The POMC National Conference Committee members are excited to invite you to join us for the 2022 National POMC Conference in St. Louis, Missouri!

For more information, contact natlpomc@pomc.org, call (513) 721-5683 or view conference brochure on website https://pomc.org

**IMPORTANT DATES**

<table>
<thead>
<tr>
<th>Event</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>Memorial Book Deadline</td>
<td>June 24, 2022</td>
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<tr>
<td>Workshop Sponsorship Deadline</td>
<td>June 24, 2022</td>
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<tr>
<td>Hotel Reservation Deadline</td>
<td>June 28, 2022</td>
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<tr>
<td>Submit Photo for Video Deadline</td>
<td>July 8, 2022 (no exceptions)</td>
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<tr>
<td>Mailed Donations must be received by</td>
<td>July 8, 2022</td>
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**2022 POMC Conference Workshop Topics**

Mother’s Grief, Father’s Grief, Sibling Grief, Role of the Medical Examiner/Coroner in Death Investigations, Daily Prison Life, Cold Cases: Living with the Absence of Justice, Forgiveness in its Place: Multiple Perspectives, Victims’ Rights at Sentencing and Beyond, Homicide Survivors: Needs, Strategies, Concerns & Advocacy (Legal/Law Focused), Victim Advocacy, Therapy Dogs in Chapter Meetings and in Crises, How to Prepare for a Parole Block Hearing, When Murderers are Free & Justice Expires?, The Impact of Traumatic Loss on Relationships, Navigating Through the System & Building Relationships, Misconceptions of Grief, Homicide Investigations, From the First Call to the Courtroom. What to Expect, Yoga & Meditation for All, Nature & Dynamics of Domestic Violence,
Definition: Grief is a continuing process of mourning through which one learns to live with loss. Overview: When a loved one dies, those left to mourn, or survivors, often find themselves entangled in a complex web of emotions and reactions. The death of a loved one can be an overwhelming, frightening and painful experience. The psychological, social and physical effects of loss are articulated through the practice of grief. How individuals grieve depends on many factors: their support system; the circumstances of the death; the response by family members, friends and the criminal justice system; the nature of the relationship with the deceased; religious or cultural beliefs and customs; and the individual’s coping skills. No two people will grieve the same way. However, survivors often find it helpful to speak with others experiencing loss, as there are common reactions and experiences that may prove useful to share.

Possible Grief Reactions:

Denial: Often after learning of the death of a loved one, especially a sudden death, survivors experience a feeling of shock, numbness and disbelief that their loved one is gone. To be confronted by the death of a loved one is so horrible, devastating and absolute that many individuals are unable to comprehend the overwhelming news. Therefore, in order to process the shock, many survivors will immediately disbelieve that a loved one has died. Denial is a coping mechanism and a normal and functional grief reaction.

Anger: As the reality of facing life without a loved one sets in, many survivors feel frustrated, cheated and abandoned. Those left to grieve may become angry at their loved one for leaving them; at the doctors who should have done more; at other family members for not having the same feelings; and, in a case of death as a result of a violent crime, at the person or persons responsible for the crime, as well as the entire criminal justice system.

When death occurs as a result of a violent crime, survivors’ anger may be compounded and their reactions more complicated. Many homicide survivors are surprised and frightened by the intensity of anger and violence they feel toward those who killed their loved one(s). Homicide survivors may devise elaborate plans of revenge that involve the murderer suffering more cruelly and graphically than the victim. To fantasize acting out rage or revenge is a normal reaction for a bereaved survivor. By verbalizing these feelings, perhaps within a support group setting, survivors can try to move past the anger toward healing.

Guilt: Survivors may encounter intense feelings of guilt after someone they love has died. The guilt may come out of unresolved conflicts with the deceased, or through thinking they could have somehow prevented the death of their loved one. While guilt is a normal grief reaction, most often factors outside a survivor’s control cause death. Therefore, it may help to process feelings of guilt to speak with individuals who knew the loved one, as well as the circumstances of the death, so that they may help the survivor realistically evaluate feelings of guilt and responsibility.

Other Common Grief Reactions Include:

<table>
<thead>
<tr>
<th>Feelings of powerlessness;</th>
<th>Numbness;</th>
<th>Hypersensitivity;</th>
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</thead>
<tbody>
<tr>
<td>Hyper-vigilance (jumpiness);</td>
<td>Questioning of faith;</td>
<td>Disruptive sleep patterns;</td>
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<tr>
<td>Inability to concentrate;</td>
<td>Lethargy;</td>
<td>Fear and vulnerability;</td>
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<tr>
<td>Confusion;</td>
<td>Social withdrawal;</td>
<td>Change in eating habits;</td>
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<tr>
<td>Restricted affect (reduced ability to express emotion);</td>
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<tr>
<td>Constant thoughts about the circumstances of the death;</td>
<td></td>
<td>Overwhelming sense of loss and sorrow;</td>
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<tr>
<td></td>
<td></td>
<td>Physical and financial problems</td>
</tr>
</tbody>
</table>

Grief Spasms: Survivors may feel, even years after the loss of a loved one, brief periods when feeling of loss are particularly intense. These “grief spasms” are usually brought about by “triggers.” Triggers are occasions, scents, tastes, songs, or other stimuli which remind survivors of their loved one and loss. For example, birthdays, anniversaries, weddings, or driving by the scene of a drunk driving crash may bring about intense feelings of grief for those learning to cope with loss. As time passes, most survivors find that grief spasms lose their intensity and frequency, and are a normal part of processing the loss of a loved one.

Cont’d on page 3
Suggestions for Coping with the Death of a Loved One

Support groups/counseling: In adjusting to their lives after the loss of a loved one, many survivors find it helpful to share their feelings with others who are in similar circumstances. Many communities have support groups established through hospitals, churches or social service agencies that lend an atmosphere of support and empathy, which may normalize a survivor’s reactions.

- Counseling with a professional therapist may be an option as well, for assistance and guidance through the grieving process. To maximize benefits from counseling, survivors should look for counselors experienced in dealing with grief issues. If a death is a result of a violent crime, survivors may be able to receive reimbursement or direct payment for counseling expenses through their state’s crime victims’ compensation program. For more information about the compensation program in a particular state, survivors should contact local law enforcement or prosecutor’s office.

- Acknowledge feelings of loss. Though emotions may be difficult, it is important for survivors to work through feeling of sorrow, anger, guilt, and other demonstrations of loss, and not be afraid to express them. Expressive outlets, such as conversations with others, drawing or writing, may prove helpful in articulating and coping with feelings of loss. Survivors should be patient with themselves. The grieving process takes time, and feelings of loss may not diminish quickly or easily.

