

Bright Horizons

Page |

1st Quarter 2011

Inside This Issue:

DC Discussion Shelter Notes	2
Newsletter via Email	2
Social Networking Safety	3
Volunteer Spotlights	4
Teen Dating Violence Cell Phone collection	5
Donor Photos	6
Thank You to Sponsors	7
Upcoming Events	8

2nd Annual Awareness Walk Date Set

By Gina Clyde, Norfolk Program Director

The 2nd Annual Bright Horizons Awareness Walk is set for Thursday, April 14th at 6 pm at Skyview Lake in Norfolk. This year's theme is "Love Equals Respect." For a donation of \$15 for adults, and \$10 for children, participants will receive a t-shirt and refreshments. The first 100 people to sign up will receive an extra goodie bag with items from our sponsors.

We are still taking sponsors for the walk. If you are interested, please contact Gina at 379-2026. Sponsors will receive their logo on the shirts and have the opportunity to distribute their promotional products.

Please see the inserted flyer in the newsletter with registration information! We hope to see you at the walk!



Glen Waddle's Retirement

By Gina Clyde, Norfolk Program Director

Glen Waddle retired after 27 years as a Nebraska State Patrolman in Troop B in Norfolk last December. His co-workers, family, and friends gathered to celebrate Glen's service to northeast Nebraska. Glen has served on the Bright Horizons Board of Directors for 4 years and has been one of our biggest supporters.



Thank you Glen for your years of service with the Nebraska State Patrol, and your ongoing service to Bright Horizons as one of our board members! We appreciate you!

Board Of Directors

Deb Milligan, President
Kelli Lowe, V.P.
Mary Gibson, Secretary
Michelle Schlecht, Treasurer
Roger Wiese
Glen Waddle
Steve Hecker
Pastor Wayne Owens
Rev. Jan Harris
Brandon Maly
Jayne Prince
Paula Pflueger, United Way
Liaison

Dating Violence Roundtable Discussion Attended

By Gina Clyde, Norfolk Program Director

Gina Clyde, Program Director at Bright Horizons in Norfolk, recently attended a roundtable discussion on teen dating violence, sexual assault, and related youth violence, hosted by Vice President Biden's office in Washington D.C. Lynn Rosenthal, White House Advisor on Violence Against Women, facilitated the discussion between the group of 25 researchers, professors, advocates, and teen victims. Discussion was held on the scope of the problem, why young people's attitudes are tolerant of abuse, which issues are more crucial to address, and the best way forward for programs and policy to address the issue.

Many participants agreed that peer-to-peer education and outreach works for the teen population. Many also agreed that they would like to see a fourth "R" (relationships) in schools, which would mean a mandatory healthy relationship education class for students in Kindergarten through 12th grades. A small group of government officials listened in on the discussion and asked questions afterwards regarding what policies and funding would be beneficial to the prevention of teen dating violence and sexual assault.



"It's encouraging to know Biden's office is very concerned about these issues and wants input on what action steps to take for our country's youth. It's also exciting to know with the youth outreach teams Bright Horizons already has in place, we are on target with our prevention work in this area. This was an amazing opportunity and I am very fortunate to have been part of such an outstanding group of professionals that truly care about our teens," said Gina.

Bright Horizons has two youth outreach teams, BRAVO (Bullying Recognition and Anti-Violence Organization) in O'Neill and HEROS (Helping to Empower and Respect Other Students) in Norfolk.

Ms. Rosenthal and her staff will be compiling the discussion and ideas. They plan to keep in touch with participants on how they will be using the ideas gathered for future policy and funding.

Norfolk Shelter Notes

By Jody Anderson, Norfolk Shelter Manager

First let me take a moment to thank each and every one of you for your support of Bright Horizons and the families we serve. We couldn't do what we do without you! I would like to introduce myself and my co-worker. My name is Jody Anderson and I am the new full time Shelter Manager. My co-worker is Cecilia Drake and she is the full time Bilingual Advocate. Both of us are so happy to be a part of such a good cause and being able to advocate for anyone who is in a domestic violence situation. Our goal is to empower victims of domestic violence; it is the heart of our program. We are dedicated to the elimination of domestic violence by providing advocacy to empower, educate, offer social action and support services. We rely heavily on you, our community in order to make such positive changes to help individuals, families, children, our community, members of society and the entire human race.

