



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

July 2021

## ANNOUNCEMENTS

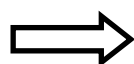
Hey Everyone! We are looking for ideas and participants and/or a champion for an upcoming fund raiser...



Submit your thoughts to the editor to be discussed at the next meeting.



For More Information:



<https://pomc.org>



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

**SECRETARY**

Juli Jenicek  
720-666-2993

**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](mailto:natlpomc@pomc.org)  
Website: [www.pomc.org](http://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](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...



# 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 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.  
 The trial has been rescheduled to September 22, 2020.  
 The trial has been rescheduled to February 9, 2021.  
 The trial has been rescheduled to April 13, 2021.

On April 7, a plea deal was reached and Arturo pled guilty to Murder 2, 50-60 years.  
 The sentencing is June 17, 2021.

**Conclusion: Arturo Garcia was sentenced to 60 years.  
 48 for Murder 2, and 12 for his parole violation.**



# 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**  
**18121 E. Hampden Ave Unit C #145**  
**AURORA, CO 80013**

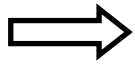
**PAYPAL ACCOUNT : pomccolorado@gmail.com**

Donations are tax-deductible Federal ID 31-1023437



# COMFORT CORNER: GRIEF

## 8 Reasons Your Grief Feels Worse Right Now



[UNDERSTANDING GRIEF](#) / UNDERSTANDING GRIEF : ELEANOR HALEY

Over the last couple of weeks, we have been flooded with emails, comments, and DMs from people sharing that in this current crisis their grief feels worse. The list of reasons is long and the list of accompanying questions is even longer. So, above all else, let's start with the one thing we can assure you: if your grief feels worse right now, you are not alone! There are a lot of reasons it is totally normal that a crisis can make grief feel worse.

1. Your bandwidth was already low. Grief can take everything you have, especially in the earliest days. When a crisis hits and you are already depleted, all of a sudden everything becomes more challenging. Things you could have managed before your loss feel insurmountable now. Aspects of your grief that you were managing before the stress or crisis suddenly seem seven times as tricky to manage.
2. The person who died was your ROCK. You might be grieving a person who took care of you. Maybe it is the person who handled practicalities and logistics. Perhaps who checked in on you to make sure you were okay. It could have been the person who made you feel safe. If this is your situation, you're likely feeling even more acutely aware of their absence than ever. With that, your anxiety might be spiking.
3. You're feeling especially alone. Grief is almost always an insulating experience. Layer on that quarantine and your feelings of loneliness might be skyrocketing. If you are living alone after your loss, no longer having contact with people by getting out of the house can start to feel like a crushing weight (especially for those extroverts out there).
4. You're acutely aware that you're living through this thing your loved one probably never could have imagined. Hmmm . . . that's clearly a weird one to sum up. But if you get it, you get it. This is a scary and surreal time. Most of us have not lived through anything like this. And there is just this weird thing in grief that happens at moments like this when you realize the world feels fundamentally changed and it is a world your loved one never lived in. It makes us strangely more aware of the passage of time and that the world keeps turning.
5. You're not thinking about your loved one because of the current crisis. In our emails and comments, we have seen a couple of themes. One is "I am thinking about my loved one all the time". We'll get to that. The other is "I am so overwhelmed by the current crisis that I am barely thinking of my loved one or my grief". The latter seems to be bringing up a lot of guilt for some people.

We won't tell you not to feel guilty, because that's not how guilt works. We will tell you that it is totally normal if your brain doesn't seem to be making space for your grief. Our brains can only handle so much and sometimes, in a self-protective way, they start triaging. They compartmentalize things for us, so we can focus on a pressing matter at hand. If this keeps up long term, it is something worth spending some time with. But give it some time for your acute stress response from this current crisis to settle down.

**Continued to Next Page**



## COMFORT CORNER: HEALING

### Continued From Previous Page

6. You're annoyed everyone is complaining about stuff your grief has had you coping with for weeks/months/years. Are your friends suddenly complaining about isolation, overwhelm, and feelings of uncertainty about the future? Does it sound a lot like what you've been coping with for a long time?