- Be patient with others. Many people, though well-meaning, can say inappropriate things to those who grieve. Most often people simply do not know what to say, and want to help, not hurt. An inappropriate remark may be an imperfect but well-intentioned expression of caring.

- Recognize limits. At first, survivors should expect to feel a multitude of emotions that may make it hard to cope with everyday tasks. If possible, survivors should seek to engage a strong support system, asking others to assist in the grieving process or to take over tasks that may prove too difficult or painful. Survivors may also want to have regular checkups with a physician in order to monitor possible stress-related physical ailments.

To Assist Someone Who is Grieving

- Ask what can be done to help. Someone who has experienced the loss of a loved one may need assistance with daily tasks, but may be unable to ask. Offer to help with logistical tasks such as phone calls to funeral directors, acquaintances, and credit card companies, or offer to babysit young children or care for pets.

- Listen. Listen without making any judgements. Survivors may need to periodically speak with someone about what they are experiencing and feeling. It may be helpful to be available to a survivor to talk not only immediately after the loss, but occasionally thereafter, and especially on significant dates and holidays.

- Provide information and support. Find out if there are appropriate and available support groups in the survivor’s area. If the criminal justice system is involved, investigate services available to survivors through the system and the appropriate person(s) to call for further information and assistance. If there are legal issues, offer to call prospective attorneys.

Conclusion: The grief process if often characterized as work because it is laborious and difficult. There is no timetable for grieving and everyone will manage the loss of a loved one differently. Loss forces survivors to readjust their lives in order to compensate and cope. Grief can be a long, painful process, but can be managed with assistance from friends, family members, or outside support. Survivors need to engage others in the grief process if possible, as doing so may assist them in attempting to reconstruct their lives after loss.

For more information on managing grief, please contact:

The Compassionate Friends
48660 Pontiac Trail
#930808
Wixom, MI 48393
877-969-0010

M.A.D.D. (Mothers Against Drunk Drivers)
511 E John Carpenter Fwy
Suite #700
Irving, TX 75062
877-275-6233

C.O.P.S (Concerns of Police Survivors)
P.O. Box 3199
Camdenton, MO 65020
573-346-4911
A Message from the President

With Connie Sheely

Greetings to everyone!

It is hard to believe another year has passed already since we last met in Scottsdale, AZ last July for our National Conference. It was so nice to see everyone in person again. I look forward to seeing everyone soon in St. Louis for the 2022 National Conference. It will be here before we know it. I hope many of you will be able to attend to see old friends, meet new friends, and learn new ways to survive this journey we had no choice in taking. My wish for everyone is that we can find a path for hope and healing. With the St. Louis Gateway Arch as a backdrop, our conference theme is “Journey Through the Gateway to Healing and Hope.”

I want to give a big thank you to all the local POMC chapters for the support provided to survivors. We are fortunate to have many dedicated chapters who continue to be accessible to provide support to each other and to reach out to others. Thank you also to our wonderful national office staff for your hard work and dedication to survivors.

Have you ever considered serving on the POMC National Board of Trustees? If so, I want to extend an invitation to apply for a trustee position on the board. We would like to meet you. The board will be meeting on Wednesday, July 20th just prior to the conference and would welcome your attendance and a chance to get to know you. If you are interested in serving, please contact the national office.

I hope to see you in St. Louis!

Connie Sheely
POMC National Board of Trustees, President

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2022 Hoop Dance Contest World Champion!
Sampson Sixkiller Sinquah (Gila River Pima/ Hopi-Tewa/ Cherokee)

We would like to congratulate Sampson Sixkiller Sinquah for his amazing win. You might remember seeing him perform at our conference last year in Arizona, as well as in Denver, Colorado. He showed us his exceptional skills, in memory of his murdered grandfather. Yes, Sampson and his family are part of our POMC family and we celebrate his accomplishment with heart-felt wishes for many more successes.
Hello Everyone,
I am writing this letter for the newsletter the same week as the Texas school shooting and this is such a heart-breaking month with two mass shootings happening in one month. The grocery store shooting in Buffalo, New York was another heartbreaker. When I think of how many times I go to the grocery store and for these families to be in a store buying food for their families and to be gunned down is unbelievable. And then two weeks later elementary school children and their teachers to be gunned down in their classroom. There is something very wrong with our country and we need to do something to make this stop. Both of these mass murderers were just 18 years-old, one had just turned 18. This is such a special time of your life – when you start to become independent from your family, making decisions – get a job or go to college, starting with the voting process and many more things that happen when you are 18. Being a mass murderer is not one of those options to turning 18. What would make an 18-year-old make that decision to buy a gun and start by shooting their grandmother and then go into a school and shoot young children and their teachers? They only had two more days left of school and that is always an exciting time when you are at the end of the school year and know that you have three months of summer – of playing, swimming, not having to be on a schedule and staying up late. That will not be happening for the elementary school in Udalve, Texas. The families of the schoolchildren that were shot are faced with the funeral, the grief, the pain and anger of what happened and all the children, teachers and staff will be traumatized for the rest of their lives. Parents Of Murdered Children receives calls about video games giving young kids the idea for murder and if we think they are the reason that kids are so violent today? There are several video games that they mention which are so violent that the kids are playing these days. If it is, how can we stop them from playing or even buying these games? We can’t! What can we do to stop this country from all of these mass shootings, even the shootings that are happening every day of just one person and more families are thrown into the journey of grief, the justice system and the devastation of missing their loved one?
On another note, we are very busy getting ready for our 36th Annual National Conference in St. Louis, Missouri at the Sheraton Westport Lakeside Chalet on July 21st through 24th. We were very lucky to receive two different grants for 1st time attendees for registration scholarships and also a grant from the Office for Victims of Crime for hotel scholarships. With these grants we were able to help so many people with the cost of the conference and the registration scholarships for new survivors who have never been to our conference. By attending the conference they will find comfort and hope to make it through their journey of grief, learn coping skills and meet new families who also have been thrown into their world – the world of murder.
In October, the Grief Retreat will be held in Cincinnati, Ohio the weekend of October 7-9th. This will be the first one in a couple of years and we have already had an overwhelming response. The National Conference and the Grief Retreat are two ways that the organization can help families who have had a loved one murdered to find some hope for their future without their loved one.
In closing, I hope that everyone has a safe summer and if there is anything that the National Office in Cincinnati – Sherry, Sandy, Ratna and myself can do for you, please let us know.
Love,
Bev
March 15, 1992, my sister was taken from this world after 21 years, 4 months and 6 days of living on it. I write this essay to give my late sister a voice in the best way I know how. I really tried to forget most of what happened for many years since that dreadful day the authorities found her body in a shallow grave along Route 441 in Gainesville, Florida. However, the memories come rushing back to me like they were yesterday. Her body beaten and bruised after being sexually assaulted with the final blow shattering the front of her skull and rendering her unconscious. She was dumped like trash into a shallow grave just big enough to fit her tiny 5’2” 115lb, frame while she was still breathing. The soil around the area was gray almost like ash with heavy vegetation and growth all around giving off a sweet smell as if nothing horrifying had ever occurred there. I was 13 years old when I visited this site with my parents shortly after they located my sister’s body. I remember the air was humid and the sky was sunny and pleasant as any typical Florida afternoon in March. I could hear the sounds of birds chirping and children laughing and playing in the distance. It was surreal for what we laid witness to that day.