Newsletter by Email

By Gina Clyde, Norfolk Program Director

Have you received a call from our staff asking you for your email address? We are working on calling all our supporters who receive our paper newsletter to ask them to switch to an email version. Due to budget cuts, we need to cut back significantly on the number of newsletters being mailed out. We mail about 1,500 newsletters out every 3 months to our supports in our area, across the state, and even to some supporters out of state.

If you have not received a phone call from our staff recently about switching your newsletter from hard copy to email copy, please give us a call or send us an email to bhgina@telebeep.com. We appreciate your support!

Social Networking Safety

By: Jennifer Arens, Norfolk Criminal Justice Liaison

You've probably learned a long list of important safety and privacy lessons already in your lifetime. Examples are looking both ways before you cross the street, buckling your seat belt and hiding your diary where your nosy brother cannot find it! The truth is, adults are constantly warning their children to practice safety while using the Internet, but the same adults do not believe that these rules apply to them.

The Federal Trade Commission (FTC), the nation's consumer protection agency, is urging kids and adults to add one more lesson to the list: Don't post information about yourself online that you do not want the entire world to know. The Internet is the world's largest information exchange and many more people than intended can see your information, which may have been meant for just family or friends.

Here are a few tips to remain safe while using social networking sites, such as Facebook and Twitter.

Social Media is a Public Forum – It's just that simple. When you post information on Facebook or Twitter, you are, in a sense, "going public". Even if you have used all of the site's privacy settings, once it's out there... it's "out there!" It does not matter how much you trust your friends or family. This has nothing to do with the flaws of social networking sites, but has everything to do with people's love for gossip. Never post specific information about yourself, (such as full name, social security number, address, phone number or bank and credit card account numbers), and never post anyone else's either!

Your Social Media Profile is Part of YOU! – When you apply for a job, if a company is impressed by your resume, one of the first things that may happen is that they will run your name through a Google search. It's a great, and easy, way of getting a quick snapshot of a person and their lifestyle. This poses one of the greatest risks to the normal social media user. You may regret some of the photos you have posted, status changes you have written or pages you have "liked." If you are uncertain about whether an image or caption is appropriate or not, ask yourself, "Would I be embarrassed if my grandmother found out about this?"

Even "Secure" Sites Don't Have Your Security as their Number One Concern, So Don't Divulge Information You Want to Keep Secure! – Social networking sites want you to feel secure, and aren't maliciously seeking to steal from you, but your privacy is not, and will never be, their primary concern. A large part of the sites' popularity is that it gives users the opportunity to look at photos they would otherwise never have a chance to see. In fact, that seems to be the main reason it started in the first place!

You Don't Need to Be Friends With Everyone! – Consider carefully whether you should "friend" people you don't know that well and don't be reluctant to remove people you don't speak to anymore. If you take that advice, you've greatly reduced your chances of anything embarrassing making it out to the world. If you feel the need to meet lots and lots of new people, don't use Facebook. There are other, better sites for doing just that! Be very cautious about chatting with people online because some people lie about who they really are, so you may not know exactly who you are dealing with. Also, be very wary of anyone that wants to meet you in person and trust your gut if you have suspicions.

Legislation of Social Media, Especially Facebook, Will Increase! – It's normal for new forms of media to have a period of time in which they run amok. This occurred in the 1990s with a very popular website named Napster... Remember that?! Legislation will hopefully bring regulation and increased safety for all users.

It is possible to use social media in such a way that one can be both safe and social. No one is 100% safe all of the time. Carpenters have a saying that goes "Measure twice. Cut once." Please think twice before hitting the "Share" button. By using a little common sense, social media can still be both social and safe.

Education Available

Bright Horizons offers education on bullying, dating violence, healthy relationships, domestic violence, stalking, and 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.

Volunteer Spotlights

O'Neill Volunteer

By Amanda Wallace, O'Neill Volunteer Coordinator

The O'Neill Bright Horizons staff would like to shine the spotlight on Mary Ann Babutzke. Mary Ann has been a volunteer with us through the Experience Works program since May of 2010. She is a huge asset to us as she keeps our office and donation rooms well maintained! For all that she does, she continues to keep a positive attitude! Way to go Mary Ann and keep up the good work!!!

(Pictured at right: Mary Ann Babutzke)



Norfolk Volunteer

By Audrea Hoffmann, Volunteer Coordinator in Norfolk

From volunteering on our crisis line to helping out with events, Brandy Kyncl has proven to be an outstanding volunteer for Bright Horizons! When asked why she decided to volunteer, she explained that “since I was never able to make a full time career doing what was in my heart, I knew volunteering was a HUGE way I could satisfy my need to help those that don't have a voice, don't have a way out, don't have a lot of the everyday freedoms, love, and support that a lot of us have.”

