
<b>Matthew Worden</b>	October 2, 1966	<b>Jamie Paine</b>	November 7, 1979
<b>Christine Waegele</b>	October 3, 1969	<b>Shashan S Ortiz</b>	November 9, 1980
<b>Dale Yanda</b>	October 4, 1967	<b>Gina Padilla</b>	November 9, 1983
<b>Shaundra Schell</b>	October 5, 1966	<b>Conrad Duran</b>	November 10, 1984
<b>Damon J. Murphy</b>	October 5, 1972	<b>Jon-Paul Lewis</b>	November 12, 1982
<b>Chelsea Strauss</b>	October 5, 1985	<b>Paula Ross Stiner</b>	November 13, 1966
<b>Frankie Paul</b>	October 6, 1969	<b>John C. Abeyta</b>	November 15, 1977
<b>Cynthia Mc Queen</b>	October 7, 1959	<b>Sammy Burks</b>	November 16, 1987
<b>Jodi Carrigg</b>	October 7, 1959	<b>Lynn Cannata</b>	November 17, 1966
<b>Martha Munoz</b>	October 7, 1981	<b>Kimberlie Rose Urstadt</b>	November 18, 1990
<b>Ronald Eugene Hinson Jr</b>	October 8, 1959	<b>Jessica Ann Arredondo</b>	November 20, 1967
<b>Brooklyn Jean Ricks</b>	October 8, 1973	<b>Virginia Sakala / Russo</b>	November 21, 1964
<b>Brooklyn Ricks</b>	October 8, 1973	<b>Ron Haynes</b>	November 22, 1979
<b>Ashley Raguindin</b>	October 8, 1983	<b>Ronald Overstreet</b>	November 22, 1979
<b>Jason Ortiz</b>	October 9, 1974	<b>Laura Hetes</b>	November 23, 1968
<b>Ray (Paisano) Linebarger</b>	October 12, 1944	<b>Linnea Dick</b>	November 23, 1987
<b>Donald Hubbard</b>	October 12, 1958	<b>Marcos Torres</b>	November 24, 1978
<b>Katheryn Gonzales</b>	October 12, 1990	<b>Douglas "Dougie" Charles</b>	November 25, 1957
<b>Britt Mackay</b>	October 14, 1980	<b>Eddie Garcia</b>	November 25, 1978
<b>Mark Antony Wilson</b>	October 15, 1972		
<b>Fernando Sanchez</b>	October 15, 1980		
<b>Jennifer Mesa</b>	October 16, 1970		
<b>Matt Ownbey</b>	October 17, 1980		
<b>Theodore C. Carleton</b>	October 19, 1954		
<b>Robert Grau</b>	October 22, 1960		
<b>Chris Waters</b>	October 22, 1970		
<b>Peter Beaupre`</b>	October 24, 1974		
<b>Jessica Morehouse</b>	October 25, 1973		
<b>Andrew Sheppard</b>	October 25, 2006		
<b>Charley Richards</b>	October 26, 1967		
<b>Joni Lynn Bradshaw</b>	October 27, 1960		
<b>Lori Bases</b>	October 28, 1968		
<b>Katie Bailey</b>	October 30, 1975		
<b>Ryan C. McDaniel</b>	October 30, 1994		
<b>Yvonne Cossio</b>	October 31, 1969		
<b>Rickey Ritter</b>	November 4, 1981		
<b>Ralph Earl Pettis</b>	November 5, 1928		
<b>Phillip Rose Jr</b>	November 6, 1969		
<b>Tami Medina</b>	November 6, 1977		
<b>Cassie Bernall</b>	November 6, 1981		