Multiple failures throughout the course of time caused by human error and possibly a lack of real empathy brought my sister to that moment. My sister’s killer was a serial killer. In 1972, he was arrested and convicted of murdering a Miami woman, Linda Fida, a former beauty pageant contestant. Ms. Fida was blitzed, sexually assaulted, choked to death, and stabbed multiple times until the blade bent and could not be used anymore. Ms. Fida’s lifeless corpse was then plunged into her own bathtub full of water to be drowned because her killer was not convinced, she was actually dead. He confessed without remorse and dubbed a sociopath. He was sentenced to life imprisonment. It was known he would kill again if ever let out of prison. However, a life prison sentence in Florida in the 1970’s and 1980’s was not for life. This killer only served 13 years and was released from prison by the County Parole Board while prisoners sentenced for non-violent drug offenses sat in prison for double the length of time.

In 1989, Tiffany Sessions, a University of Florida student, disappeared. She looked oddly similar to my sister. Her family was of the highest ilk with the likes of celebrities such as Dan Marino to help them raise funds and resources to try and locate Ms. Sessions. Her disappearance and death would remain unsolved for much longer than anyone expected. In the late 1990’s, my parents agreed to exhume my sister’s body to collect additional DNA evidence to find her killer. Yet, this DNA remained shelved for many more years. In 2009, 3 years after my father’s passing and my mother’s trauma reaching its apex, my mother and I called a meeting with the authorities. A young woman detective, a forensic analyst, gave us personal assurances that she would push certain pieces of evidence through the extensively backlogged FBI crime lab.

In 2012, an oral swab from my sister’s remains was finally tested. It’s not the guy they had been convincing my parents for the better part of two decades had killed my sister, but an inmate in prison for a different crime of kidnapping, sexually assaulting and attempting to kill a 15-year-old minor in Clearwater, Florida. He was the killer of Ms. Fida in a prison less than 40 miles from my residence. He was suffering from stage 4 lung cancer and did not have much time to live. Following his death, the authorities discovered his diary with numerous entries possibly identifying 5 to 7 or more female souls he took from this earth. One being entry #2 Tiffany Sessions with her date of death demarcated in the entry.

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My sister, Elizabeth Foster, was a hero even after death because through the oral DNA swab, the police were able to identify the perpetrator of Ms. Sessions’ murder. My sister was not the daughter of some wealthy tycoon or a former beauty pageant contestant. She was the girl that loved to laugh with her friends and cared deeply about others. She was the big sister who would make fun of her annoying little brother, but at the same time would invite him to occasionally sit in her room with her and listen to records or ask if she looked nice in an outfit. She was the girl that loved to take random photos and would come home from college on break with new pets to the surprise of my parents. She was the girl who loved big and was extremely naïve to a lot of the troubles and dangers of the world. I can’t blame my parents for letting her go so far away to college as they did their best but they were kind of naïve too. Being the father of daughters, I can’t be naïve and stick my head in the ground. I have to share my sister’s story and the souls that we lost too soon because we as a society failed them. I end with this quote: “Learn from the mistakes of others. You can't live long enough to make them all yourself.” - Eleanor Roosevelt. Love you, Betsy. Your little brother.
A much deserved ‘THANK YOU’ to those who keep the Remembrance Program going!

Many of you receive a heartfelt card yearly on the anniversary of the death of your loved ones. Every month, the National Office prepares 600-800 cards, envelopes, survivor information sheets and stamps to be divided and mailed out to our Remembrance Program writers, all who are volunteers for the National Office.

There is currently a total of 32 volunteers for this program who offer their time and kinds words each month to survivors in the form of a card, which means so much to those on the receiving end. The National Office receives many calls, emails and cards thanking us and the writer for remembering them during that difficult time.

We would like to thank all of the writers who have volunteered their time to this program, without you, it would not be possible. Since this program started, we have had many individuals who devoted their time writing and sending these cards out each week. We are so thankful for everyone’s efforts over the years.

We wanted to take time to show appreciation to our writers who are currently volunteering their time.

Current Writers (as of June 2022):
Mari Bailey - Arizona
Marlene Behler - Ohio
Leslie Boone - Arkansas
Lauren Cartheuser - Arizona
Donna Di Giacomo - Pennsylvania
Dee Engle - Arkansas
Nella Flack - Ohio
Lynda Fucarino - Arizona
Donna Heid - Ohio
Carolee Hildenbrandt - New York
Janice Johnson-Lonman - Maryland
Holly Jones - California
Justine Kingsley Ferreira - Georgia
Patricia Klose-Hammond - New York
Holly L’Oiseau - Georgia
Arielle Lewis - Georgia
Cornelius Lewis - Indiana
Jan Lewis - Arizona
Tessa Mosher - Massachusetts
Shirley Olivier - Texas
Susan Pendleton - Arizona
Charisma Pryor - Illinois
Martha Rago - New York
Joan Roback - Indiana
Amanda Swanson - Maine
Yasmine Thomas - Ohio
Louisa Valenzuela - Arizona
Susan Ventura - California
Cristina Willey - Vermont
Elizabeth Wilson - Arizona
Debra Young - Virginia

If you have not been receiving an anniversary card, please contact me directly at sbarlion@pomc.org or call (513) 721-5683 and I will make sure we have the correct mailing address for you or add you to our database to ensure you receive these cards in the future.

