



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

May 2021

## ANNOUNCEMENTS

Have you had an experience you'd like to share in our "Ongoing Hope" section? This page is dedicated to sharing our positive stories, the silver linings we've experienced along our journeys. It can even be a picture or meme that inspires you.



Feel free to submit yours to the editor.



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.

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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...



# 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.



# 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

## Homicide Bereavement

*Manitoba Trauma Information and Education Centre*

The process of grief and bereavement is very different when a death is the result of homicide. This is also true of other violent deaths such as in cases of war, suicide and terrorism. The vast majority of people, who die violently, die alone. The survivors of homicide victims are left not only with the sorrow of the loss but with the profound powerlessness of not having been able to protect, rescue, or comfort the one they loved. Individuals and families can become trapped in the trauma of their loss as their lives become defined by the violent death of their loved one. As the devastating reality of the murder is replayed over and over in the minds of the family it also often appears in the headlines of the news. As Rynerson (2001) describes “when the violent dying is deemed a criminal act (terrorism, homicide or criminal negligence) the media, medical examiner, police and judicial system begin a mandatory, public announcement and inquiry of the dying to find and punish whoever was responsible. The public retelling of the violent dying story is very different than the public respect for the family’s privacy in retelling a natural death. Once declared criminal, the public and media demand a spotlighted reenactment of the dying that in, some cases, becomes voyeuristic. Public repetition of the dying reenactment may heighten the distress of friends and family members”.

When death is the result of natural dying due to illness or aging there is more often than not a more natural process of the grief that may involve opportunities to be with the dying person prior to their death in order to address unresolved issues, say good bye, care for their immediate needs as they move towards the end of their life. Ideally this often involves the presence of family members, friends, and community members who may share in this experience.

Following these types of deaths, these same survivors will gather together in their grief to comfort one another, provide support, participate in rituals that honour/celebrate the life of the deceased and mark the event of their death. The natural ebbs and flows of the grief process will move over time and eventually those left behind find ways to remember the life of the deceased.

What separates death by homicide from other forms of death is “homicidal grief falls within the syndrome of complicated mourning because the mode of death prevents mourners from moving through the process or stages that are critical for resolving grief and mourning” (Armour, 2002). Because of the very nature of homicide/violent death, this experience for the co-victims is often traumatic, which further complicates the bereavement process.

Given that the experience of losing a loved one to homicide is experienced as a traumatic event, there is a natural tendency to want to “avoid” and “defend” against this which can then interrupt the natural process of grieving. In the presence of a violent loss, the trauma of this experience causes the brain to function in a manner that makes it difficult for integration (Siegal, in Currier and Neimeyer, 2006). Alternatively many co-victims become so focused on the death of their loved one and the manner in which it occurred that they struggle to connect with the lives of their loved one pre death and/or develop a relationship with them in some capacity post death. They essentially become stuck or “frozen” in the moments of the death. Any kind of question or memory directed toward the co-victim regarding their loved one will inherently be woven through the story and details of their death.

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When co-victims become stuck in the death of their loved one, their ability to move through the natural stages of grief and healing is impeded and their lives and relationships can be affected. It is as if the violent death has “just occurred” even with the passage of time, which further intensifies the trauma response.

Deborah Spungen has identified in *Homicide: The Hidden Victims A Guide for Professionals* (1998) common themes and responses to the murder of a family member. They include: isolation, grief, loss, shock, stress, anger, blame (both victim and self), betrayal, guilt, denial, need for revenge and emotional regression. She also indicates that the experience of violent death disrupts the sense of safety which will often manifest itself in guilt in the parents of a murdered child.

The experience of guilt in connection to being unable to ensure the safety of their murdered child combined with fear for the safety of any remaining children can also interrupt the grieving process for the parent. The other unique and complicating component of death by homicide is that the statistics show that victims of homicide knew the person who took their life. According to Statistics Canada in 2011, 48% of the homicides were committed by “an acquaintance or a friend”. In 32% of these cases it was a family member (Statistics Canada, 2011). Therefore the ability of family members to support one another may vary based on exposure to the murder and closeness to the victim as well as the person who perpetrated the violence.

In addition, the underlying dynamics of the various relationships amongst and between the family members with the murder victim will also influence the way in which the trauma of a homicide death is processed. This can be particularly difficult and challenging when the murder has been the result of domestic violence. Oftentimes the theme of blame permeates through the family as well as the social, cultural and justice systems. The issue of blame is not limited to murders that occurred in the context of domestic violence. This theme of blame is also prevalent in situations where the murder victim may have been involved in a high-risk lifestyle that is fraught with violence. Not only does guilt and blame become an element of the death story within the family but can also be underscored by the criminal justice system, media, and the larger community.

