



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

May 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.

Click to travel to the website!



Register NOW:

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

Stop the Violence Charity Paintball Game

Saturday **May 18th** 10:00 am to 4:00 pm

29701 E. Jewell Ave Aurora CO. 80018

www.dynamicpaintball.com

Come join The Expendables and Able Shepherd in our efforts to end Domestic Violence and raise support for the POMC.

Entry Fee for non rental: \$15.00

Rental Gear Available: \$25 includes entry fee, marker, mask, air and 500 rounds

Raffle Tickets: \$5.00 each. Prizes include—paintball marker and more TBA

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>



FRONT RANGE CHAPTER

“We Are Here to Help”

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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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

*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.



LOVE GIFTS

Thank you from our Chapter for the following donation in honor of their loved one...



NEW MEMBERS

Mary Williams
Joe King



TRIALS & HEARINGS

Juli Jenicek:

Mr. Howard and Mr. Vigil were found guilty of first and second degree murder among many other charges. This immediately means that will both go to life in prison with absolutely no possibility of parole. Miss Valdes severed from the trial and will 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.

Cheryl Murphy:

Mom of murder victim Patrick Murphy. THANKS for your having been there for me when the pain hurt the worst. But the other day, I was able to tell it all to the judge and get it all out of my system. I would encourage your members to give their own Impact Statement in court. It feels good to finally have peace. So I can readily say good-bye to you. Thank you. PS: On April 23, the convicted defendant was sentenced to life without the possibility of parole in the state penitentiary.



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

After a Tragedy: What Kids Can Do

By Helen Fitzgerald, CT

After a terrible tragedy, many people experience an intense emotional reaction that may not show up for weeks or even months afterwards. Mental health clinicians call this reaction Post-Traumatic Stress Disorder (PTSD). If you have suffered a traumatic loss, you may feel numb right afterwards. But later, many confusing and debilitating feelings may come up and you may not link it to the tragic event. Even if you were not on the scene of the tragedy, you may still be traumatized. You may be terrified it could happen again. You may not be able to sleep by yourself and need lights on to chase away the darkness.

If you are experiencing some of the following symptoms, tell your parents and/or school counselor and get help immediately:

- Recurring nightmares of the event.
- Flashbacks and hallucinations.
- Intense anxiety whenever you hear of a similar event.
- Avoidance of any feelings or thoughts concerning the tragedy.
- Avoidance of any activities or situations that would remind you of the tragedy.
- Preoccupation with the tragedy many months after it occurred.
- Lack of recall; blank spots in your memory.
- A significant decrease in your interest in normal activities either at home or at school.
- Depression combined with increased feelings of sadness, loneliness and hopelessness.
- Detachment and withdrawal from your friends and family.
- Feelings of "survivor guilt." Feeling you should have died or perhaps taking chances and doing some self-destructive or self-defeating behavior.
- Inability to experience emotions, to feel happy or to love someone.
- Avoidance of close relationships out of fear that you will be left alone again.
- Being overwhelmed with emotions -- tense, angry, scared and out of control.
- Feeling like you have no future, are unable to date, to marry or have a career.
- Problems with increased use of alcohol or drugs.
- New problems not previously experienced in falling or staying asleep, or sleeping too much.
- Irritability or outbursts of anger directed at your family, friends, or teachers.
- Difficulty in concentrating on things you usually enjoy such as reading and listening to music.
- Easily startled, jumping at any unusual or loud noise.
- Physical symptoms such as cold sweat, rapid heartbeat, or shortness of breath whenever you are reminded of the tragedy.
- Recurring recollections of the death/trauma that are disrupting your home, school or leisure time.

Keep a journal and record and date your symptoms. You can use it to document your most private feelings and also to track how you are feeling over time. If you feel any of the above symptoms right away, it is a normal part of your grief. But if they persist, do get some guidance. It is of utmost importance to find people you can talk to. Talking about how you feel may help you feel better. Talk about what you saw, what you heard, what you smelled and what you feared. Don't hide your feelings or they may come back at a later time to haunt you.

Here are some other things you can do to help yourself:

- Talk about the event as much as you are able to and urge your friends to do the same. Ask a counselor to set up informal talk groups. Every time you go over the event, it loses some power and the hold it has on you.
- Have patience with yourself; the healing may take a long time.
- Learn to meditate, lose yourself in some music, take walks, visit a peaceful place such as a park, church or library.
- Take care of your physical needs. Eat healthy foods, keep up with your exercise program and get enough rest.
- Stay involved with your family, friends and school. Keep up a regular schedule and stick to old routines, as best as you can.
- Have patience with your parents; they are not going to let you out of their sight. Time will help them relax their need to control.



