

Bright Horizons
Resources for Survivors of Domestic
Violence and Sexual Assault

Norfolk Office
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P.O.Box 1904
Norfolk, NE 68702
(402) 379-2026

O'Neill Office
318 E. Douglas St.
O'Neill, NE 68763
(402) 336-1774

Crisis Line
1-877-379-3798
www.brighthorizonsne.org

If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Audrea at 402-379-2026 or at audrea@brighthorizonsne.org

**Ask Us About Becoming a
Volunteer!**



BRIGHT HORIZONS SERVICES

- 24 Hour Crisis Line
- Community Education
- Individual Advocacy
- Criminal Justice & Legal Advocacy
- Emergency Shelter
- Support Group

Call 402-379-3798 or 402-336-1774 or 24 Hour Crisis Line 1-877-379-3798
Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton counties.

UPCOMING EVENTS:

Dodge Ball Tournament—Friday, March 15th at the O'Neill High School Gym at 5 PM

Madison CRT Meeting—Date and time TBA

Pierce/Knox CRT Meeting— Date and time TBA

Boyd/Holt CRT Meeting—April 17th at the Holt Count Annex Building at Noon

4th Annual Sexual Assault Awareness Walk—Thursday, April 18th at Skyview Lake in Norfolk (see insert for more details)

Denim Days—throughout the month of April (see insert for more details)

Don't forget to sign up to get the newsletter electronically by emailing audrea@brighthorizonsne.org!

Also find us online and on Facebook!

Resources for Survivors of Domestic Violence and Sexual Assault

BRIGHT HORIZONS

1st Quarter 2013

Wear Jeans in April and Help End Sexual Assault

By Sammy; O'Neill Criminal Justice Liaison

The Denim Days project originated from a case in Italy in which a teen girl was raped by her driving instructor. The man was originally found guilty, but the case went to the Supreme Court of Appeals in Rome where the ruling was overturned. The court argued that because the girl had been wearing very tight jeans, she would have had to help remove them, so she must have consented to having sex. The case made international headlines and eventually the Denim Days project began to promote the idea that, regardless of what a woman wears, there is never an excuse for rape!

With April being Sexual Assault Awareness Month, it is a very busy time of year for Bright Horizons' staff. One of several events we will be coordinating in April is Denim Days. Throughout the year, Bright Horizons staff members pay \$1 to wear jeans on Fridays. Typically, other businesses participate in Denim Days by paying a set amount to wear jeans on Fridays. In the past few years, businesses have come up with their own ways to be a part of Denim Days. Some employers have made coupons for their employees to wear jeans which ever day they chose for the month of April. A few past participants have chosen to donate a cash amount year after year to help out in the community. Some businesses have even set out Denim Days cans on their counter tops for customers to donate any amount they chose.

Denim Days is a great way to help out in your community as well as promote your business or place of employment! All proceeds will go towards survivors of domestic violence and sexual assault from the seven counties served by Bright Horizons: Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton. If you are interested in being a part of Denim Days, fill out the enclosed flyer and send it back to either office.

In this issue:

Volunteer Spotlight	2
Highlighted Recipe	2
HEROS	3
Dodge Ball Tournament	3
Recap of Events	4
Recap of Events	5
Hands are Not for Hurting	6
4th Quarter Numbers	6
Recognition of Donors	7
Upcoming Events	8

Awareness Months and Events for 2013

By Audrea Tate; Norfolk Volunteer Coordinator

January—Stalking Awareness Month

February—Teen Dating Violence Awareness & Prevention Month

March

◆ BRAVO Dodge Ball Tournament

April

◆ Sexual Assault Awareness Month

◆ Awareness Walk on April 18th

◆ Denim Days

◆ Child Abuse Prevention Month

◆ Volunteer Appreciation Month

May—General Outreach

June

◆ Elder Abuse Awareness Month

July—General Outreach

August—General Outreach

September

◆ Bullying Awareness Month

◆ Diaper Drive

October

◆ Domestic Violence Awareness Month

◆ Candlelight Vigils

◆ Dueling Pianos on October 10th

November—General Outreach

December—Adopt-A-Family Project

Board of Directors

Deb Milligan, President
Kelli Lowe, V.P.
Mary Gibson, Secretary
Brandon Maly, Treasurer
Glen Waddle
Pastor Wayne Owens
Michelle Schlecht
Ryan Parks
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Janet Johnson
Suzi Chippis
Paula Pflueger, United Way Liaison