Are these things your friends haven't historically been sympathetic about? Hopefully, this isn't coming up for you, but we have heard loud and clear that it is coming up for some people. It isn't that you don't empathize with your friends. Quite the opposite, in fact. You empathize deeply. It might just feel a little annoying that it took something like this for them to empathize with you.

7. You're thinking about your loved one. A lot. Research has shown that we don't just want and miss our loved ones during the good times. We actually really want and miss them in bad times. In times of pain, stress, crisis, and indecision, we often think of and want to be close to the person who died. We imagine what they would have said or done. We find strength in things they taught us. It is actually something that most people find helpful and comforting. But that doesn't change that it can also bring up tough, bittersweet feelings.

8. You're imagining that everything would just be better if they were still here. Don't get me wrong, we do this all the time in grief. But we ESPECIALLY do it when the going gets tough. When life is hard, we often go back to the moment our loved one died and we think, "if only they were still here, everything would be so much better".

Now, they would be alive, so that would obviously be better. Even if you were trapped at home fighting. Even if it was the same old boring day-to-day. They would be here, so that would mean a whole lot. But the extension that EVERYTHING would be better or easier . . . that's a different proposition.

No doubt having them around would make your baseline better – you wouldn't be coping with grief and this crisis. But as for the rest, we really have no way to know what sort of "different" it would be. In philosophy and psychology, they call this counterfactual thinking – constructing a whole, imaginary reality around things that didn't actually happen.

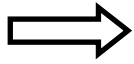
We imagine a world if things had gone differently. It might seem harmless enough, but if we're not aware of it, it can double-down our grief emotions. Why? Because now, instead of just coping with the stress of this crisis and desperately missing the person who died, we're also bitter or resentful or grieving this idea of what would have been. I know this one is a little abstract. But if you've felt it, you probably know what I mean.



Resource: [8 Reasons Your Grief Feels Worse Right Now \(whatsyourgrief.com\)](https://www.whatsyourgrief.com/8-reasons-your-grief-feels-worse-right-now)



# COMFORT CORNER: SELF CARE



## Poems About Grief and Grieving

[CREATIVE COPING](#) / CREATIVE COPING : LITSA

When we asked our community of grievers to share their favorite poems about grief, we expected a handful of submissions. Within an hour we had dozens. So many shared how important poetry has been in their grief. This should not have been a surprise.

There is an intersection when a poem about grief meets a person in the depth of their deepest loss. Something is created in that space. A grief poem can be powerful to any reader. It can be painful and beautiful. But in the space where griever intersects with grief poetry, it is something unique and powerful.

In philosophy and aesthetics, there is much discussion around the concept of the sublime. Schopenhauer suggested that people experience the full feeling of the sublime when faced by the overwhelming, turbulent power of nature. A power so great it can destroy you – an avalanche, a volcano. I have often thought that, in grief, when we observe art that captures the depths of loss, it taps into the sublime. A philosopher of aesthetics would rip me to shreds, but I stand by this. When one who has been destroyed by grief sees that captured in poetry, it is not abstract. It is not theoretical. It is facing the destruction that one has felt in their own loss.

What we hope to create here is a space to better understand why we live this pain and then find comfort, solace, even pleasure, as we find it in art. We ask you to read these poems and share what they bring to your grief and what your grief brings to these poems. Share your thoughts about any or all of the three poems below in the comments. And in the coming weeks, stay tuned for more grief poetry posts.

### Kindness by Naomi Shihab Nye

Before you know what kindness really is  
you must lose things,  
feel the future dissolve in a moment  
like salt in a weakened broth.  
What you held in your hand,  
what you counted and carefully saved,  
all this must go so you know  
how desolate the landscape can be  
between the regions of kindness.  
How you ride and ride  
thinking the bus will never stop,  
the passengers eating maize and chicken  
will stare out the window forever.

Before you learn the tender gravity of kindness  
you must travel where the Indian in a white poncho  
lies dead by the side of the road.  
You must see how this could be you,  
how he too was someone  
who journeyed through the night with plans  
and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,  
you must know sorrow as the other deepest thing.  
You must wake up with sorrow.  
You must speak to it till your voice  
catches the thread of all sorrows  
and you see the size of the cloth.  
Then it is only kindness that makes sense anymore,  
only kindness that ties your shoes  
and sends you out into the day to gaze at bread,  
only kindness that raises its head  
from the crowd of the world to say  
It is I you have been looking for,  
and then goes with you everywhere  
like a shadow or a friend.