Since she started, Brandy has volunteered 1,791 hours (most of which were crisis line hours), has organized two diaper drives for Bright Horizons, and played a huge part in organizing our first annual Awareness Walk for Sexual Assault last April. In addition to her volunteer services, Brandy has also been an enthusiastic advocate for our organization. She is always able to get her family, friends, and other community members involved with our activities and events!

When asked what she likes about the volunteer position, Brandy said, “One day a week for the last 2 years I have had the awesome responsibility of answering [the crisis line] phone when someone needs me; some of the calls are scary, some of them hurt, and some of them make me angry! But for every call that hurts there are 10 that make you smile when they say ‘THANK YOU’ for being there to listen to me, to help me find my way, to help me understand that none of this is my fault, that I am a good person and I deserve to have a happy, loving, stable home for me and my children, or whatever the situation might be.” Brandy loves being able to plan fundraisers and to see how much support the community gives Bright Horizons throughout the year. She loves “being able to attend trainings, seminars, and talks that help raise awareness to the growing number of issues our children face today” and she looks “forward to how much they make [her] grow as a woman, a mother, a daughter, and a friend.”

Brandy even thanked Bright Horizons for all we have done for her, but she is actually the one who deserves the appreciation. All of us at Bright Horizons are very fortunate to have a volunteer like her in our organization and want to say THANK YOU Brandy!

Volunteer Trainings Coming In March!

Bright Horizons in O'Neill will be having a Volunteer and Crisis line training March 15th, 22nd and 29th from 5:30-8:30 pm at the North Central District Department 422 E. Douglas. Supper will be provided. During this training you will learn how to handle a domestic violence or sexual assault crisis call. If you have any questions please call Amanda or Andrea at 336-1774.

Bright Horizons in Norfolk will also be having a Volunteer and crisis line training March 22, 29, and April 6 At Northeast Community College's Lifelong Learning Center with supper provided. Please call Audrea at 379-2026 for information or to register, or see inserted flyer.

Cell Phone Drive to Benefit Bright Horizons

Alternatives for Success, a program of the Norfolk Senior High, is collecting old cell phones to benefit Bright Horizons. The collected cell phones will be recycled with all proceeds being donated to assist survivors of domestic violence and sexual assault. Two students, Kayla Clark and Tatyana Wheatley, have been the driving force behind this fundraiser.

The young women have done all of the organization, advertising and collection involved with the fundraiser. They are reaching out to local schools, businesses and individuals in order to collect as many old cell phones as possible. The more cell phones collected – the more money donated to Bright Horizons. There are hundreds, maybe even thousands of old, broken cell phones just waiting to be donated. The fundraising potential is limitless. Please do your part and drop off your old cell phones at 1122 South 13th or at one of the many donation boxes located around Norfolk. Any questions may be directed to Becki or Linda at (402) 844-3515.

Teen Dating Violence Information

By Samantha Plugge, Norfolk Advocate

Dating violence among teens is far more common than it should be. According to several studies one in three teens has experienced some form of violence in an intimate relationship. More than half of rapes are perpetrated by someone the victim knows such as a boyfriend, close friend, or acquaintance. The scariest fact may be that victims often do not realize they are in an abusive relationship until serious physical and/or emotional damage has all ready been inflicted.

Young adults are often easy targets for abuse in dating relationships due to lack of experience. Many young people, as well as some adults, seem to have naïve views and attitudes towards love and relationships. Many individuals mistake abuse for romantic love. Signs of a potential abuser are quick involvement, uncontrollable temper, extreme changes of moods, extreme jealousy, controlling personality, blaming others for problems and/or behaviors, and violence towards people and animals.

One way to identify the way a person will behave in an intimate relationship is by observing how the individual interacts with his or her family and friends. It is important to keep in mind that if a person is abusive toward others, or have been known to be abusive in the past, this abuser will likely abuse anyone they come in contact with if given the chance.

A good way to spot an emotional abuser is by first of all understanding their intentions and abusive nature. Emotional abusers use threats, coercion, isolation, violence and so forth in order to destroy any confidence their victims have. Without confidence the victim learns that they are not worthy of love and may isolate themselves from other people. An emotional abuser may also intentionally turn the victim and his/her friends and family against one another. This way the victim is completely dependent on the abuser. These tactics are an emotional abusers way of gaining and maintaining complete power over the victim.