The perspective of blame further serves to marginalize, isolate and disenfranchise these co-victims and perhaps reaffirm for them their culpability in the death of their loved one. In many situations they may not be able to access services of support or compensation if it has been determined that their loved one was involved in a criminal or otherwise high risk lifestyle.

Given the experience of stigma and isolation that can accompany homicide deaths, it can be helpful for co-victims to participate in groups with others who have experienced a similar loss. A therapeutic service such as this provides a vital opportunity for survivors to come together to share their unique pain with others who deeply understand their experience. The goal of such a group would be to assist people to regain a sense of safety and separateness from the dying experience of their loved one, and to create an environment where people can commemorate the living memory of the deceased. By connecting with other survivors through a restorative therapeutic process, individuals can regain an image of their loved one that transcends the nature of their death so that they can then reengage in their own living.



Resource: [Homicide Bereavement | Manitoba Trauma Information and Education Centre \(trauma-informed.ca\)](http://trauma-informed.ca)



# COMFORT CORNER: SELF CARE

## 5 Ways the Sun Impacts Your Mental and Physical Health

Tri-City Medical Center

*We often hear about the risks of getting too much sun. While it's true that sunburns and skin cancer are very real threats and that SPF is essential, there are also positive effects of sun exposure. The sun is much more than its potential pitfalls and can do plenty of good things for your body — soaking up some sunlight can do wonders for your mind, bones, and more.*

*When you give your skin access to a healthy dose of the sun's rays, you are likely to experience some tangible benefits immediately. Here are five ways the sun can affect your mental and physical health.*

### **1. Increased Vitamin D**

*Vitamin D has some important functions in the body. It promotes reduced inflammation and modulates cell growth. It's also very hard to get enough from food sources alone. The sun is the best natural source of Vitamin D, and it only takes 5-15 minutes of sunlight a few times a week to notice a difference. Get outside and expose yourself to direct sun on your arms and face to soak up this necessary vitamin. Just remember to use sunscreen if you'll be outside for more than 15 minutes.*

### **2. Improved Mood**

*It turns out "sunny disposition" is more than just an expression: Researchers at BYU found more mental health distress in people during seasons with little sun exposure. On the contrary, days with plenty of sunshine were associated with better mental health — in fact, the availability of sunshine has more impact on mood than rainfall, temperature, or any other environmental factor.*

*Getting some sun increases your serotonin and helps you stave off Seasonal Affective Disorder (SAD) and sun exposure can also help people with anxiety and depression, especially in combination with other treatments.*

### **3. Higher Quality Sleep**

*That serotonin you soak up from the sun's rays does more than boost your mood — it might also help you get more restful sleep at night. Working in tandem with serotonin is melatonin, a chemical in your brain that lulls you into slumber and one that sun also helps your body produce. Suffering from insomnia? Try to stick to traditionally light and dark cycles, getting sunlight during the day so you can catch some zzz's at night.*

### **4. Stronger Bones**

*Remember how we mentioned Vitamin D does some pretty important stuff for your body? Low Vitamin D has been linked to diseases like osteoporosis and rickets, and one of the most specific benefits of Vitamin D is earning stronger bones and teeth. Move over, calcium!*

*How much Vitamin D do you need? For adults, a daily intake of 4,000 international units (or IUs) is recommended. While calcium intake is also crucial for bone health, getting enough sun helps your body absorb the calcium.*

### **5. Lower Blood Pressure**

*When sunlight hits your skin, your body releases something called nitric oxide into your blood. This compound brings down blood pressure and improves heart health. Maintaining healthy blood pressure can reduce your risks of cardiac disease and stroke. Feelings of relaxation may also naturally bring down blood pressure, so boosting your happiness by soaking up rays also aids in keeping your pressure down.*

*The sun can be your body's best friend. It not only boosts your mood and can be an effective part of treatment for depression and SAD, but its rays have tangible benefits for our physical well-being. Stuck under cloudy conditions for a week or more? Consider a light therapy lamp, which can be installed in any room and provide a temporary alternative to the sun.*

*As always, use proper precautions and make sure to visit your doctor for regular skin examinations to be sure you're not at risk for skin cancer. Reach out to our doctors at Tri-City Medical for an appointment today!*



**Resource:** [5 Ways the Sun Impacts Your Mental and Physical Health | Tri-City Medical Center \(tricitymed.org\)](https://www.tricitymed.org)



## Grief

never ends...  
But it changes.  
It's a passage,  
not a place to stay.  
Grief is not a sign  
of weakness, nor  
a lack of faith...  
It is the price of love.

