

BRIGHT HORIZONS

1st Quarter 2014

April is Sexual Assault Awareness Month

By Cortney Arduser; Norfolk Criminal Justice Liaison

April is National Sexual Assault Awareness Month (SAAM)! According to Rape, Abuse & Incest National Network (RAINN) someone in the United States is sexually assaulted every two minutes. Every year, there are about 237,868 victims of sexual assault. Eighty percent of victims are under the age of 30. Sexual assault is about power and control. Sex is used as a weapon, not the goal.

Sexual assault can happen to anyone regardless of their age, gender, race, ethnicity, sexual orientation, ability, or socioeconomic background. Almost 2/3 of rapes committed are by someone known to the victim. Other types of sexual assaults include; intimate partner sexual violence, which is sexual violence in an intimate relationship. Human sex trafficking includes anyone over 18 who is compelled into commercial sex via force, coercion, or fraud. Incest and child sexual assault are other forms of sexual assault.

Bright Horizons offers free and confidential services. If you would like more information on sexual assault, contact us at our Norfolk Office 379.2026, O'Neill office at 336.1774, or at our 24 hour hotline at 1.877.379.3798.

In this issue:

Recap of Events	2
A Walkers Paradise	3
Communal Living and it's Health Precautions	3
Volunteer Spotlight	4
Volunteer Appreciation	4
Coming Together To Help Those In Need	5
Mercy Meals	5
Teen Dating Violence and Prevention	6
Recognition of Donors	7
Upcoming Events	8



2014 Awareness Months and Events

By Emily Schulz; Norfolk Volunteer Coordinator

<p>May</p> <ul style="list-style-type: none"> ◆ General Outreach <p>June</p> <ul style="list-style-type: none"> ◆ Elder Abuse Awareness Month ◆ O'Neill Health Conference -June 27th 		<p>July</p> <ul style="list-style-type: none"> ◆ General Outreach ◆ 4th Annual Multi-Family Rummage Sale- July 18th at St. John's Lutheran Church in Norfolk <p>August</p> <ul style="list-style-type: none"> ◆ General Outreach
---	--	---

Board of Directors

- Ryan Parks, President
- Kelli Lowe, Vice President
- Brandon Maly, Treasurer
- Michelle Schlecht, Secretary
- Glen Waddle
- Chief Bill Mizner
- Janet Johnson
- Melanie Lueders
- Jenny Bender
- Abbie Widhalm
- Chaplain Randy Rodenberg
- Bill Price, United Way Liaison



2014 BRAVO Dodge Ball Tournament

By Amanda Wallace; O'Neill Outreach/Volunteer Coordinator

The 2014 BRAVO Dodgeball Tournament was a huge success. With almost 300 kids and parents showing up to watch the 11 teams battle it out. It was a fun evening and a great kick-off to O'Neill's St. Patrick's Day celebration. Bright Horizons and BRAVO would like to extend their gratitude to the dedicated volunteers that made this night run so smoothly. Becci Martin emcee, and Referees Tony Bosn, Dennis Schueth, Janette Hobbs and Stephen Bullock. The BRAVO group worked really hard selling bracelets and concessions, taking admissions, and more with the help of Randy Winter and Erica VanMeter. Shout out to St. Mary's Dance Team our pre-championship game entertainment. If you would like more information about the Tournament for 2015 call Amanda at 402.336-1774.



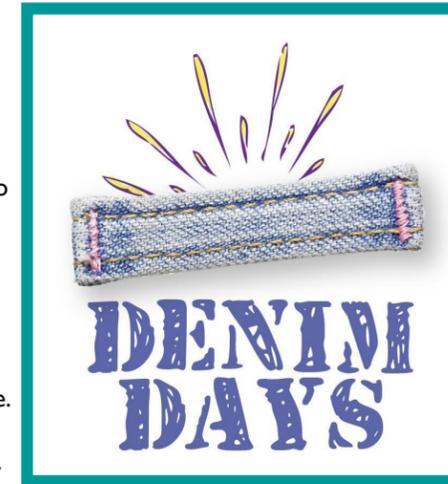
Denim Days

By Katie Williamson; O'Neill Criminal Justice Liaison

Jeans, jeans, jeans. The month of April was full of 'em but why are your local school teachers, banks, and hospital employees wearing jeans? April is Sexual Assault Awareness Month so Bright Horizons has sponsored an event to help raise awareness against rape and sexual assault through our Denim Days campaign.