# In Memoriam

<b>Jim Gardner</b>	October 3, 1997	<b>Raymond Albert Nieto</b>	November 17, 1996
<b>Joni Edwards</b>	October 4, 1995	<b>Justin Andrew Archuleta</b>	November 17, 1996
<b>Jack Koller</b>	October 5, 2009	<b>Christine Waegele</b>	November 18, 1993
<b>Glen Tate</b>	October 6, 1997	<b>Jan Mariano</b>	November 19, 1991
<b>Beulah Lawson</b>	October 6, 2006	<b>Jesse Lamblin</b>	November 19, 1996
<b>Gary McGee</b>	October 7, 2001	<b>Buffy Rice Donahue</b>	November 21, 1993
<b>Bill Leis</b>	October 8, 1999	<b>Matthew Foley</b>	November 21, 1996
<b>Michael Scott Reichert</b>	October 9, 2000	<b>Cody Faust</b>	November 22, 2002
<b>Joni Lynn Bradshaw</b>	October 10, 1986	<b>John LaRose</b>	November 22, 2009
<b>Ennis Walton</b>	October 10, 1999	<b>Blaine Eric Noble</b>	November 23, 1993
<b>Frank Sumpton, Jr</b>	October 13, 1989	<b>Diane J. Caldwell</b>	November 23, 1998
<b>Kevin Blunt</b>	October 15, 1997	<b>Jessica Ann Arredondo</b>	November 25, 1988
<b>Alan Michael Conner</b>	October 15, 1998	<b>Danny Steve McQueen</b>	November 25, 1992
<b>Greg Swazo</b>	October 15, 2001	<b>Gregory Scott Stone</b>	November 25, 1992
<b>Anthony Taiitt</b>	October 16, 1981	<b>Geronimo Maestas</b>	November 26, 1993
<b>Earl Mitchell</b>	October 16, 1984	<b>H Gregory Jukiewicz</b>	November 26, 1994
<b>Casey Korgan</b>	October 16, 2010	<b>Martel Thomas</b>	November 26, 2013
<b>Michael J. Loughrey</b>	October 17, 1983	<b>Jason Ortiz</b>	November 27, 1994
<b>Rebecca Lynn Ochs</b>	October 17, 1995	<b>Julie Gordy</b>	November 28, 1982
<b>Mel Gurule Jr.</b>	October 17, 1997	<b>Linda Zambotti</b>	November 28, 1996
<b>Henry Kellie</b>	October 18, 1975	<b>Ali Muhammad Sparks</b>	November 29, 1998
<b>David Enos</b>	October 19, 2002	<b>Angel Delgado</b>	November 29, 2005
<b>Virginia Sakala / Russo</b>	October 21, 1994	<b>Alan Little</b>	November 2003
<b>Shantel Duran</b>	October 23, 1998		
<b>Jason Trembath</b>	October 25, 1992		
<b>Ron Griego Jr</b>	October 25, 2003		
<b>Ronald (Ron) Georgopoulos</b>	October 26, 1988		
<b>Dale Yanda</b>	October 26, 1988		
<b>Michael Allendorf</b>	October 29, 1994		
<b>Kimberly Greene-Medina</b>	October 29, 1996		
<b>Amanda Anders</b>	October 29, 2014		
<b>Roy Cozby</b>	October 31, 1994		
<b>Larry Orrantia</b>	October 2004		
<b>Sgt Lyle Wohlers</b>	November 4, 1992		
<b>Larry Carmichael</b>	November 6, 1988		
<b>Randy Arlin Russom</b>	November 8, 1983		
<b>Ibrahim Bradley</b>	November 9, 1996		
<b>Joseph Nelson</b>	November 10, 2005		
<b>Pamela Blandon</b>	November 12, 1991		
<b>Tiffany Brill Jarmon</b>	November 13, 2008		
<b>Justin Maggard</b>	November 13, 2009		
<b>Melodie Robertson</b>	November 14, 2003		
<b>Michael Adams</b>	November 16, 1985		
<b>Lorren Holcomb</b>	November 16, 2001		

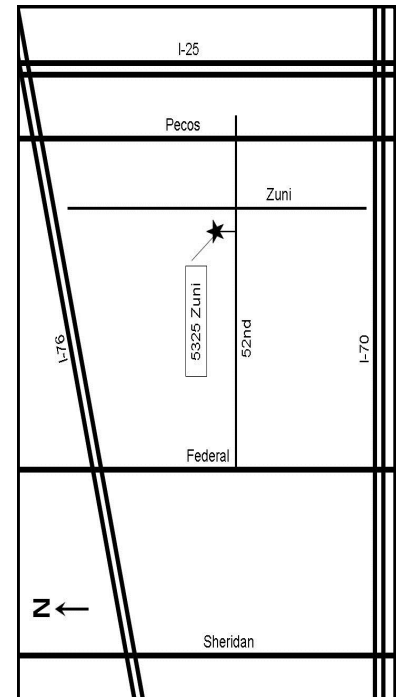


# ANNOUNCEMENTS

- Oct 17 - Support Group at 7:30 PM
  
- Oct 19 - VOICE Meeting 6:00 PM  
 District 3 Denver Police Station  
 1625 S University Blvd. Denver, CO  
 Topic: TBD
  
- Nov 21 - POMC Board Meeting 6:00 PM  
 Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

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 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