Thank you to everyone who has volunteered their time to the Remembrance Program, both in the past and currently. Those receiving your cards are very appreciative of them as are we at National for your willingness to write.
Maintaining the Beauty of the MURDER WALL...Honoring Their Memories

Time and much travel have put stress on the many panels of the Murder Wall...Honoring Their Memories, and scratches, nicks, and dents need to be repaired. Many of the cases that are used to transport the Wall have split or broken, handles have fallen off, and the protective material inside each case needs to be replaced.

Currently, the Wall is made up of 34 panels, displaying over 4,000 victims’ names, dates of birth and dates of death.

In order to maintain the beauty of the Wall, POMC continues to seek donations to help make some of the repairs. To help, please use the form below.

Donations made in memory/honor of, will be in the next issue of Survivors.

### POMC-Wall Repair
(Please Print)

- **Name:**
- **In memory/honor of:**
- **Address:**
- **City, State, Zip:**
- **Email Address:**
- **Amount enclosed:** $ Check:
- **Money Order:** Visa: MC: Am. Express: Dis:
- **Card Number:**
- **Expiration date:**
- **Security Code (back of card):**

Return to:
Parents Of Murdered Children, Inc.
635 W. 7th Street, Suite 104
Cincinnati, Ohio 45203

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### WALL BOOKLETS HONOR THEIR MEMORIES

POMC’s Murder Wall...Honoring their Memories is a beautiful memorial to the more than 4,000 murder victims whose names appear on the Wall. Behind each name there is a face and a story of a person whose life was taken prematurely. It is time to tell those stories.

Memorial booklets, which travel with the Wall, are compiled as an ongoing project of National POMC. Cost is $20.00 to include one page, front and back without a photo, or $30.00 if you wish to have a photo included. The photos are non-returnable and must be no larger than 2 1/2 by 3 1/2 inches.

Forms are available on the POMC Web Site at: [www.pomc.org](http://www.pomc.org) or by calling National at (513) 721-5683.

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### Donations to Maintain the Beauty of the Murder Wall... Honoring Their Memories

<table>
<thead>
<tr>
<th>Name</th>
<th>In memory/honor of</th>
<th>Address</th>
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<tbody>
<tr>
<td>Denise Coleman</td>
<td>Memory of Timothy Staunton</td>
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<tr>
<td>Carol Leonhardt</td>
<td>Memory of Janet Leonhardt</td>
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<tr>
<td>Carolee Hildenbrandt</td>
<td>Memory of David Pottinger</td>
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<tr>
<td>LC &amp; Sherry Nolan</td>
<td>Memory of Shannon Marie &amp; Alexandra Jordan Nolan-Broe</td>
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<tr>
<td>Terry Isheim</td>
<td>Memory of Steven Isheim</td>
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<tr>
<td>Claudine Sanchez Parrott</td>
<td>Memory of Stephen Sanchez</td>
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<tr>
<td>Howard &amp; Ann Klerk</td>
<td>Memory of Lisa Marie Weaver</td>
<td></td>
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<tr>
<td>James &amp; Ann Reed</td>
<td>Memory of Becky Reed</td>
<td></td>
</tr>
<tr>
<td>Jean Lewis</td>
<td>Memory of Scott Lewis &amp; Janet Marie Bunkers</td>
<td></td>
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<tr>
<td>Carol Leonardt</td>
<td>Memory of Janet Leonhardt</td>
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<td>Memory of Shannon Marie &amp; Alexandra Jordan Nolan-Broe</td>
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**Thank you for your donation to maintain the Murder Wall.**
The names that appear in this issue of Survivors are those that have been submitted to the National Organization of POMC, Inc., with full or partial payment before June 10, 2022. Names after this date will appear in the next issue.

The Wall consists of solid walnut panels with each holding 120 brass plates inscribed with the name of the victim, along with the date of birth and the date of death. A donation of $75 is required before a name will be inscribed on a plate and permanently mounted on a panel. Not only is this donation a tribute to the memory of your loved one, but it is a tribute that will guarantee that the memory of those we miss so deeply will survive forever. The Wall is a powerful statement of the violence in our society and of the numbers of loved ones senselessly killed by others. Not only does it give comfort, but also hope, because every name on it cries out silently for awareness, prevention and justice.

Murder Wall...Honoring Their Memories Order Form

Anyone interested in having their loved one’s name inscribed and permanently mounted on the Wall should fill out the order form below. Make checks payable to “POMC Wall,” or for your convenience, Discover, Visa, MasterCard, and American Express are accepted.

Send to: Parents Of Murdered Children, 635 W. 7th Street, Suite 104, Cincinnati, Ohio 45203

LOVED ONES INFORMATION

Loved ones name ________________________________________________

Date of Birth __________________________ Date of Death __________________________

PAYMENT INFORMATION

Choice of payment (check one): ______ Pay in full for $75.00  OR  ______ 3 payments of $25.00 each

Payment type: _____MC  _____Visa  _____Am. Express  _____Discover  _____Check

Card Number __________________________ Exp. Date __________  Security Code __________

SUBMITTERS INFORMATION

Name ________________________________________________

Address ________________________________________________

City, State, Zip ___________________________________________

Phone Number __________________________________________

Relationship to victim ____________________________________

The name will be added to the panel upon payment in full. Once your plate has been permanently mounted on the panel, you will be notified. New panels join the Wall as they are completed.
1803 Convicted murderers have been denied parole through POMC’s Parole Block Program!

Support the Parole Block Program
In Memory of:

Scott Lewis & Janet Marie Bunkers
From Jean Lewis

Timothy Staunton
From Denise Coleman

Shannon Marie & Alexandra Jordan Nolan-Broe
From LC & Sherry Nolan

Lisa Marie Weaver
From Howard & Ann Klerk

Tony Pompelio
From Cheryl Hoover-Kelley

David Pottinger
From Carolee Hildenbrandt

Steven Isheim
From Terry Isheim

Becky Reed
From James & Ann Reed

James Roback
From Joan Roback

Janet Leonhardt
From Carol Leonhardt

Denied Petitions:


Released:

Raymond Lee Brandon
Antonio Henry
Brian Pulliam
Tony WK

Hearing Results:

Hearing Date: December 2022
David Eugene Russell
ID#: A286261

On June 8, 1982, David Eugene Russell stopped at a local bar and was denied attempts to buy beer after hours. He then returned in the early morning hours to rob the establishment. David intentionally drove his truck into the building ramming the front double doors. Larry Copher was inside working behind the bar. Russell shot Larry four times and stole his wallet and the register before leaving Larry on the floor to die as he fled.