In 1997, a 45-year-old driving instructor raped an 18-year-old female after he picked her up in Rome for her first driving lesson. The young female was told that if she reported him to anyone at all, he would kill her. Despite the threat she did tell her parents and the male was convicted and sentenced. In 1998, the Italian Supreme Court overturned the conviction due to the fact that the victim was wearing tight jeans. The court argued that because she was wearing the tight jeans, she had to help her rapist remove her jeans, thus making it consensual. The day after the decision, women in the Italian Parliament objected by wearing jeans and holding placards that read "Jeans: an alibi for rape."

Many supported these women that protested the decision and in 2008, the Italian Supreme Court overturned their findings and there no longer is a "denim" defense to the charge of rape. The Los Angeles Commission on Assaults Against Women, Now Peace Over Violence, made Denim Day an annual event. As of 2011 at least 20 U.S. states officially recognize Denim Days. Bright Horizons would like to give a big thanks to all the businesses and individuals in the area that participated in this years Denim Days and donated towards our agency. If you are interested in participating next year call the Norfolk or O'Neill office for more information today!



Tying Ribbons To Raise Awareness

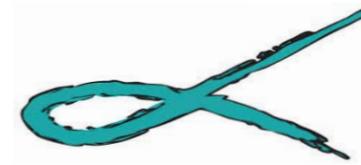
By Cortney Arduser; Norfolk Criminal Justice Liaison

If you seen a car drive by with a ribbon tied somewhere on it, it was for a cause. Bright Horizons, along with kids from the BRAVO and the ZONE Groups set up camp at three different locations in Norfolk on the afternoon of April 21st tying ribbons on vehicles for Sexual Assault Awareness Month. They tied hundreds of ribbons on cars parked in the parking lots of Wal-Mart, Shopko, and the Sunset Plaza Mall. They also placed a card on windshields with sexual assault awareness facts. Our hope is that the community will become more aware of sexual assault and what victims can do to get help. Thanks again to the ZONE and BRAVO groups for helping Bright Horizons support our cause and raise awareness!



A Walker's Paradise

By Christy Abner; Norfolk Program Director



April 17th was the date of our 5th Annual Sexual Assault Awareness Walk. The walk serves dual purposes, one is providing awareness and education about sexual assault as well as available resources that Bright Horizons offers; the 2nd being to raise money in order to provide services to survivors of sexual assault. Our walk location at the mall this year worked out great! There was no worry about the weather and the benefit of the added exposure was a huge success. In addition to the walk Mead Lumber made it possible for us to raffle off a Traeger Wood Pellet Grill. This was a very popular item! In closing I would like to sincerely thank all of our sponsors, volunteers and those of you who participated in the walk or purchased raffle tickets, your kindness makes a difference and we are so very thankful for another Sexual Assault Awareness Walk.



176 Keys Presents:
FUN PIANOS

SAVE THE DATE!!!
October 16th, 2014

176 Keys Dueling Pianos will be performing again!

Mark your calendars so you don't miss out on this
spectacular night of fun and entertainment!



Communal Living and it's Health Precautions

By Cortney Arduser; Norfolk Criminal Justice Liaison

The staff had a health education day at Bright Horizons on March 21st. The education was delivered by two students, Karstin Ptaschek and Danielle Reab. The students taught Bright Horizons staff about the prevention and treatment of head lice and other health issues that come along with communal living. Staff wanted to be aware of how to treat a client and others living in shelter in the event someone would have lice. The grant was written in collaboration between Bright Horizons and UNMC College of Nursing Assistant Professors, Dr. Wende Heckert and Dr. Christine Eisenhauer, both Gamma Pi members. This service activity was sponsored by Gamma Pi-At Large Chapter-Sigma Theta Tau International Honor Society of Nursing.



