



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

Oct 2013—Nov 2013

THE NATIONAL DAY OF REMEMBRANCE FOR MURDER VICTIMS-2013

On Wednesday, September 25, our Front Range Chapter of POMC came together with COVA, Voices of Victims, The Denver Police Department Victim Assistance Unit, The Denver District Attorney's Office, Mothers Against Drunk Driving (MADD) and Families of Homicide Victims and Missing Persons (FOHVAMP) for the 7th National Day of Remembrance for Murder Victims at the Plaza in front of the new Denver Crime Lab at 1371 Cherokee St. in Denver.

Featured Speaker was Jayann Sepich, Founder, DNA Saves. After the 2003 brutal rape and murder of her firstborn, Katie, Jayann and her family made it their mission to see legislation passed in all 50 states to mandate taking DNA upon felony arrest, called "Katie's Law". Colorado passed Katie's Law in 2009.

Jayann says that she is an ordinary woman placed in an extraordinary circumstance. She believes that through DNA testing of arrestees, lives will be saved and crimes prevented, and families spared the pain of burying a loved one.

September 25th was chosen as the National Day of Remembrance for Murder Victims to honor POMC founders Robert and Charlotte Hullinger of Cincinnati, Ohio, whose daughter was murdered on that date in 1978.

THANKSGIVING POTLUCK NOVEMBER 16

Its time again for our annual Thanks-giving Potluck. Plan on joining us at our regular meeting place at 6:30 PM on Saturday, November 16. The board will provide the meat (turkey and ham) and we are asking the general membership to provide side dishes, salads and desserts.

Each family is asked to bring one of the following to share:

Last name: A thru H...a side dish
I thru P.....a dessert
Q thru Z....a salad

This is a great time to come together with our extended family and acknowledge all the many things we have to be thankful for despite the tragedy that has befallen each of us.

* * * * *

HAVE YOU GIVEN ANY THOUGHT TO SERVING OUR FRONT RANGE CHAPTER OF POMC ON THE BOARD OF DIRECTORS? REMEMBER WE NEED YOU IN ORDER TO KEEP THIS CHAPTER GOING. CALL JOE CANNATA AT 303-345-7301 OR TOM RASSER AT 303-798-2841 FOR INFORMATION RE-GARDING RESPONSIBILITIES.



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

POMC

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

Web Site

www.colorado-pomc.org

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Member**Everett & Linda
Donelson**
720-503-4268.

Member **Caryl & Charles
Harvey**
970-854-2665

Member**Jean Heil**
719-254-6162

POMC NATIONAL OFFICE

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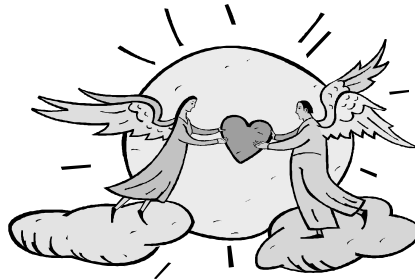
Website: www.pomc.org

Office: (513) 721-5683

Fax: (513) 345-4489

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

Love Gifts



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

Phyllis and Ciro Pena,
in memory of their son,
Ricky Bobian

Carolyn Latham,
in memory of her daughter,
Joni Lynn Bradshaw

Erica Mulligan,
in memory of her son,
Michael Tarasiuk

Jerri & Don Reichert,
in memory of their son,
Michael Reichert

New Members

Keith Urstadt

Kathryn Hubbard

Cheterrria Julius

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 bi-monthly 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,

Cherri and Bill Lusk
22185 E Dry Creek Pl,
Aurora. CO 80016
ca.lusk@comcast.net

Contacts

Memorials & Birthdays:
Cherri Lusk, 303 593-0784

Roster & Mailing List:
Robert Curnow, 303 948-3494

**Healing & Bereavement
Resources:**
Barbara Kaptanian, 303-792-5432

Trials and Hearings:
Tom Rasser, 303 798-2841



Trials & Hearings

The most recent and delayed hearing in the murder of Sherri Majors by Chester Todd, occurred on Fri., Sep. 27. No issues of significance were resolved; but a competency hearing has been scheduled for Nov. 1. Sherri is the daughter of Linda and Everett Donelson.