Grief Recovery: Find Strength in the Little Things

Grief and recovery: finding unexpected sources of strength

By Elizabeth Harper Neeld, Ph.D.

I surprised myself...A young man servicing my car told me I needed some air in my tires and asked how many pounds the tires were supposed to carry. My first thought was to respond as I had in other situations like this: This is my husband's car, and he died a few months ago...I don't know how many pounds of pressure for the tires...I don't know what to tell you.

But this time I did not tell my usual story.

"Just a minute," I said to the attendant. "I have to look it up." I opened the glove box, took out the owner's manual, and located the information the young man needed. I sat back in the seat as if I had just climbed Mt. Everest. I felt such satisfaction! I felt so capable, so strong! Why, I even felt like someone who might have a future! (Excerpt from *Seven Choices* by Elizabeth Harper Neeld)

While we might wish for a miraculous change over night from feeling deep in grief to feeling joy in living again, this usually does not happen. Instead, we move forward in our grief process in starts and stops, in bits and pieces, in what feels like forward one step, back two. The outer changes necessary to live our lives without the person we have lost usually feel thrust upon us. The internal changes we are required to make are slow and often imperceptible.

One of these internal changes occurs at those moments when we find the will and the ability to take an action that, as small as it might be, reveals to us that we are stronger than we might have thought we were. These little actions give us courage. They show that we are making important and healthy changes. We often actually surprise ourselves.

Here is what a widower told me once:

One day I decided, "Hey, I'm sick and tired of eating in restaurants. I'm not willing to keep on running away from myself and from learning how to do things on my own. Tonight I'm going to fix round steak and cream gravy!"

So I stopped by Kroger's and picked up a beautiful piece of round steak—a little expensive and far too much for one person. But I'd just eat the leftovers, I decided. "I'll have parsley boiled potatoes that you can put the gravy over, a fresh loaf of bread, and a little salad—lettuce, tomato, some mayonnaise on it," I said to myself.

I started preparing all of this as soon as I got home. I was really anxious. I cooked the steak, cut up the salad, got the potatoes to boiling. Then I thought, "Oh, my God, I don't know how to make gravy." I'd tried when Laura was alive, and it always came out in one lump instead of liquid. "Well," I thought, "it's time for you to learn. If you're going to have gravy, that's what you got to do. What you gonna do, otherwise—invite Mama down from Oklahoma to cook it for you?"

I began. "Settle down and think about it. If you do this first and this second, it's probably going to turn out all right"...I ended up making the most beautiful pot of gravy you've ever seen. The only thing was that I made too much, but I saved it and put it on my toast the next morning.

You know, I found myself to some extent—I found this independence, this ability to live on my own—through cooking that cream gravy. (Excerpt from *Seven Choices* by Elizabeth Harper Neeld)

A study of widows carried out at Harvard University uncovered an important finding. Those women whose grieving was moving toward a healthy (and even creative) outcome had "at a particular moment...asserted themselves in some way and had therefore found themselves on a path to recovery."

The choice to take little actions—like the widower making his gravy, like my looking up the car tire pressure—is an internal commitment, a private decision. By doing these small things, we make sure that we don't end up living—in the words of an old French saying—as a person whose clock has stopped.

One of the things taking these small, seemingly insignificant actions does is make a life-giving statement:

I know I have the ability to replan my life so that I am not helpless for the rest of my life at the same time that I acknowledge and honor the loss.

It is in the little things we do that we demonstrate this kind of courage and strength.



COMFORT CORNER: SELF CARE

3 Quick Practices to Counteract the Stress Response

By Healing the Whole Self with Deepak Chopra, The Chopra Center

Stressed out? You're not alone. About 80 percent of Americans say they encounter stress in their daily lives. While you cannot control the external stress that finds its way into your life, you can control how you manage your reaction to stress and learn ways to calm the overactive mind. If left unmanaged, how can stress affect your life? On the surface, you can probably intuitively answer this question as feelings of having an overactive mind, worry, anxiety, and a general feeling of chaos in your life. This is all true, but if you look below the surface, you will find that the unpleasant effects that stress has on your mind can affect the body, too. Since the mind and the body are inextricably connected, stress is experienced at both levels. So if you find yourself facing stressful circumstances, conversations, relationships, or moments in your life, keep reading to discover three ways to help you expand the power of your mind so that you can control stress in your life—and ensure it doesn't end up controlling YOU!