David Eugene Russell pled guilty of aggravated murder and was sentenced to 30 years to life. He will have served 29 years when he is considered for parole.

We, the undersigned individuals, STRONGLY OPPOSE parole for David Eugene Russell. Justice demands he serve the full prison term of LIFE given to him at the time he was sentenced for this heinous crime.

Office of Victim Services, 4545 Fisher Rd. Suite D, Columbus, OH 43228

Hearing Date: December 2022
Gregory Prysock
ID#: A254002

On April 18, 1991, Gregory Prysock raped, strangled and murdered Angela Jean Stufflebeam (15). Angela had just gotten off the school bus and was home eating a snack when Prysock forced his way into her home. Angela struggled to get out. A neighbor next door had seen Prysock leave the back door of the house, with a blood covered t-shirt wrapped around his face, and called the police. The police located him walking around the block and arrested him. The homicide detective told the family that it took six cops to hold him down and handcuff him. The police then found Angela inside the front door.

Pryock pled guilty to 2 counts of rape, 1 count aggravated burglary and 3 counts aggravated murder and was sentenced to 27 years to life in prison. He will have served only 30 years when he is considered for parole.

We, the undersigned, STRONGLY OPPOSE parole for Gregory Prysock. Justice demands he serve the full prison term of life given to him at the time of his sentence because of his danger to society.

Ohio Parole Board, 4545 Fisher Rd. Suite D, Columbus, OH 43228
Hearing Date: November 2022  
Charles Tingley  
ID#: A467054

On August 25, 2002, Levi Austin Caplinger who was only 15 months old was brutally beaten and then squeezed by his biological father who had parental custody that weekend. This was the second time in a month that little innocent Levi was beaten and taken to the hospital. Levi was transported to the hospital but was dead upon arrival by forceable trauma to the side of his brain and internal injuries from being squeezed. His mother upon arrival to the hospital for the second time in a month, was only allowed to hold her dead child. She had started the process to get full custody of her son, but was too late. Charles D. Tingley attended the grave service and even served as a pall bearer for Levi. Charles D. Tingley was later charged with Levi’s murder. Tingley plea bargained to a sentence of Aggravated Murder. He was sentenced to 20 years to LIFE in prison. He will have only served 19 years when he is considered for parole.

We, the undersigned STRONGLY OPPOSE parole for Charles D. Tingley. Justice demands he serve the full prison term of life given to him at the time he was sentenced for this heinous crime to a 15-month-old child.

Ohio Parole Board, 4545 Fisher Road Suite D, Columbus, Ohio 43228, Fax #: (614) 752-0600

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Hearing Date: October 2022  
Nathaniel Hendren  
ID#: 0135239

On January 24, 2019, Nathaniel Hendren-a uniformed police officer while on duty being paid by taxpayers of the City of St. Louis, left his assigned post, went home to his apartment where he proceeded to point a loaded gun at Officer Katlyn Nicole Alix (24) and shot her in the chest. Hendren had a past history of violence with other women, and had similarly pointed loaded guns toward them during intimate encounters. Katlyn Alix died from the gunshot to her chest.

Hendren was convicted of armed criminal action and involuntary manslaughter and was sentenced to 7 years in prison. He has served only 2 years and 10 months when he is considered for parole.

We, the undersigned, STRONGLY OPPOSE parole for Nathaniel Hendren. Justice demands he serve the full prison term given to him at the time of his sentence.

Board of Parole Hearings, Attn: Pre-Hearing Correspondence, Office of the Victim Services, 3400 Knipp Drive, Jefferson City, MO 65109

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Hearing Date: September 2022  
Brett Thomas  
ID#: B87334

On January 29, 1977, Brett Thomas and his accomplice followed Aubrey Duncan home from his business, a family billiard center, at 4 a.m. As Aubrey was unlocking the front door, Thomas opened fire and shot him in the back of the head, killing him instantly. His wife and daughter got up to check out the noise and when his wife opened the door, Thomas shot her also, and when she fell back, a stray bullet hit their daughter. Mrs. Duncan survived but Aubrey, her husband, and their 18-year-old daughter, Denise, died.

Thomas pled guilty to first degree murder and was sentenced to life in prison. He will have served only 45 years when he is considered for parole.

We, the undersigned, STRONGLY OPPOSE parole for Brett Thomas. Justice demands he serve the full prison term given to him at the time of his sentence.

Board of Parole Hearings, Attn: Pre-hearing Correspondence, PO Box 4036, Sacramento, CA 95812-4036

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Hearing Date: July 2022  
Matthew Ferguson  
ID#: T70382

On May 21, 2001, Matthew Ferguson took Angel Allen (17) to his home that he shared with three other individuals. He locked her in his room and beat her unconscious and slit her throat almost decapitating her. He ran out of the apartment, locking the bedroom door and confided in one of his roommates. When the police arrived, they had to beat the door down to find her lifeless body.

Matthew Ferguson pled guilty to second degree manslaughter and was sentenced to 12 years plus one year for using a weapon to life with possibility of parole. He will have only served 21 years when he is considered for parole.

We, the undersigned individuals, STRONGLY OPPOSE parole for Matthew Ferguson. Justice demands he serve the full prison term of LIFE given to him at the time he was sentenced for the heinous crime.

CA Medical Facility, Attn: Lifer Desk/CA and PR, 1600 California Drive, Vacaville, CA 95696
Thank You

Thanks to all those who have chosen POMC as their charity of choice. Your donation has helped thousands of surviving family members; stopped the early release of 1,803 convicted murderers; assisted in POMC’s Second Opinion Services; provided the National newsletter, Survivors, to those who cannot afford it and so much more. POMC’s outreach would not be able to exist without your continued support.