Volunteer Spotlight

Internship - A Great Learning Experience

By Emily Schulz; Norfolk Volunteer Coordinator

The Norfolk office would like to spotlight Tabetha Waggoner. She is interning with Bright Horizons in Norfolk through out the entire 2014 summer! Tabetha is currently working on her Master's degree in Social Work through Walden University. Through her Master's program she is required to complete a 500 hour internship, and we couldn't be happier she applied to do her internship at Bright Horizons! Tabetha has completed our 12 hour crisis line training and has been taking crisis calls as well as working with clients one on one. She has been a big help to our agency by helping with office coverage, outreach events, and more! By completing her internship with us, Tabetha is gaining skills, experience, and making great connections in the community that will hopefully better her chances at pursuing a career in social work. Tabetha is empathetic, dependable, and we can tell she has a passion for this field! In her time with Bright Horizons she not only gains experience for herself but also gets to see first hand, how our agency assists victims of domestic violence and sexual assault and the impact Bright Horizons has on the community. We're excited to see where her future takes her! Good luck Tabetha!

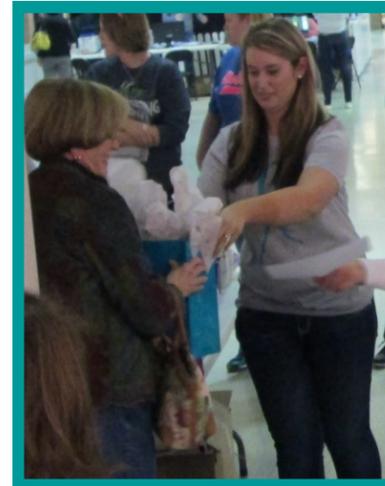


*"Never let the odds keep you from doing what you know
in your heart you were meant to do." -H. Jackson Brown, Jr.*

2014 Volunteer Appreciation Month

By Emily Schulz; Norfolk Volunteer Coordinator

As a non profit organization, Bright Horizons relies heavily on volunteers. They are a critical part of our day to day functioning for our agency. Volunteers at Bright Horizons perform a wide variety of tasks such as direct work with clients, hotline advocacy, administrative work, shelter maintenance, translator, and much more. On April 17th, at our Bright Horizons Annual Sexual Assault Awareness Walk, Volunteer Coordinators, Amanda Wallace and Emily Schulz held a recognition ceremony for all volunteers. From board members to everyday volunteers, they received special recognition for the all hours of hard work and effort they donated to Bright Horizons. We'd especially like to recognize the volunteers that have been with us 6 years and longer: Steve and Karen Warner, Deb Milligan, Mary Gibson, Laurie Morrow, and Erica VanMeter. Thank you so much for all the years of support and to many more years ahead! We would also like to recognize Michelle Schlecht, Kelli Lowe, and Glen Waddle who are retiring from our board this year. We are very sad to see them leave as they have been a strong influence to our agency. Emily spoke to all the volunteers before handing out gifts and certificates saying, "To all our volunteers that came tonight to show your support, you are the backbone of our agency and you give so much of yourselves without expecting anything in return. The work you do whether it's helping at our office or shelter, answering phones, organizing the donation room, or donating your time as a board member... is always heartfelt. All of you, keep our agency running and your efforts are impacting the community and Bright Horizons cause. From all of the staff at Bright Horizons, we can't thank you enough!"



Save the Date!

4th Annual Multi-Family Rummage Sale

A large rummage sale will be held on **Friday, July 18th, 2014**

at St. John's Lutheran Church in Norfolk.

All proceeds to benefit Bright Horizons.