~ **O'Neill**

By Amanda Wallace; O'Neill Volunteer/Outreach Coordinator

Bright Horizons and the O'Neill staff would like to spotlight volunteer Charlotte Christensen. Charlotte has donated a huge portion of her time to serve survivors of domestic violence and sexual assault. Since 2010 Charlotte has been a crisis line volunteer in the O'Neill area. Having someone like Charlotte answering our crisis line calls gives our staff piece of mind knowing that she will be able to appropriately

handle any situation that arises. Charlotte has been a resident of O'Neill for over 40 years she has 2 children and 5 grandchildren and is blessed with 2 great grandchildren. If all this isn't enough Charlotte also volunteers her time to the Holt County TeamMates and Meals on Wheels. We would like to sincerely thank Charlotte Christensen.

 *"The world judges me by the decisions I make, never does it see the options I had to choose from."* 

~ **Norfolk**

By Audrea Tate; Norfolk Volunteer Coordinator

We would like to recognize St. John's Lutheran Church for their continued support of Bright Horizons. Last year they hosted a garage sale with the proceeds going to us, and in October they provided us with a location for our Candlelight Vigil. Throughout this past year, we have continued to build on our relationship with St. John's and we are grateful for all of the members who have helped in the past as well as those who are eager to help with future events, fundraisers, and volunteer opportunities! Thank you St. John's members for your outstanding support!

Tangy Meatball Recipe

From the Bright Horizons Cookbook



Meatballs:
 3lb hamburger
 2 c. oats
 12 oz. evaporated milk
 1/2 tsp. garlic powder
 Pepper to taste

Mix ingredients together and roll into balls. Put balls into a baking dish and bake at 350 degrees for 30 minutes. After cooking meatballs, drain and pour sauce over meatballs. Cook an additional 20 minutes. Serve.

Sauce:
 2 c. ketchup
 1 1/2 c. brown sugar, packed
 2 tsp. garlic powder

Mix ingredients together and warm on stove while meatballs are cooking

Cookbooks can be purchased for \$15. Call either location and talk with an advocate!

Last Quarter Supporters of Bright Horizons (Oct-Dec)