Many emotional abusers are very charming and witty, therefore fully understand the harm they cause to their victims. When dealing with a manipulative partner, the victim is usually completely blind to the abuse, as the key point in mind manipulation is being sure the victim is unaware of the cunning behavior.

If an individual seems too “nice” or too good to be true, they probably are. A manipulator showers his victim with complements knowing the victim will put her guard down if her partner makes her feel comfortable enough. An emotional abuser wants to get to know the victim deeply so that he can identify his victims’ weaknesses and use those vulnerabilities against the victim.

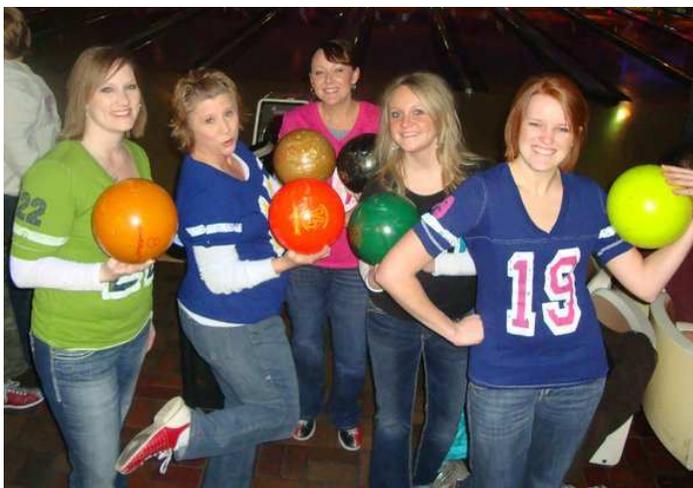
To avoid abusive relationships, be observant of others and really get to know a person before thinking about starting a relationship with him or her. Do not rush into a relationship no matter how “right” it may feel at the moment. If a situation seems fishy do not ignore your instincts. There is a reason this person does not seem quite right. Be honest with yourself when you are in a relationship and know your boundaries and stick to those boundaries no matter what.

“Forgiving does not erase the bitter past. A healed memory is not a deleted memory. Instead forgiving what we cannot forget creates a new way to remember. We change the memory for our past into a hope for our future.”

-Lewis B. Smedes

Adopt A Family Thank You

The staff and clients at Bright Horizons would like to extend a special thank you to everyone who donated to our Adopt A Family project this year for Christmas. We were able to help over 35 families in our area have a great Christmas! One child told us that “this Christmas was the best ever!” We know all the families appreciated the thoughtfulness and generosity of our giving community. Also, thank you to everyone who donated blankets, quilts, food, toiletries, and clothing to help families during the winter months.



Norfolk's radio stations recently sponsored the “Souper Bowl 2011” at King's Lanes in Norfolk. All bowlers donated canned food items for the food pantry at Salvation Army. Pictured above is the Bright Horizons team made up of Gina Clyde, Jody Anderson, Jen Arens, Jamie Drahotka, and Audrea Hoffmann.



Bright Horizons staff receiving donation from Roxie Austin with Norfolk Memorials.



Pierce Kiwanis Club Stuff the Sock photo



O'Neill and Spencer Girl Scouts, grades 4th-7th, had a lot of fun learning about being healthy during an overnight event. Guest speakers included representatives from Mary Kay, Mane Event and Bright Horizons on Girl Empowerment and Healthy Relationships. The girls, with their leaders, also exercised, identified what colors looked best on them, determined their body shape, tried a new hairstyle, and collected tips on a personal care routine. The evening was finished with a craft, games, a healthy snack and a movie. The girls are pictured with their guest speakers, including Amanda from Bright Horizons, and the items that were donated to Bright Horizons.