Author Unknown

*#missingyou*



# ONGOING HOPE

## What keeps you motivated to stay healthy?

My story often feels like a dark night, and yet – without that, how would we see the stars?

While surviving my daughter's murder that happened almost four years ago, things have never felt so unfamiliar. I've certainly had lows mentally and physically while struggling with grief.

Acclimating to my new home life, balancing work, dealing with COVID, and maneuvering through our court system has tested me in every way. Eating was challenging, and exercising was almost non-existent. I ended up gaining fifteen pounds and hung up my athletic badge of pride.

Now that's not to say I haven't had a few highs as well. Inspired by my tragedy, I've met some of the most amazing people that are forever in my tribe, I've almost finished a book about my experience and started my own business.

Through my maze, I've discovered that being an artist from a young age would show me the way. Better said, a long-time hobby had been preparing me all along, teaching me a healing art. My life journey is now re-directed into helping others capture a special memory, or an echo, through life or death.

To wrap up the good news, recently, our judicial saga had a turn of events that led to a plea deal that we accepted. It was finally time that I could begin healing in its entirety.

So, to answer your question, what inspires me to stay healthy? Without a doubt, after what I've been through, I now understand what justice means to me. It's all about MY survival. My mission is to focus on what I love doing, making my best life, and bringing my daughter with me every step of the way.



**Tiffany Starrett**

Resource: [Unique Personalized Memorial Keepsakes | Everlasting Echoes](#)





# BIRTHDAYS REMEMBERED

Alan Michael Conner	5	1	1980
Carold Peoples III	5	1	1987
Cody Faust	5	1	1982
Jackie Maldonado	5	2	1962
Steve Murgatroyd	5	2	1962
Jeff Walker	5	3	1972
Melodie Robertson	5	3	2000
Patricia "Trisha" Green	5	3	1977
Terrance Mayo	5	3	1976
Trisha Green	5	3	1977
Jacob Wiens	5	6	1991
Roy Cozby	5	10	1940
Michael Cates	5	11	1975
Lindsey Kay Creason	5	12	1993
Sgt. Tim Mossbrucker	5	15	1958
Tina Abbott	5	15	1949
Ennis Walton	5	17	1970
Rebecca Lynn Gonzales	5	20	1989
Vera Escobedo	5	21	1966
Mark Anthony David Johnsen	5	22	1987
Mark Gonzalez	5	22	1987
Eric Martinez	5	24	1978
Nate Tallman	5	24	1988

Page Ten Brook	5	24	1966
Christopher Aragon	5	26	1960
Jordan Miranda	5	26	1991
Jack Koller	5	27	2009
Abdul Muhammed	5	28	1953
Michael Julius Ford	5	29	1984
Gary Carlson	5	31	1962
Joseph Seara	5	31	1977

\*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

Chandra Haak	5	1	1991
Angelina Sicola	5	2	2013
Karla Winberg	5	2	1981
Aaron Richart	5	3	1999
Kyra Harris	5	3	1987
Christy Marie Brown	5	4	1995
Danny Stanazyk	5	5	2005
Eddie Hairston, Jr.	5	6	1978
Frankie Paul	5	8	1998
Kay Lyn Robinson	5	8	1979
Rubon Wayne Norwood	5	9	1988
Anthony (Tony) Gonzales	5	10	1990
Lori Bases	5	11	2000
Jackie Coleman	5	14	2019
Heather Victoria Reyes	5	15	1998
Alie Berrelez	5	18	1993
Jeffrey Smith	5	18	1993
Jeffrey Smith	5	18	1993
Ronald Eugene Hinson Jr.	5	18	1988
Leslie Ann Russell	5	20	1991
Carlos Luna	5	21	1992
Beth Gallegos	5	23	1998
Britt Mackay	5	23	2007
Christy Birmingham Barry	5	23	1989

Isaiah Gargia	5	23	2012
Geney Crutchley	5	26	2002
Jeremy Campton Craft	5	26	1995
Shaniqua Coffman	5	26	1993
Shaundra Schell	5	28	1990
Asjer Kirlan	5	29	2013
John C. Abeyta	5	29	1993
Kaci	5	29	2008
Kevin	5	29	2011
Ivory Mefford	5	30	2009
Linnea Dick	5	30	2008
Brandy DuVall	5	31	1997



## 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.***

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