Coming Together to Help Those In Need

By Lacy Kimes; Norfolk Shelter Manager

On Sunday, March 16th, 2014, members of First United Methodist Church in Norfolk came together to complete some much needed projects at the Norfolk shelter. The Faith Builders group, which consists of families who have been meeting on Sunday evenings once a month for over five years, spent three hours painting, organizing kitchen cupboards and putting together packets for Bright Horizons' annual Sexual Assault Awareness Walk. The goals of the group are fellowship, bettering themselves through education, and helping others. This year they've been focusing on community service, and actively including their children in each month's activities. Each month, a member of Faith Builders is in charge of a project that in some way helps members of the community.

Dr. Jeff Klein was in charge of the March project, and he organized the project at the Norfolk shelter. Those in attendance to help at Bright Horizons were: Jeff Klein, Ann Klein, Caitlin Klein, Carson Klein, Caleb Klein, Brandon Day, Tammy Day, Grace Day, Brooke Anderson, Will Anderson, Elissa Carney, Cameron Carney, Clay Carney, and Dani Carney. Eleven-year-old Carson Klein said with a smile, "I feel good that I helped." He, as well as the other children, are learning that by giving in any way you can help others and make everyone feel good.

Bright Horizons encourages groups, such as Faith Builders, to contact our office if you have a project that you would be interested in helping us with. Bright Horizons relies heavily on volunteers to help us complete projects, as well as day-to-day activities. Grant funding continues to be very competitive, and future funding is always an unknown. It is our hope and passion to continue to be able to help victims of domestic violence and sexual assault. Groups, like Faith Builders, and other volunteers help make these goals a reality.

As Shelter Manager, my heart is full of gratitude when I can receive the help and kindness that Dr. Klein and the rest of the Faith Builders members offered. This group spent a Sunday afternoon coming into an unknown environment and gave 100%. It can be uncomfortable for anybody giving to others who may be in a situation that one has never experienced before. But the Faith Builders served with no hesitation. Thank you for your continued support!

Cheddar Broccoli Salad

From the Bright Horizons Cook Book



6c. Fresh broccoli
1 1/2c. Shredded cheddar cheese
1 1/2c. Mayonnaise
12 Bacon strips, cooked and crumbled
1/3c. Onion
3/4c. Sugar
3T. Cider Vinegar

Combine broccoli, cheese and onion. Combine mayonnaise, sugar and vinegar. Pour over broccoli mixture and toss to coat. Refrigerate for at least 4 hours. Stir in Bacon before serving.

Mercy Meals

By Amanda Wallace; O'Neill Volunteer/Outreach Coordinator

On Monday April 21st BRAVO group toured and packed meals at Mercy Meals of Norfolk NE. The group sold bracelets and donated the proceeds to help with the cost of food being packaged. BRAVO raised and donated \$100.00 which will feed almost 1000 people. It was a wonderful experience for all, the group is looking forward to doing more projects like this in the future.

For more info on BRAVO please like us on Facebook at O'Neill BRAVO.



Teen Dating Violence and Prevention

By Emily Schulz; Norfolk Volunteer Coordinator

The month of February has been designated as Teen Dating Violence Awareness and Prevention Awareness Month. As part of Bright Horizons outreach for February, we have been reaching out to middle schools and high schools in the areas that we serve. So far, Bright Horizons has presented to over 5 different middle schools and high schools talking to youth about Teen Dating Violence, its affects, how to safety plan, and about healthy relationships. Not only are teens and youth learning about this but parents, teachers, and guidance counselors are also encouraged to join Bright Horizons as we discuss this topic.