Practice the Sigh of Relief

The exhale is tied to the relaxation response in the brain, and so learning to really take advantage of this simple act of exhaling—an activity you do all day long—can help you let go of stress and clear your mind. Relaxation is necessary for the body to reverse the effects of stress and for your mind to refresh. Think about it: when you are stressed or in fight-or-flight mode, you are typically breathing very rapidly, in a shallow way. When you consciously slow down the breath, exaggerate your exhale, and practice sighing, you are simultaneously counteracting the stress response and activating the relaxation response. That's why it feels so good to sigh with relief!

Give it a Try:

Relax your shoulders and your jaw and close your eyes. Breathe in slowly through your nose and silently count to five, hold the breath at the top, then open your mouth and let out an audible exhale—smoothly and slowly—as you silently count to five. Repeat! Balance. Heal.

Try Progressive Muscle Relaxation Technique

Stress can cause your muscles to tense and tighten and your mind to get lost in a downhill spiral. When you gather up all the tension in your muscles, hold it, and then consciously release it, you help to trigger the relaxation response that counteracts the stress response, and alleviates tension from the body and anxiety from the mind.

Give it a Try:

Before you begin, make sure you have at least five minutes and are in a place free of distractions. Lie down so you are comfortable, and start to slow down your breath, in and out through your nose. Then, start to bring attention to one area of your body at a time, as you tense all the muscles in that part of your body—holding it as tight as you are able for at least a few seconds—and then release, feeling that part of your body relax and release.

Try this progression: • Feet • Legs • Pelvis • Stomach • Chest • Arms, shoulders, and hands • Neck • Face

When you are through with the progression, tense all the muscles in your body as tight as you can—making fists with your hands and feet, tightening the stomach, legs, arms, and squeezing the eyes shut. As you tense the body, take a big inhale through your nose, holding the breath and all of the tension in your body, and then releasing with a big sigh of relief when you are finished. You can repeat the sequence as many times as you would like, anytime you feel stress begin to rise.

Give Someone a Good Hug

When you hug someone—really hug then with both arms and hold it for a moment like you mean it—you release oxytocin, which can counteract the harmful effects of the stress response. Oxytocin helps your blood vessels stay relaxed, strengthens your heart, and helps your mind become more resilient in the face of stress. The simple act of offering someone social support, such as a hug, can physiologically give you the hormones you need to calm the mind and pull you back into the present moment.

Give it a Try:

Find a friend, partner, family member, co-worker, neighbor, or pet, and give them a great big bear hug like you really mean it—with a smile, both arms, and with a good intention for their well-being. Breathe slowly together for a moment, and notice the person's heartbeat, breathing pattern, and that they, too, have stress in their lives—just like you. You are not alone.

The Bottom Line

Try these simple stress-releasing strategies when your mind feels burdened with worry, anxiety and overwhelm, and find out what works best for you! Developing the awareness to notice when you have slipped off balance, and then knowing how to regain your center, is a skill you need to continue on your path to staying present, healthy, balanced, and whole.



FOOD FOR THOUGHT



Ultimate Comfort Food

allrecipes



Prep
1 h 10 m

Cook
40 m

Ready In
9 h 50 m

Recipe By: karela

"This is the best recipe for chicken and dumplings that I've ever found. It's the ultimate comfort food."

Ingredients

4 pounds whole chicken cut up	4 (14.5 ounce) cans chicken broth
1 whole dried red chili pepper, seeded and diced	1 cup heavy cream
2 carrots, chopped	1/4 cup cornstarch
2 stalks celery, chopped	1/2 cup water
2 onions, chopped	2 cups self-rising flour
1 bay leaves	1 cup heavy cream
3 cloves garlic, minced	

Directions

- 1 For the stock: In a large pot over high heat, place the chicken parts, chile pepper, carrots, celery, onions, bay leaf, garlic and chicken broth. Mix well and bring to a boil. Reduce heat to low, cover and simmer for 1 to 2 hours, or until chicken comes off bone easily. Cover and refrigerate overnight.
- 2 The next day, skim the fat off the top of the soup and remove the chicken parts. De-bone the chicken and chop the meat into bite size pieces. Discard bones and set meat aside. Using a slotted spoon, remove and discard the vegetables. Return the pot to the stove over high heat and bring to a boil. Reduce heat to low for 10 to 15 minutes, add the heavy cream and stir well.
- 3 In a separate small bowl, dissolve the cornstarch in the water and add to the pot. Stir until thickened, and make the dumplings while the stock reduces.
- 4 For the dumplings: In a large bowl, combine the flour and the heavy cream, mixing well. Roll into balls about 1 1/2 inches in diameter. Drop balls carefully into the simmering soup and cook for 7 minutes. Then cover soup and cook for 7 more minutes. Add the chicken, stir well and allow to heat through.