In the trial for the murder of James Sanchez, the prosecution has offered and the defense has accepted a plea agreement on a charge of 2nd degree murder for a sentence of 25 years. James is the son of Pat and Tony Sanchez.



“In memory of our Son & Brother

MICHAEL SCOTT REICHERT

We love you forever and miss you for always,
Your True Family
Mom-Dad & Mark

“There is sacredness in tears. They are not the mark of weakness, but power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love.”

Michael's life was brutality stolen from him at age 36. Michael would have been 49 this year, 2013.

Michael's case is unsolved.

Memorials for Loved Ones

We will publish memorial pages like the one we published in this newsletter. This helps defray costs of publishing our newsletter. You can choose a half page at \$50. or a quarter page for \$30. Please send Memorial page items with payment to the editor, Cherri Lusk, 22185 E Dry Creek Pl., Aurora, Co. 80016. Any pictures or copies are not returnable to the sender. You can email a picture to me at ca.lusk@comcast.net. If you email the picture please send it as an attachment. Put POMC newsletter in the subject line or I will not open the email. Questions regarding this service, call Cherri at (303) 593-0784.

From the desk of Barb Kaptanian

Praise You In This Storm

Lyrics by Casting Crowns

I was sure by now God You would have reached down
And wiped our tears away Stepped in and saved the day
But once again I say "Amen" and it's still raining

As the thunder rolls I barely hear You whisper through the rain "I'm with you"
And as Your mercy falls I raise my hands and praise the God who gives and takes away

And I'll praise You in this storm And I will lift my hands
For You are who You are No matter where I am
And every tear I've cried You hold in Your hand
You never left my side And though my heart is torn I will praise You in this storm

I remember when I stumbled in the wind You heard my cry to You
And You raised me up again My strength is almost gone
How can I carry on If I can't find You

But as the thunder rolls I barely hear You whisper through the rain "I'm with you"
And as Your mercy falls I raise my hands and praise the God who gives and takes away

I lift my eyes unto the hills Where does my help come from
My help comes from the Lord The Maker of Heaven and Earth
As the thunder rolls I barely hear You whisper through the rain "I'm with you"
And as Your mercy falls I raise my hands and praise the God who gives and takes away

Reaching Past Suffering

“Traumas large and small cause us to shut down, keeping the outside world at arm’s length. What’s more, emotional trauma has been linked to inflammation, a key factor in chronic disease.

“Getting past life’s pains and griefs requires ‘practicing compassion in an intentional way...healing involves learning to be compassionate with yourself,’ say Mary and Rick NurrieStearns, authors of *Yoga for Emotional Trauma* (New Harbinger). Their backgrounds – she as a psychotherapist and yoga teacher, he as a meditation teacher – give them solid grounding for handling this topic.

“The authors explain how trauma upsets the balance between the body’s fight-or-flight urges, which makes you feel jittery, and its rest-and-digest system, the one that lets you relax. Trauma often leaves people stuck in fight-or-flight; yoga, the NurrieStearns explain, helps the mind ‘unstuck’ and become calm. While the book includes a set of *asanas*, or poses (none so extreme as to be beyond a fairly fit beginner), *Yoga for Emotional Trauma* goes well past the yoga mat in its recommendations, which also include breathing exercises and those that encourage the reader to get past the past and pay attention to the present moment.

“Your life is your message write the NurrieStearns. Let it be one of hope, for your benefit and the benefit of others. That is the ultimate message of *Yoga for Emotional Trauma*.”

Book: *Yoga for Emotional Trauma*
 Meditations and Practices for Healing Pain and Suffering
 Mary NurrieStearns and Rick NurrieStearns

Article taken from *Energy Times* May 2013 Integrated Publishing www.energytimes.com

With the holidays approaching, be most kind to yourself. The greatest gift you can bestow on yourself is taking time to pamper YOU with mental, physical, emotional and spiritual exercise. YOU will benefit, your family and friends will benefit, and your holidays will be brighter. Make it a joyful holiday season. Fill it with special memories of your loved one; remember the years of warmth and laughter. Remember compassion and hope. Your child would like that and YOU deserve it!