In Memory of

Robert Bosley
From Henry Bosley

Annette Boyle
From Susie Chrisman

Courtney Megan Coco
From Stephanie Belgard

Ashton Coggins
From Arlene Coggins

Ann Michelle Garay
From Patricia Garay

Kendra Geddis
From Don Geddis

Aaron Goldman
From Thomas & Honore Mellhatten

Mark Guard II
From Mark Guard

Charles W. Hoyt
From Mr. & Mrs. Carlo Lucatino, & Mr. & Mrs. Ken Vance

Lisa Hullinger
From Robert & Charlotte Hullinger

Steven Isheim
From Terry Isheim

Kimberly LaShara Jacobs
From Linda Jacobs

Cindy Johnson
From David Johnson

Tom E. Kelley
From Corinne Radke

Megan Leland
From Vince & Ruth Leland

Janet Leonhardt
From Carol Leonhardt

Vincent Leuzzi
From Filomena Mazzone

Scott Lewis & Janet Marie Bunkers
From Jean Lewis

Gordon Lightsey
From Ann Schuck

Bryce Linebaugh
From Jessica Linebaugh

Mollieann Michael
Martin-Worden
From Georgia Fuentes

Brian (Chad) Miller
From Rita Miller

Roque Munoz
From Tim & Rikki Kotch

Terri Nadeau
From Pat Walker

Shannon Marie & Alexandra Jordan Nolan-Broe
From LC & Sherry Nolan

Dr. Lailade Osunsade-Healy
From Vicky Geiger

Debbie Paulsen
From Paul Paulsen

Mary B Perez
Josephine Berlanga & Scott Griffith

David Pottinger
From Carolee Hildenbrandt

David Pottinger
From Carolee Hildenbrandt & Jo Kirsch

John Powell
From Holly Brians Ragusa

Becky Reed
From James & Ann Reed

Jim Roback
From Joan Roback

Stephen Sanchez
From Claudine Sanchez Parrott

Ethan Sandhu
From Gopi Sandhu

Sam Sculliuffo
From Debbie Agresto

Timothy Staunton
From Denise Coleman

Lisa Marie Weaver
From Howard & Ann Klerk

Lane Williams
From Beverly Williams

Willie
From Flora Tafoya

Maryls Wohlenhaus
From Frances Munday

Julia Woodward
From Cecily O’Connor

Jack Stewart Wyman
From Dorothy Scott Wyman

Lauren Cartheuser
Central Minnesota Chpter

Courtney Dunn
Cecilia Guadron
Ben Harpool
Boxwood Board

Iron Workers Local 25
Alyssa Johnson
Maine Chapter

Nicole Mister
Miami/Dade Chapter

Erica Nadler
Queens New York Chapter

Southwest Florida Chapter

Laurie K. Strickland
WHW Family Foundations
Anthony Rudnick: The Lakewood Police Department needs your assistance to solve a homicide that happened on October 7, 2018 at approximately 8:30 p.m. Lakewood Police Agents were called to a home on the 800 block of Van Gordon St. for reports of gunshots in the area. When Agents arrived, the victim, 27 year-old Anthony Rudnick, was found suffering from an apparent gunshot wound. Mr. Rudnick was taken to a local hospital where he later died from his injuries. If you have any information on this case call Metro Denver Crime Stoppers (720)913-7867. Up to $2,000 reward available.

Grief Retreat Weekend - October 7-9, 2022

After a two year hiatus, due to Covid, Parents Of Murdered Children is hosting a Grief Retreat Weekend from October 7th thru 9th, 2022, in Cincinnati, Ohio. Scholarships are available, thanks to the generosity of Jean Lewis from Sarasota, Florida.

Jean’s son, Scott Lewis and his friend, Janet Bunkers were murdered in September 1980. Jean has helped many survivors with their grief and wants to keep the Grief Retreat weekend funded for any survivor who wants to attend.

Thank you Jean for your generosity to POMC and your loving dedication to help survivors.

Cont’d from page 1

2022 POMC Conference Workshop Topics
It’s not all in your Head, or is it?, Turn your Pain into Power, Using DNA Technology to Solve Murders, Navigating the Roller Coaster of Secondary Trauma: Supporting Children, Families & Communities, Persistent Complex Bereavement Disorder, Interacting with the Survivors. What you Should Expect from your Detective, What Survivors of Trauma Need to Know About Trauma, Being a professional Bearer of Bad News: The Life of a Victim Advocate, Survivors Personal Journey Through Victim/Offender Dialogue, Understanding & Responding to the Spiritual Lives of Homicide Survivors in Black Communities, Whisper from Heaven, Victim Videos for Parole Hearings, Effects of Therapy Dogs (The Why!), Keola Healing in Motions, Sibling Grief Panel, Where Does Hope Belong?, When the Killer is a Family Member, Navigating Grief, Private Investigator - How to Search for Answers.

Facebook Fundraisers (individuals who created a fundraiser)
Chrissy Burns
Christopher
Connie Holbrook Sheely
Curtis Boston Sr.
Erica Garcia-Herter
Frances Sepulveda
Heather Mabry
Jeffery Patton
Jessica
JoAnn Collins
Kristin VonFricken Dyer
Laura Michaels
Lisa Garcia
Lisa Solivan
Lois Hackbarts

Facebook Fundraisers (individuals who created a fundraiser)
Mellanie Lynn Crom-
Michelle Crownover
Michelle Miles Berklich
Michelle Salko
Misty Foster
Monica Solivan-Perez
Rehannon Jackson
Ruth Eason
Sue Beard

In Honor of
Roxie Bustamante From Liza Cates & Ivan Gibson
Anna Moriah Wilson & Tina Sutton From Ted Sutton
Like a shadow in the moonlight
Like the whisper of the seas
Like the echoes of a melody
Just beyond our reach
In the shadow of our sorrow
Past the whisper of goodbye
Love shines through eternity
A heartbeat from our eye
UNKNOWN
We want to take this opportunity to thank the following volunteers for the valuable services that they provide to other survivors on behalf of POMC, Inc. If you would like more information about our volunteer opportunities, please contact Sherry Nolan, National Volunteer Coordinator, at: (513) 721-5683 OR snolan@pomc.org

There are hundreds of survivors across the U.S. who volunteer for the National Organization of POMC as Chapter Leaders, Co-Leaders, Contact Persons and State Coordinators. If you are at a point in your life where you are ready to reach out to others who have suffered the loss of a loved one due to violence, please contact me.

The following states need someone to offer support services through phone, email, support group meetings, & court accompaniment, etc.:

- Alabama
- District of Columbia
- Mississippi
- Montana
- Nebraska
- Nevada
- New Mexico
- North Dakota
- Oklahoma
- Rhode Island
- South Dakota
- Utah
- Vermont
- West Virginia
- Wyoming

Thank you to the following Chapters for dedication, compassion and selflessness shown through their continued efforts to provide on-going emotional support to others through phone calls, email, support group meetings, court accompaniment, local events bringing about awareness, education, and advocacy to victims of crime, and remembrance programs for the surviving family members whose loved ones lives were taken from them.