- | | | | | |
|---------------------------|-------------------------|-------------------------|---|--|
| Robert and Judy Eggerling | Carlene Beller | Donna Weaver | Terri Deem | John Neihart Delphian Group |
| Mark Sears | Hallie Sherry | Vi Heisen | James and Katie Olson | Norfolk Public High School Life Skills Class—Norfolk |
| Virgil & Betty Froehlich | Angie Schroeder | Emily Gallagher | Kae Wiles | Thabor Lutheran Church—Wausa |
| Barb Deitloff | Lola Brockman | Nicole Scott | Mike and Shelly Zakrzewski | St. Johns Lutheran Church—Battle Creek |
| Kathy Gerber | Joni Moore | Connie Gildersleeve | Jeanne Kitchens | Women of the ELCA at St. John's Lutheran Church—Atkinson |
| Oralee Volwiler | Elaine Chapman | Tammy Coons | Scott and Laurie Kunz | Rosebud Quilt Guild |
| Sue Montgomery | Carmen Godbersen | Margot Sorensen | Nancy Tiefenthaler | Super 8 Hotel—O'Neill |
| Dusty Werner | Mark Pfeifer | Mary Waslager | Allan and Corine Winings | Nebraska Public Power District |
| Marcella Schlitmeyer | Louis & Julie Roemhildt | Pastor and Arlene Kothe | Amanda Ferguson | Christian Mothers—Stuart |
| Carol Dietrich | Terry | Elwin and Sharon Babl | Todd Grosse | St. Mary's Altar Society—Spencer |
| Eunice Galyen | Julie Reding | Jillyn Kratochuil | Ed & Kathy Peppel | Inman Community Church |
| Phyllis Altstadt | Janice Christensen | Vicky Krieger | Dietz | Carriage House Motel—O'Neill |
| Jim and Anne Larsen | Arlene Veik | Patricia Druewe | Kathy's Book Exchange | Girl Scout, Troup # 0083 |
| Kara Hull | Madeline Pedersen | Clayton and Laura Goeke | Lady of Mt. Carmel | Diamond B Resort; Judy and Roger Boardman |
| Gretchen Hupp | Patsy Gubbels | Naomi Johnson | Sigma Theta Tau Gamma Pi | Zion Lutheran Church—Creighton |
| Deb Freese | Ardith Scueth | Don Tejral | St. Paul's Lutheran Church—Winside | North Central Community Care Partnership |
| Lori Jackson | Laurel & Doug Ashmore | Donna Malone | St. John's Lutheran Church—Pilger | West Holt Memorial Hospital and Clinic Staff |
| Lynn Hans | Lisa Anderson | Sandy Donner | Hope Church | Faith Hope Love Church |
| Dian Drews | Evelyn Pelster | Ann Koopman | NCEA | St. Peter and Paul Catholic Church—Butte |
| Nancy Wilkinson | Irene Fisher | Linda Olson | St. Mary's Leigh | United Methodist Presbyterian Church—Ewing |
| Vi Leapley | Stella Landauer | Jackie Meyer | St. Boniface Alter Society—Elgin | BKRH Home Economist Group |
| Beth Larson | Nance Gary | Shannon Kellner | St. Peter's Altar Society—Norfolk | Verdigre United Methodist Women |
| Mindy Kluthe | Debbie Carlson | Veta Hungerford | Altar Society—Norfolk | St. Peters Catholic Church—Ewing |
| Doria Jacob | Kathie Kolosick | Sara Twibell | St. Francis—Randolph | Christ Lutheran Church, LWML |
| Kelly Unseld | Rosalia Orozco | Camille Ohri | Sacred Heart/ St. Mary's—Norfolk | United Methodist Church—O'Neill |
| Joyce Melcher | JoAnn Beckman | Paula Hunke-Davis | Renewed Hope Christian Comm. Norfolk | St. Wenceslaus Catholic Daughter's of the America's |
| Deb Serny | Steve & Brenda Kimes | Julie Lingerfelter | Ss Cyril & Methodius Catholic Church—Clarkson | United Methodist Church—Elgin |
| Kevin Starkel | James & Terri Gross | Bob Thomas | Trinity Lutheran Church—Madison | United Methodist Women—Creighton |
| Janice Christensen | Coleen & Kip Bressler | Pat Jones | Mt. Carmel Catholic Women, Tilden | Atkinson Community Foundation Fund |
| Lindsey Heddle | Tom & Patti Reigle | Michelle Jarman | D.A.R.—Norfolk | Valley Hope—O'Neill |
| Mary Ritz | Ann Cerny | Carol Plate | United Methodist Women—Norfolk | Avera St. Anthony Medical Group—O'Neill |
| Donna Vice | Gloria Brown | Sherry Melcher | Trinity Episcopal Church—Norfolk | Holt County Independent |
| Norman Small | Sheryl Hansen | Lois Langden | Peace United Church of Christ Women Fellowship—Tilden | The Hideaway |
| Karla Beller | Maryann | Shelly Kelp | MOPS—Stanton | Holiday Inn Express |
| Danita | Jeannie Smutny | Christine Sanders | Medco 4-H | |
| Becky | Nita Totten | Tammy Ducker | Presbyterian Women—Norfolk | |
| Marty Borer | Marian Anderson | Helen Olson | Women of Trinity Episcopal Church—Norfolk | |
| Eleanor | Kari & Eric Hoegemeyer | Leigh Mueller | Grace Community—Norfolk | |
| Brent Worden | Kevin & Cheryl Johnson | Ben and Alison Olson | | |
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| Randy B. | Tracy Stolteman | Nancy Krier | | |
| Kathy Mack | Marg Hauerkamp | Jim and Sue Symonds | | |
| Carol Olson | Erik Olson | | | |



Hands are Not for Hurting

By Sammy; O'Neill Criminal Justice Liaison

A son who witnesses his father abusing his mother is twice as likely to become abusive toward his future wife as opposed to a child who has not witnessed domestic violence in the home. As educators, we cannot always control what happens behind closed doors of private homes. However, we can instill in the children of our community that hands and words were never meant for hurting other people. If children can grasp this concept early on, we can create one less statistic.

Bright Horizons coordinates a project called "Hands Are Not for Hurting". The project was developed to target Pre-School through Second graders. Advocates of Bright Horizons travel to daycares and schools in our service areas to put on the presentations. This year I presented for Verdigre Elementry school, Lil' Tots daycare in O'Neill, and Wee Care daycare in Atkinson. I read a story called "Hands Are Not for Hitting" by Martine Agassi, Ph. D.