Happy Holidays.

Most fondly, Barb Kaptanian

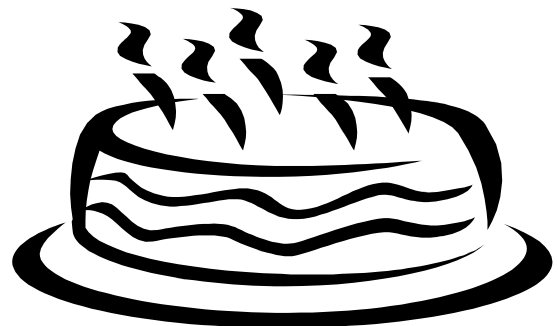
PLEDGE YOUR MILE HIGH UNITED WAY CONTRIBUTIONS TO POMC

For those of you who contribute to the Mile High United Way through payroll deductions you can allocate funds to a specific organization, such as POMC. All you have to do is write in: *Front Range Chapter Parents of Murdered Children #12674* on your pledge card and your donation will be directed to our chapter.

Birthdays Remembered

Cindy Stewart, October 1, 1955
Damon A Roberts, October 1, 1972
Colin Ehlers, October 1, 1974
Ada Johnson, October 2, 1963
Matthew Worden, October 2, 1966
Christine Waegele, October 3, 1969
Dale Yanda, October 4, 1967
Shaundra Schell, October 5, 1966
Damon J. Murphy, October 5, 1972
Chelsea Strauss, October 5, 1985
Frankie Paul, October 6, 1969
Cynthia McQueen, October 7, 1959
Jodi Carrigg, October 7, 1959
Martha Munoz, October 7, 1981
Ronald Eugene Hinson Jr, October 8, 1959
Brooklyn Jean Ricks, October 8, 1973
Ashley Raguindin, October 8, 1983
Jason Ortiz, October 9, 1974
Ray (Paisano) Linebarger, October 12, 1944
Katheryn Gonzales, October 12, 1990
Britt MacKay, October 14, 1980
Mark Antony Wilson, October 15, 1972
Fernando Sanchez, October 15, 1980
Jennifer Mesa, October 16, 1970
Matt Ownbey, October 17, 1980
Theodore C. Carleton, October 19, 1954
Robert Grau, October 22, 1960
Peter Beaupre`, October 24, 1974
Jessica Morehouse, October 25, 1973
Andrew Sheppard, October 25, 2006
Charley Richards, October 26, 1967
Joni Lynn Bradshaw, October 27, 1960
Lori Bases, October 28, 1968
Katie Bailey, October 30, 1975
Ryan C. McDaniel, October 30, 1994
Yvonne Cossio, October 31, 1969

Rickey Ritter, November 4, 1981
Ralph Earl Pettis, November 5, 1928
Phillip Rose Jr, November 6, 1969
Tami Medina, November 6, 1977
Cassie Bernall, November 6, 1981
Thomas Hollar, November 6, 1992
Polly Elizabeth Sullivan, November 7, 1954
Julie Gordy, November 7, 1958
Stoneham Farris, November 7, 1973
Jamie Paine, November 7, 1979
Shashan S Ortiz, November 9, 1980
Gina Padilla, November 9, 1983
Conrad Duran, November 10, 1984
Jon-Paul Lewis, November 12, 1982
Paula Ross Stiner, November 13, 1966
John C. Abeyta, November 15, 1977
Sammy Burks, November 16, 1987
Lynn Cannata, November 17, 1966
Jessica Ann Arredondo, November 20, 1967
Virginia Sakala/Russo, November 21, 1964
Ron Haynes, November 22, 1979
Ronald Overstreet, November 22, 1979
Laura Hetes, November 23, 1968
Linnea Dick, November 23, 1987
Marcos Torres, November 24, 1978
Douglas "Dougie" Charles, November 25, 1957
Eddie Garcia, November 25, 1978