In this 2022 anniversary, POMC acknowledges those Chapters with Articles of Association that were signed between May 1st and August 31st of the year they became a probationary POMC Chapter:

- Saginaw County Chapter/MI—9 years
- San Antonio Chapter/TX—33 years
- Chicago Area Wide Chapter/IL—18 years
- The Fort Myers Florida/Lee County Chapter/FL—6 years
- Colorado Front Range Chapter/CO—39 years
- Greater Ventura County Chapter/CA—17 years
- Greater Orange County Chapter/CA—17 years

CP/SC/CL UPDATES

If you have a message of interest, a great fundraising idea, upcoming Chapter events, special awards or recognitions received or ideas that you would like to share with our “POMC family”, please mail them to my attention: Sherry Nolan at National POMC or email them to snolan@pomc.org. The deadline for receipt of the next newsletter articles is August 1, 2022. Please note: due to deadlines or overflow of articles, etc., we may not be able to include all of those received in the next SNL, but may keep them for future newsletters. Thanks for all that you do on behalf of others through POMC.
Contact Person/Chapter Leaders/State Coordinator Corner

LET US RECOGNIZE THE FOLLOWING CHAPTERS FOR OVER 40 YEARS OF CONTINUOUS SERVICE TO OTHERS THROUGH POMC:

41 Years
PENINSULA SOUTHBAY CHAPTER/ CALIFORNIA  FOUNDED - 11/16/81
HOUSTON CHAPTER/Texas  FOUNDED - 11/17/81

40 Years
METRO DETROIT CHAPTER/MICHIGAN  FOUNDED - 1/8/82
GREATER PORTLAND AREA CHAPTER/OREGON  FOUNDED - 4/20/82
ALBANY NEW YORK (CAPITAL DISTRICT) CHAPTER/ NEW YORK  FOUNDED - 11/2/82

We would also like to extend our thanks to the many Contact Persons and State Coordinators throughout the U.S. who also offer valuable services to those survivors in their state who reach out to them for additional support, especially when there is not a POMC Chapter nearby. These volunteers are willing to spend time talking, and especially listening, to others about their loss. Let us recognize all of them for offering continuous supportive services to others for many years.

Volunteers are essential in fulfilling our mission!
Nothing teaches hope, kindness, courage, and compassion like helping others.
Volunteers do not necessarily have the time...they just have the heart.

PARENTS OF MURDERED CHILDREN, INC. (POMC) headquartered in Cincinnati, Ohio is the only national self-help organization designed solely to offer emotional support and information about surviving the loss of a loved one to murder. It was founded by Charlotte and Robert Hullinger in 1978, three months after their daughter, Lisa was murdered.

“It began out of our personal need, not out of any altruistic motives,” Charlotte Hullinger says. “From it developed the realization that most people don’t have any idea of what it’s like to have a child murdered.” Based on the idea that grief must be shared, Parents Of Murdered Children, Inc., was born. From its quiet birth, POMC has expanded to include other family members and friends who are survivors. POMC now has Chapters and Contact Persons across the United States and provides assistance and support to thousands of survivors each year.
Dealing with PTSD following the Death of a Child

By: Katlyn Eriksen

Dealing with PTSD following the Death of a Child

Losing a loved one—especially a child—is the top most stressful event a human can go through and when the death is the result of violent intent, the hurt and long-term consequences are even greater. The emotional blow that ensues can result in a wide arrange of psychological and physiological problems, including anxiety, depression, an increased risk for suicide, complicated grief disorder, and PTSD. These symptoms include intense sadness and pain, the inability to focus on other thoughts, feelings of bitterness, a lack of trust of others, and flashbacks. If you have the symptoms of PTSD, it is vital to seek help to develop vital coping skills.

What are Symptoms of PTSD After the Death of a Child?

PTSD differs from conditions like anxiety and depression because it usually involves key elements—including reliving traumatic events, having uncontrollable thoughts about the event, and the active avoidance of anything that can potentially remind you of the trauma. PTSD is common in stressful jobs such as those held by first responders, who can be subject to extreme levels of stress, pressure, or discrimination on a regular basis. Losing a child to murder can have similar effects even though parents may not have been exposed to stress before, or battled mental conditions like anxiety and depression.

Complicated Grief

Sometimes, a parent may not have PTSD but instead have complicated grief, in which painful emotions of loss remain equally intense over time and are so severe that parents can have trouble finding meaning from their life or feeling like they have a purpose. Around 7% of people experience this type of grief. In 1997, a team of mental health experts developed a diagnostic standard for complicated grief (CG). According to the experts, CG can be said to exist if the loss of a loved one occurred at least six months previously, the symptoms of yearning and loneliness are persistent and acute, symptoms persist for over a month.

Why Early Intervention is Important

If you or a family member or loved one have PTSD or complicated grief, getting help early is crucial. Treatment can turn your life around in a positive way. There are various treatments a therapist may suggest, including cognitive behavioral therapy (CBT), which aims to help you manage problems by changing how you think and behave. Another treatment used for PTSD is Eye movement desensitisation and reprocessing (EMDR), which involves recalling the traumatic effect while making specific eye movements, usually by following the therapist’s finger movements. There are also individual charities that provide peer support and advice. PÔMC offers a host of resources and advice that will help reduce your emotional pain and restore a sense of control and power.

PTSD and complicated grief are two potential results of losing a child in a traumatic way. Those who have these conditions can be so affected that it is difficult to recover their lives. Early treatment is key, as is support from others who have been through traumatic loss.
The Disaster Distress Helpline is now offering a free peer focused online peer support program, dedicated to providing individuals who have experienced a natural or human-caused disaster an opportunity to unite, heal and rebuild. The DDH Online Peer Support Communities (OPSC) are no-cost for members and are offered online via Facebook Groups. DDH Peer Supporters are staffed by Vibrant Emotional Health, and are available at varied days/hours, between the hours of 8:00am – 10:00pm Eastern Standard Time (EST).

Our Online Peer Support Communities are monitored 24/7/365 by an independently operated DDH networked crisis center to provide crisis support through Crisis Support Over Messenger. In this way, members are able to connect with a crisis counselor immediately if they are experiencing emotional distress and need crisis support. DDH Crisis Counselors use an intervention and evaluation approach, assisting community members to assess their level of emotional distress, and utilizing tools for de-escalation, collaborative problem solving and safety planning.

The DDH Online Peer Support Program requires peer supporters to receive a core training in fundamental principles of practice, amplifying skills such as active listening, compassionate curiosity, and utilizing growth recovery language while interacting with members. Additionally, peer supporters encourage self-efficacy by refraining from being problem solvers during their interactions with peers. Instead, they pose open-ended questions and help members create meaning from their own experiences. Peer supporters bring their lived experience and finely-honed skills in peer support social media moderation to enhance connection, community and resilience.