Last Quarter Supporters of Bright Horizons

Kay Kaup	Connie Jessen	Julie McCormick	Authier Miller Pape Eyecare
Jolene Lichty	Barbara Krepela	Lisa Yosten	Northstar Services
Wardene Roark	Jennifer Timmerman	Joanie Brown	United Methodist Church, Wausa
Jane Laurson	Carmen Godeersen	Loretta Brabec	Sacred Heart First Graders
Patricia Dueke	Mary Jackson	Shirley Powers	Village Inn
Marilyn Hytek	Kim Speaker	Cheryl	Premier Senior Marketing
Sharon Brugman	Scott & Suzanne Rutten	Larae Worden	Tilden Hospital
Carlene Warrack	Chrissy Morrison	Our Savior Lutheran Church	Faith Regional Hospital Cath Lab
Sharron Wenner	Brenda Carhart	St. Mary's Altar Society	Eagles Club, Norfolk
Kim Ahlers	Amy Sisson	The Clothing Company	Covidian
Brenda Hupp	Sue Lenhoff family	Inman Church	Faith Regional Hospital, OB Dept
Tammy Ducker	Glen & Kim Waddle	SS Peter & Paul Altar Society	Bora Bora Salon
Amy Halsey	Capt Leonard & Barb Ritter	United Methodist Church of Creighton	Mid City
Vivian Melena	Lewis & Bertha Waddle	Sunrise Floral	Pierce Kiwanis Club
Elaine Shorn	Lee & Genny Straube	Faith Hope and Love Church of Verdigre	Our Saviors Women of ELCA, Plainview
Angie Olberding	Frank & Gloria Umland	First Presbyterian Church of O'Neill	NPPD, Norfolk
Rosie Hladky	Vicki Victor	KBP Home Economist of Ainsworth	St Mark's Lutheran Church, Bloomfield
Kristy Beeks	Amanda Von Kampen	St. Joseph's Church	Sacred Heart Parish
Sister Mary Jaeger	Brent Warden	United Methodist Church of O'Neill	Tradio
Amber Stracke	Marylin Fleschner	United Methodist Church of Clearwater	Tielke's Sandwiches, Norfolk
Susie Nielsen	Lynn Hans	United Methodist Church of Verdigre	Untied Methodist Church
Chuck Price	Marilyn Blunck	Beaver Valley Women's Club	Madonna's Wedding Belle Inc
Viona Cuddy	Phyllis Alstadt	Girl Scouts of Plainview	Catholic Ladies Guild, Osmond
Kim Estes	Kenneth & Norene Pavlik	St Williams Catholic Church of Verdigre	Past Presidents of American Legion Auxiliary
Ray Hagberg	Gerald & Elaine Holmberg	Faith Hope and Love Church of Creighton	United Methodist Women, Bloomfield
Susa Wakefield	Mrs. Detritch	Sacred Heart CCD Class	Women of the ELCA, Norfolk
Gynell Poessnecker	Emil Cateau	Delphians Group	Peace United Church of Christ, Tilden
Raelynn Bygland	Ardith Schueth	Norfolk Memorials	Salem Shell Creek Zion Sunday School
Michael Brogan	Rosa Arguello	Grace Community Church	Sacred Heart Kindergarten Class
Ruth Ekstrom	Renae Claus	United Methodist Women, Norfolk	Godfathers
Ken Gates	Bruce Uecker	Michael's Photography	Escape Spa
Charlie Lampert	Margy Ehrenfried	Target	Bath and Body Works, Norfolk
Marylynn Elwood	Steve & Karen Warner	Catos	Catos

Bright Horizons Shelter Wish

Paper Supplies	Hair Brushes and Combs	Baby Wipes & Formula
Cleaning Supplies	Dish & Laundry Soap, Fabric Softener	Totes for storage
Trash Bags of all sizes	Water Softener Salt & Ice Melt	Journals for writing
Light bulbs ~ 60 watt	Zip-Loc Bags ~ all sizes	Groceries for Shelter: Margarine, Cooking Oil, Cooking Spray, and Pancake Syrup
Disposable Diapers	Tupperware to store leftover food	

**BRIGHT HORIZONS
RESOURCES FOR SURVIVORS OF DOMESTIC
VIOLENCE AND SEXUAL ASSAULT**

Norfolk Office
305 N. 4th St.
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



If you no longer want to be on Bright Horizons' newsletter mailing list, please contact Gina at 402-379-2026 or at bhgina@telebeep.com

**Ask Us About Becoming
a Volunteer!**

Bright Horizons Services

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

Call 379-3798 or 336-1774 or 24 Hr Crisis Line 1-877-379-3798

Providing services to Antelope, Boyd, Holt, Knox, Madison, Pierce, and Stanton Counties.

Upcoming Events:

2nd Annual Awareness Walk—April 14 at 6 pm at Skyview Lake in Norfolk

Denim Days—throughout the month of April

Volunteer Trainings—March 15, 22, 29 in O'Neill and March 22, 29, April 6 in Norfolk

Don't forget to sign up to get the newsletter by email! Email bhgina@telebeep.com with your email address!