Through her book, Agassi explains that hands should be used for greeting others, drawing, painting, writing, telling stories, sign language, and so on. The story also gives simple details on things that hands should not be used for such as hitting, pushing, pinching, and slapping. The book helps children to understand why some people hit. They might be jealous, sad, angry, or afraid; but people should think of positive ways to express their emotions such as finding another activities or talking to someone about it.

The story also encourages children to try to work out their problems with each other before telling an adult.

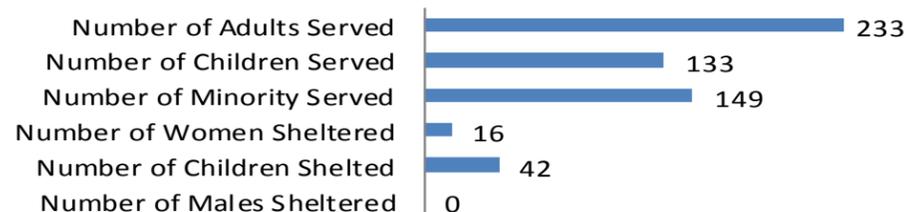
At a couple of the presentations this year, I also read a story called "Words Are Not for Hurting" by Elizabeth Verdick. The story explains that words should only be used for saying nice things to others. If someone says or does something mean to you, it is okay to tell that person to stop. If the person exhibiting mean behavior refuses to stop, the child should let an adult know.

After the stories were read a discussion took place. This year the discussions at each presentation went very well. The children were very attentive throughout each story. We discussed the fact that even if someone hits or hurts you, it is not okay to hurt the person back. After the discussions, each child made a pledge. The children traced their hands and signed their names on a pledge sheet and a large poster board. The pledge was written on each pledge sheet and poster board, "I will not use my hands or my words for hurting myself or others". The pledge sheets and poster boards were then hung up in each class room as a reminder to the children of the pledge they made. These presentations are very basic and simple, yet there are many adults who need to learn these elementary concepts, that hands and words are not for hurting.



Fourth Quarter Client Services for 2012

■ October through December



NOTE:

These numbers are unduplicated. This means if we worked with a victim 6 times in one month, we only count him/her ONE time for that month.

Not listed in this chart are the following:

- 1) Crisis Line Calls = 446
- 2) Shelter nights provided = 853

The HEROS of Madison Fight Against Dating Violence!

By Christy Abner; Norfolk Program Director

Sixty percent of our kids experience teen dating violence before the time that they graduate from high school. HEROS is a group of students in Madison that have pledged to educate teens and pre-teens about the topics of bullying, teen dating violence and sexual assault as well as helping teenagers identify the difference between healthy and unhealthy relationships.

Dating violence is repeated verbal, emotional, physical or sexual abuse used to frighten, hurt and control a girlfriend or boyfriend.

A few warnings signs are:

- not allowing them to go out with friends
- telling them how to dress, act or think
- hitting, slapping, punching, pushing
- constantly putting them down
- forcing sexual acts

The HEROS group will be selling raffle tickets in February with all of the proceeds going to Bright Horizons.

Raffle tickets will be sold for \$1.00 each.

1st prize – special lunch for two, \$15.00 value

2nd prize - \$10.00 to Burrito King

3rd prize - \$5.00 to Subway

The HEROS group will also be posting dating violence facts in the daily bulletin as well as putting up posters around the school that have information pertaining to teen dating violence.

Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and sexual assault. We offer education for all ages, including schools, youth groups, and other organizations. If you are interested in having a speaker, please call (402)379-2026 or (402)336-1774.

2013 BRAVO Dodge Ball Tournament Promises To Be A Super Time

By Amanda Wallace; O'Neill Volunteer/Outreach Coordinator

The kick-off to O'Neill's St. Patrick's Day celebration is BRAVO's Dodge Ball tournament beginning at 5:00 pm on Friday, March 15th at the O'Neill High School gym. Come out and enjoy the fun as 16 teams battle it out for the number one spot. The admission is only \$2.00 at the door. We will be selling T-shirts and the concession stand will be open for business. All proceeds benefit BRAVO (Bullying Recognition and Anti-Violence Organization). BRAVO is a group of O'Neill and St. Mary's high school students sponsored by Bright Horizons. They travel to area schools providing education to peers on the dangers of bullying and teen dating violence. The championship game will be on Saturday during half time of the Husker Hoopsters Game. If you would like more information about having a Dodge Ball team, volunteering or anything else regarding this event, please call Amanda at 402-336-1774.