Peer Supporter Testimonial:

“The Disaster Distress Helpline’s Online Peer Supporter role doesn’t feel like a job but the beginning of an exciting, challenging and fulfilling career” states Deac Michelsohn, a Peer Supporter for the Survivors of Mass Violence DDH Facebook Group. “There is real collective healing happening here!”

The DDH Online Peer Support Communities launched its first group in June 2021, dedicated to Healthcare Workers impacted by Covid-19 to address the short and long-term effects of the pandemic. Healthcare workers were prioritized as a high risk for anxiety, depression, burnout and post-traumatic stress disorder due to a number of factors including exposure to the virus, overwork, lack of support, and family challenges. The DDH then launched a group for parents and caregivers impacted by Covid-19 to address the struggles parents have been experiencing, such as navigating their child’s education via online learning, unemployment, food insecurity, and working from home. Finally, the DDH has designated a group for Survivors of Mass Violence, since individuals with previous traumatic experiences are particularly vulnerable to the effects of the pandemic.

To connect to one of the three DDH Online Peer Support Communities, follow the links below:

**Healthcare Workers Impacted by Covid-19**
https://www.facebook.com/groups/healthcareworkerpeersupport

**Parents and Caregivers Impacted by Covid-19**
https://www.facebook.com/groups/parentsandcaregivers

**Survivors of Mass Violence**
https://www.facebook.com/groups/survivorsofmassviolence

The Disaster Distress Helpline (DDH) is a subnetwork of the National Suicide Prevention Lifeline, administered by Vibrant Emotional Health. For information about the DDH:
https://www.samhsa.gov/find-help/disaster-distress-helpline

For information about the Disaster Distress Helpline’s Online Peer Support Communities https://strengthafterdisaster.org/peer-support/
ATTENTION:
NEW ONLINE SUPPORT GROUP THROUGH FACEBOOK.
Are you on Facebook? If so make sure to join our Facebook support group which is being used as a topic forum to talk among one another, share stories of your loved one and lean on one another for support. You can join the group at [www.facebook.com/groups/POMCOOFFICIAL](http://www.facebook.com/groups/POMCOOFFICIAL).

Please note, this is the ONLY official online POMC support group. If you belong to other groups claiming to be POMC please be aware that they are not affiliated with or representatives of POMC.

We still have our National page on Facebook as well which is used for updates within the organization and National Office as well as other important information. Again, this is the ONLY official page for POMC (besides Chapter pages) so please be aware if you are linked with other pages claiming to be a POMC Facebook account. You can access our National Facebook page at [www.facebook.com/NationalPOMC](http://www.facebook.com/NationalPOMC).

*REMININDER*
Has something changed? Please, let POMC know if your name, address, email or phone number have changed. Call us toll free at (888) 818-7662 or email us at natlpomc@pomc.org.

POMC Catalog Available
POMC’s “Journey Through Grief” catalog is available by contacting POMC at: (513) 721-5683. The catalog can also be downloaded from our website at: [www.pomc.org](http://www.pomc.org).

The catalog provides color photos and a listing for all POMC items: books, bumper stickers, brochures, clothing, magnets, music, etc.

Information on items for POMC’s National Day of Remembrance for Murder Victims, special gifts, memorials, and tributes are also included in the catalog.

Contact POMC today for your free copy.

Did you know Amazon.com is a POMC sponsor?
POMC receives 4-13% depending on item of all Amazon.com purchases made through the amazon link on our webpage. The use of this link does not increase the cost of your purchase.

Our future depends on you!
Please remember the National Organization of Parents Of Murdered Children in your will and estate planning.
Thank you for keeping us in mind.

Dedication Page Information
Dedication Pages are included in each publication of the Survivors Newsletters. Not only is this a way to memorialize our loved ones, it also helps to defray the cost of publishing the newsletter. We offer this opportunity to pay tribute with poems, photos (black and white only), letters/loving thoughts or special requests.

The prices for dedication pages are as follows: $35.00 for a quarter page, $65.00 for a half page or $125.00 for a full page.

Send item and appropriate donation to “Dedication Page,” POMC, 635 W. 7th Street, Suite 104, Cincinnati, OH 45203. Please include your name and daytime phone number in case we have to contact you for clarification.
Survivors Newsletter Subscription

Please find enclosed $10.00 for my annual subscription (three issues) for the Survivors Newsletter ($25.00 outside the United States). Please consider adding an extra subscription fee to help defray the cost for someone who cannot afford to subscribe.

(Please Print)

Name:_____________________________________
Address:____________________________________
City, State, Zip:______________________________
Email Address:______________________________
Phone number: (      )________________________
Amount enclosed: $_________ for _______ year (s)
Payment method: ___Check    __Visa   __MasterCard
    ___American Express    __Discover
Card number:_______________________________
Expiration date:_____________________________
Enclosed is an extra $__________ donation for someone in need and is given in:
Memory of:_________________________________
Honor of:___________________________________

All those donating an extra gift ‘in loving memory of’, or ‘in honor of’ will be listed in the next issue of the Survivors newsletter. To have POMC send a letter acknowledging your gift to the family, please provide family’s name, address, city, state, and zip code.

Return to:
Parents Of Murdered Children, Inc.
635 W. 7th Street, Suite 104
Cincinnati, Ohio 45203
# Table of Contents:

- Last Chance! 36th Annual National Conference, July 21-24, 2022 .................................................. Pages 1
- Grief: Coping with the Death of a Loved One ................................................................. Pages 2-3
- A Message from the President .......................................................................................... Page 4
- 2022 Hoop Dance Contest World Champion .................................................................. Page 4
- A Message from the Executive Director ......................................................................... Page 5
- An Essay for my Sister: Elizabeth Helen Foster ......................................................... Page 6
- “Thank You” Remembrance Program .......................................................................... Page 7
- Murder Wall .................................................................................................................... Pages 8-9
- Parole Block Program .................................................................................................... Pages 10-11
- Donations ......................................................................................................................... Pages 12-13
- Unsolved Crimes: Anthony Rudnick ........................................................................ Page 13
- Grief Retreat Weekend: October 7-9, 2022 ................................................................ Page 13
- Contact Person, Chapter Leaders & State Coordinator Corner .................................. Pages 14-15
- Dealing with PTSD Following Death of a Child ............................................................ Page 16
- The Disaster Distress Helpline ..................................................................................... Page 17
- Additional Information ..................................................................................................... Page 18
- Newsletter Subscription & Editorial Team .................................................................... Page 19