Resource: [Poems About Grief and Grieving - Whats your Grief](#)





# MINDFUL MEMES



People tend to believe that grief shrinks over time



What really happens is that we grow around our grief



# ONGOING HOPE



**Smiles and laughter are contagious!**

**Especially when there's an entire restaurant singing to you for your birthday!**

**Joe Cannata at the Breakfast Queen  
2019**







# BIRTHDAYS REMEMBERED

Henry Kellie	7	1	0	Jesse Lamblin	7	15	1981
Michael E. Duran Jr	7	1	1961	Mark Eastwood	7	15	1980
Micheala Carol Hanson	7	1	1987	Denice Ann Hightower/Benson	7	16	1975
Joseph Nelson	7	4	1982	Elvin Landrum	7	19	1953
Leroy Martinez II	7	4	1973	Byris Williams	7	21	1988
Garry Gene Bailey	7	5	1972	Justin Maggard	7	24	1988
Abraham Hansen	7	6	1995	Alexi Kaptanian	7	25	1972
Matthew Boysen	7	7	1980	Jordan Hood	7	25	1990
Rachelle Bergeron-Hammerling	7	7	1986	Ali Muhammad Sparks	7	26	1971
Dan Suazo	7	8	1957	Marco Escobedo	7	27	1963
David Wesley Stewart	7	8	1967	Brandy DuVall	7	28	1982
Alice Jane Hensley	7	9	1965	Paul Hurtado Jr	7	29	1948
Brandon Gushard	7	9	1969	Kimberly Medina	7	30	1977
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				

\*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	Patricia "Trisha" Green	7	16	2000
Emily Reilly	7	1	1998	Tina Abbott	7	16	2003
Ally Raber	7	2	2017	Trisha Green	7	16	2000
Lynn Cannata	7	2	1987	Jesse Harris Pejko	7	17	2008
Zoey Espinoza	7	2	2005	Brandon Hurtado	7	19	1998
Carolyn Walker	7	3	1987	Michael O'Fallon	7	19	1980
Kurt Gilotte	7	3	2016	Philisia Bunting	7	19	1990
Laura Hetes	7	3	1992	A.J. Boik	7	20	2012
Angie Fite	7	5	1998	Dennis Sanchez	7	20	1992
Marlon Horton	7	5	2002	Martin "Marty" Lawrence Martinez	7	21	1976
Michael Kramer	7	5	2014	Jesse Maldonado	7	22	1995
Cindy Stewart	7	6	1999	Mark Antony Wilson	7	22	1997
John Wann	7	6	2015	Thomas Hollar	7	23	1993
Jeffrey B. Packard	7	8	1991	Amy Hill	7	24	2008
Jennifer Mesa	7	8	1987	Bailey Davidson	7	24	2008
Lysa Beth Moser	7	8	2001	Cindy Wilson/Langlois	7	24	1986
Jesus Diaz	7	11	1998	Denice Ann Hightower/Benson	7	24	2002
Leon Nuanes	7	11	1990	Troy Krause	7	27	1977
Tyrone Anthony Bennett	7	11	1993	Jessica Morehouse	7	30	1988
Alan Cardenas	7	12	2013	Kathleen Annette David	7	31	1996
Jackie Gallegos	7	12	1994	Sammy Burks	7	31	2003
Russina Vale	7	12	2014				
Jennifer Manchego	7	14	1992				
Jennifer Manchego	7	14	1992				
Brooklyn Jean Ricks	7	15	1995				
Kim Hadley	7	15	1993				
Amber Carlson	7	16	2006				



## MONTHLY MEETINGS

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

For Year: **2021**

***January 16\****

February 20

***March 20\****

April 17

***May 15\****

June 19

***July 17\****

August 21

***September 18\****

October 16

***November 20\****

December 18

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

***Due to COVID:***

***Both Support and Board meetings are being held  
via ZOOM.***

***Email [POMCColorado@gmail.com](mailto:POMCColorado@gmail.com) to receive  
an invite.***

POMC  
18121 E. Hampden Ave Unit C #145  
Aurora, CO 80013

ADDRESS SERVICE REQUESTED