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BIRTHDAYS REMEMBERED

Alan Michael Conner	5	1	1980	Abdul Muhammed	5	28	1953
Cody Faust	5	1	1982	Michael Ford	5	29	1984
Carold Peoples III	5	1	1987	Gary Carlson	5	31	1962
Jackie Maldonado	5	2	1962	Joseph Seara	5	31	1977
Steve Murgatroyd	5	2	1962				
Jeff Walker	5	3	1972				
Terrance Mayo	5	3	1976				
Trisha Green	5	3	1977				
Melodie Robertson	5	3	2000				
Roy Cozby	5	10	1940				
Michael Cates	5	11	1975				
Lindsey Kay Creason	5	12	1993				
Tina Abbott	5	15	1949				
Sgt Tim Mossbrucker	5	15	1958				
Ennis Walton	5	17	1970				
Rebecca Lynn Gonzales	5	20	1989				
Vera Escobedo	5	21	1966				
Mark Gonzalez	5	22	1987				
Page Ten Brook	5	24	1966				
Eric Martinez	5	24	1978				
Nate Tallman	5	24	1988				
Christopher Aragon	5	26	1960				
Jordan Miranda	5	26	1991				



IN MEMORIAM

Chandra Haak	5	1	1991	Jeremy Campton Craft	5	26	1995
Tina Abbott	5	1	2003	Geney Crutchley	5	26	2002
Karla Winberg	5	2	1981	Shaundra Schell	5	28	1990
Angelina Sicola	5	2	2013	John C. Abeyta	5	29	1993
Kyra Harris	5	3	1987	Kaci	5	29	2008
Christy Marie Brown	5	4	1995	Kevin	5	29	2011
Danny Stanazyk	5	5	2005	Asjer Kirlan	5	29	2013
Eddie Hairston, Jr.	5	6	1978	Linnea Dick	5	30	2008
Kay Lyn Robinson	5	8	1979	Ivory Mefford	5	30	2009
Frankie Paul	5	8	1998	Brandy DuVall	5	31	1997
Rubon Wayne Norwood	5	9	1988				
Anthony (Tony)Gonzales	5	10	1990				
Lori Bases	5	11	2000				
Heather Victoria Reyes	5	15	1998				
Ronald Eugene Hinson Jr	5	18	1988				
Alie Berrelez	5	18	1993				
Jeffrey Smith	5	18	1993				
Leslie Ann Russell	5	20	1991				
Carlos Luna	5	21	1992				
Christy Birmingham Barry	5	23	1989				
Beth Gallegos	5	23	1998				
Britt Mackay	5	23	2007				
Isaiah Gargia	5	23	2012				
Shaniqua Coffman	5	26	1993				



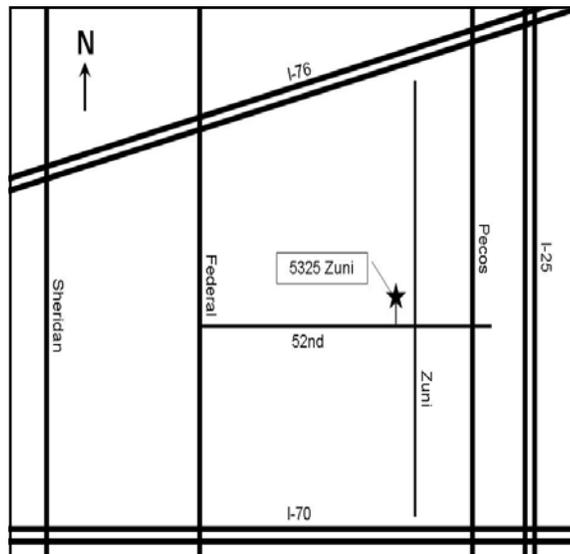
MONTHLY MEETINGS

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