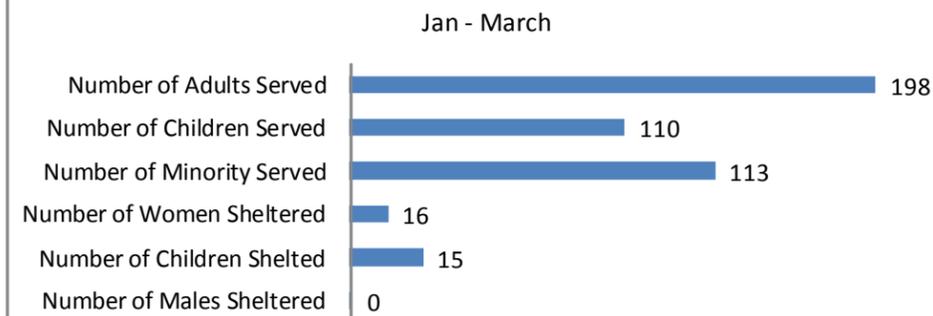
Teen Dating Violence can be defined as repeated verbal, emotional, physical, or sexual abuse used to frighten, hurt, and control a boyfriend or girlfriend. Some signs of Teen Dating Violence include constant texting or calling, anger outbursts, and harassing etc... By the time students reach high school, over half report dating violence among their peers. Violent relationships in adolescence can put victims at a higher risk for substance abuse, eating disorders, risky sexual behavior, suicide attempts, and further violence through out their lives. 1 in 4 teens have been called names, harassed, or pressured into doing something sexual when they did not want to by their boyfriend or girlfriend via technology. Technology has become a huge gateway for Teen Dating Violence because it provides 24/7 access to one another. Teens often engage in sexting and posting explicit photos in online sites due to peer pressure without thinking about the consequences. A popular app for smartphones known as "snap chat" is believed that when a video or picture is sent to the recipient it is automatically deleted within 5-10 seconds. However, there has been so many different hacks and ways to retrieve that picture or video once it has been sent unbeknownst to the sender. This app has become very popular for teens who engage in sending explicit photos or videos. What is dangerous about this, is what the recipient will do with the explicit photos or videos. Another thing to think about is that once you post something online, it is no longer your property. It is for everyone to see and they can do whatever they want with it. Although technology can be a great thing, it can also be used in a harmful manner if it gets into the wrong hands.

The effects of Teen Dating Violence can be devastating and dangerous especially during the period of time right before or after a break-up which is when most of the time, extreme violence occurs. Teens often face many barriers when seeking help such as fear of getting into trouble, lack of money or transportation, and age. For example, to file for a protection order you must be at least 19 years of age or have a parent or legal guardian file on their behalf. When someone discloses they are in a violent relationship it is important to listen and believe them, safety plan, stay positive, and provide information about healthy relationships. If you or someone you know is a victim of Teen Dating Violence or would like more information on this topic, please contact Bright Horizons at our Norfolk office 379.2026, O'Neill Office 336.1774, or at our 24 hour crisis line at 1.877.379.3798.

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.

First Quarter Client Services for (2014)



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 = 502
- 2) Shelter nights provided = 1188

Last Quarter Supporters of Bright Horizons (Jan-March)