In Memoriam

Jim Gardner, October 3, 1997
Joni Edwards, October 4, 1995
Jack Koller, October 5, 2009
Beulah Lawson, October 6, 2006
Gary McGee, October 7, 2001
Bill Leis, October 8, 1999
Michael Scott Reichert, October 9, 2000
Joni Lynn Bradshaw, October 10, 1986
Ennis Walton, October 10, 1999
Frank Sumpton Jr, October 13, 1989
Kevin Blunt, October 15, 1997
Alan Michael Conner, October 15, 1998
Greg Swazo, October 15, 2001
Anthony Taiitt, October 16, 1981
Earl Mitchell, October 16, 1984
Casey Korgan, October 16, 2010
Michael J. Loughrey, October 17, 1983
Rebecca Lynn Ochs, October 17, 1995
Mel Gurule Jr, October 17, 1997
Henry Kellie, October 18, 1975
David Enos, October 19, 2002
Virginia Sakala/Russo, October 21, 1994
Shantel Duran, October 23, 1998
Jason Trembath, October 25, 1992
Ron Griego Jr, October 25, 2003
Ronald (Ron) Georgopulos, October 26, 1988
Dale Yanda, October 26, 1988
Michael Allendorf, October 29, 1994
Kimberly Greene-Medina, October 29, 1996
Roy Cozby, October 31, 1994
Larry Orrantia, October, 2004
Sgt Lyle Wohlers, November 4, 1992
Larry Carmichael, November 6, 1988
Randy Arlin Russom, November 8, 1983
Ibrahim Bradley, November 9, 1996
Joseph Nelson, November 10, 2005
Pamela Blandon, November 12, 1991
Tiffany Brill Jarmon, November 13, 2008
Justin Maggard, November 13, 2009

Melodie Robertson, November 14, 2003
Michael Adams, November 16, 1985
Lorren Holcomb, November 16, 2001
Raymond Albert Nieto, November 17, 1996
Justin Andrew Archuleta, November 17, 1996
Christine Waegele, November 18, 1993
Jan Mariano, November 19, 1991
Jesse Lamblin, November 19, 1996
Buffy Rice Donahue, November 21, 1993
Matthew Foley, November 21, 1996
Cody Faust, November 22, 2002
John Larose, November 22, 2009
Blaine Eric Noble, November 23, 1993
Diane J. Caldwell, November 23, 1998
Jessica Ann Arredondo, November 25, 1988
Danny Steve McQueen, November 25, 1992
Gregory Scott Stone, November 25, 1992
Geronimo Maestas, November 26, 1993
H Gregory Jukiewicz, November 26, 1994
Jason Ortiz, November 27, 1994
Julie Gordy, November 28, 1982
Linda Zambotti, November 28, 1996
Ali Muhammad Sparks, November 29, 1998
Angel Delgado, November 29, 2005
Alan Little, November, 2003



ANNOUNCEMENTS

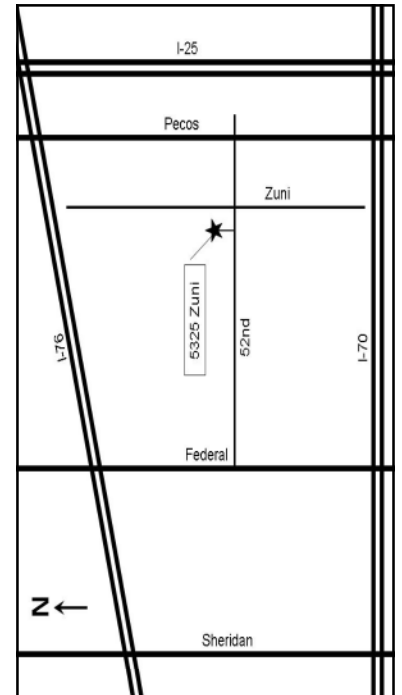
October 7 - Quarterly VOICE Forum 6 P.M.- 8 P.M.
Denver Police Department District 3 Station
1625 South University Blvd. Denver
(Parking is free)

October 19 - Regular Meeting 7:30 PM

November 16 - Thanksgiving Potluck 6:30 PM
(see pg 1 for details)

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**