Bruizin' Bettys Bout for Bright Horizons

By Linda Olson; Executive Director

The staff at Bright Horizons is always grateful for the support that we receive from the communities that we serve. In January a fun group of women supported Bright Horizons in a very unique way. On January 12th, the staff at Bright Horizons was treated to a roller derby match between northeast Nebraska's very own Bruizin' Bettys and the Sioux City Roller Dames.

The Bruizin' Bettys are northeast Nebraska's first flat track roller derby team. They assist in community events and designate a different charity at each bout to support. Bright Horizons was very honored to be chosen to receive a donation following the bout.

Roller derby is a fast-paced contact sport that requires speed, strategy, and athleticism. You must be 19 years old and a female to join the team. The Bruizin' Bettys are entirely volunteer run.

The staff really enjoyed the evening and are very grateful for the support!!



Adopt-A-Family 2012 Recap

By Audrea Tate; Norfolk Volunteer Coordinator

Our Adopt-A-Family program continues to prove to be a huge success! With the help and support of our communities, we were able to bring a special Christmas to over 40 families this year. Even though this project takes a lot of organization and team work for our staff, it could not be made possible without the help of our adoptees, volunteers, and generous community members. We are extremely grateful to all of the business, groups, and individuals who adopted a family or donated toys and gifts! It was truly amazing to see so much giving this Christmas. We also want to recognize all of the wonderful volunteers who helped with Adopt-A-Family this year. We had some many wonderful groups and individuals who helped with gift wrapping, collecting gifts, and setting up displays in the community!



BRAVO students (Bullying Recognition and Anti-Violence Organization) from O'Neill High School decorated our "Tree of Hope" at Shamrock Nursery.



Clearwater-Oakdale freshman class, (left to right) back row: Antonio Cerda-Soto, Alex Olivan, Andy Kerkman, Sean Krebs, Derik Allen, Jacob Tabbert, Blake Kester, Justin Allemang, Zach Martin, Jagger Smith, Alex Widler and Jacob Twibell. Middle row: Tristen Sanne, Cadrien Livingston, Mallory Cooper, Riley Snider, Katie Hahlbeck, Kaitlin Hoffman, Brandon Aguilar and Tyler Bergman. Seated in the front row: Neleigh Flessner, Cassie Steskal, Morgan Anson, Sierra Schroeder, Whitney Rittscher, Audrey Wilhelm and Hanna Cronk. Lying in the front is Katie Funk.

STALKING: KNOW IT. NAME IT. STOP IT.

Know it: Stalking is any pattern of repeated and unwanted attention, harassment, contact, or any other behavior directed at a specific person that causes that person to feel fear.

Name it: Most stalkers are someone the person knows, not a stranger. If the actions seem over the top, they probably are, tell someone about it.

Stop it: Listen and believe when someone tells you it's happening to them. Step up if you see repeated and unwanted harassment.

Step Up! Speak Out!

Teen Dating Violence Awareness & Prevention Month

By Cortney Arduser; Norfolk Criminal Justice Liaison

February is Teen Dating Violence Awareness & Prevention Month. Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner each year. One in three teenagers has experienced violence in a dating relationship. Forty percent of teen girls aged 14-17 reported knowing someone their age who has been hurt or hit by a boyfriend.

Anyone can be a victim of dating violence. Different types violence includes emotional, verbal, physical, and sexual abuse. I interviewed eight girls ages from 13-19 on what dating violence and unhealthy relationships meant to them. The girls classified unhealthy relationships as "jealousy, mental abuse, controlling who they talk to or what they wear, and pulling them away from their family." Whereas dating violence was described as "hitting, physical abuse, and arguing." The girls described some of the warning signs that someone might be in abusive relationship as, "depression, anger, making excuses for the other person, having a negative mood or attitude and bruises."

If you or anyone you know is in an unhealthy relationship or is experiencing dating violence, feel free to contact us. We would be willing to talk about the situation and help find outside resources such as counselors if needed. Please contact us at 402.379.3798.