Sheryl Hansen	Carolyn Marten	Jan McGrath	Clarkson Bakery
Janice Christensen	Arlene Veik	Janice Volser	Copple, Rockey, McKeever, & Schlecht P.C., L.L.
Maryann Crab	Jenny Schutt	Teresa Johnson	Dr. Pepper & Snapple Group
Nita Totten	Betty Froehlich	Grace Community Church, Norfolk	Frontier Bank, Madison
Marian Anderson	Dawn Reedil	Lutheran Church (Quilting Ladies), Wausa	Go Figure for Women
Kathy Mack	Marie Smalley	Methodist Church, Meadow Grove	Good Life Counseling
Kari & Eric Hoegemeyer	Kathy Bierman	Methodist Mission Fund, Stanton	H & R Block
Kevin & Cheryl Johnson	Teresa Hamocks	Our Savior Lutheran Church, Norfolk	Henningsen Foods
Angie Amen	Nancy Holm	Presbyterian Church, O'Neill	Heritage Financial Services, LLC
Tracy Stoltzman	Eileen Hoskinson	St. Boniface Christian Mothers	Holiday Inn, O'Neill
Marg Haverlzamp	Carol Hanlin	St. John's Lutheran Church, Battle Creek	Insurance Associates
Bob Eggerling	Maurice & Anita Koenig	St. John's Lutheran Church (Ladies Aide), Madison	Integrated Life Choices
Alice Rave	Shirley Garwood	St. John's Lutheran Church (Ladies Aide LLAMC), Piiger	Kimes Financial Services
Brenda Pick	Dean & Leanne Sidak	St. Ledgers Catholic Church, Creighton	Langan Dental Health Center, PC
Virginia Froehlich	Marylyn Williams	St. Mark's Lutheran Church ECLA, Bloomfield	Madison County Public Defenders Office
Joani Brown	Jolene Lichty	St. Mary's Altar Society, Butte	McIntosh Jewelry
Liz DeGross	Mary Ann Nissen	St. Mary's Altar Society, Spencer	Norfolk Regional Center
Rebecca Rohde	Dottie Hrbek	St. Peter & Paul Catholic Church, Butte	Norfolk Transmission & Muffler
Kay Hollman	Marcine Wright	United Methodist Church, Oakdale	Northeast Nebraska Imaging
Rosa Arguello	Gert Slack	Trinity Episcopal Church, Norfolk	Pierce County Courthouse
Bruce & Cheryl Werner	Karen Haslehorst	Trinity Lutheran Church, Bristow	Premier Companies
Ieda Acklie	Kris Harvey	Bel-Air Elementary School, Norfolk	Renewed Hope
Diane Nelson	Arlene Cravins	Horses Unlimited 4-H Club	Ricardos, Norfolk
Jan Giardt	Kay Jochum	Avera St. Anthony's Hospital	Special T's and More
Linda Chapman	Virginia & Caleb Mosel	Casey's, O'Neill	Subway
Karla Beller	Don & Sandy Holtgrew	Affiliated Foods Midwest	Telebeep Wireless
Jean Slater	Patricia Drueke	Andrews Van Lines	The Willows Assisted Living
Marcella Schiltmeyer	Lorene White	Ansir4u	Tyson Foods
Margy Ehrenfried	Cathy Vandersnick	Authier Miller Pape Eyecare	Urgent Care of Norfolk
Deb Freese	Vickie Johnson	Brandon Doke FBFS	Voc Rehab
Lindsay Hoalley	Irene Brotsky	Canham Maytag	Wacker Home Improvement
Rita Waggoner	Marsha Fuchs		



Bright Horizons Shelter Wish List



Paper Good Supplies
 Cleaning Supplies
 Air Fresheners
 Disinfectant Wipes/Spray
 Dish/Laundry Soap
 Fabric Softener
 Trash Bags-- All sizes
 Light Bulbs 40-60 Watt
 Hand Soap
 Food Items
 Bottled Water
 Zip-Lock Bags



Tupperware Containers
 Storage Totes
 Pillows
 Bed Sheets-- Twin & Queen
 Blankets
 Baby Care Items
 Disposable Diapers
 Baby Wipes
 Baby Formula
 Hygiene Products
 Over The Counter Medications
 First Aid Supplies

Bright Horizons
Resources for Survivors of Domestic
Violence and Sexual Assault

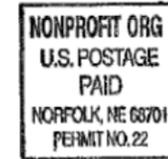
Norfolk Office
305 N. 4th
P.O.Box 1904
Norfolk, NE 68702
(402) 379-2026

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 Emily at 402-379-2026 or at emily@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:

Boyd, Holt CRT Meeting— June 19th, 12:00 p.m. at Holt County Courthouse Annex

Madison CRT Meeting— June 17th, 12:00 p.m. at Bright Horizons

Pierce-Knox CRT Meeting— TBA

4th Annual Multi-Family Rummage Sale—June 18th at St. John's Lutheran Church in Norfolk

O'Neill Health Conference—June 27th

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

Also find us online and on Facebook!