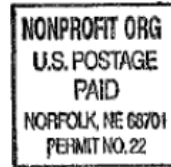


Bright Horizons  
Resources for Survivors of Domestic  
Violence and Sexual Assault

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— TBA

Madison CRT Meeting— TBA

Pierce-Knox CRT Meeting— TBA

Sexual Assault Awareness Walk— April 17th, see flyer!

Denim Days— Every Friday in April, see flyer!

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

Also find us online and on Facebook!

Resources for Survivors of Domestic Violence and Sexual Assault

# BRIGHT HORIZONS

4th Quarter 2013

## Stalking

By Jamie Drahota, Bookkeeper

January has been designated as National Stalking Awareness Month. Stalking is a very dangerous crime that affects millions of people each year. Stalking is a repeated harassing or threatening behavior by an individual. It can range from following a person, showing up at a person's home or place of work, to making harassing phone calls, sending messages, and/or e-mails.

Stalking is a crime in all 50 states and the District of Columbia. Anyone, regardless of race, religion, gender, sexual orientation, or socio-economic background, can become a victim of stalking. It is estimated that 1 in 12 women and 1 in 45 men will be victims of stalking in their lifetime.

Stalking is not a single act; it is a series of events directed at one person that causes that person fear. Stalking may take many forms, such as assaults, threats, vandalism, burglary, or animal abuse, as well as unwanted cards, calls, gifts, or visits. 1 in 4 victims reports that the stalker uses technology, such as computers, global positioning system devices, or hidden cameras, to track the victim's daily activities.

Stalking is difficult to recognize, investigate, and prosecute. It is very important to keep track of the stalking in order for it to be prosecuted. Some ways to do this include keeping a stalking log, and keeping any text messages, voicemails, emails, or letters as further evidence. Stalking is a difficult situation for anyone to be in. There are safety options to consider such as changing your phone number, getting a new email, changing locks, safer use of the internet, and a protection order.

Bright Horizons offers free and confidential service. If you would like more information on stalking 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.



## 2014 Awareness Months and Events

By Emily Schulz, Norfolk Volunteer Coordinator

### January

- ◆ Stalking Awareness Month
- ◆ National Human Trafficking Awareness Month

### February

- ◆ Teen Dating Violence Awareness Month

### March

- ◆ General Outreach

### April

- ◆ Sexual Assault Awareness Month
- ◆ Sexual Assault Awareness Walk  
April 17th. See Flyer!
- ◆ Child Abuse Prevention Month
- ◆ Volunteer Appreciation Month
- ◆ Denim Days



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### Board of Directors

Ryan Parks, President  
Kelli Lowe, VP  
Brandon Maly, Treasurer  
Michelle Schlecht, Secretary  
Glen Waddle  
Chief Bill Mizner  
Janet Johnson  
Suzi Chipps  
Melanie Lueders  
Jenny Bender  
Abbie Widhalm  
Chaplain Randy Rodenberg

## Volunteer Spotlight

### More Than Just A Service Learning Project

By Emily Schulz, Norfolk Volunteer Coordinator

Bright Horizons in Norfolk had a new intern in October. Janet Schafer, a student from WSC, completed 20 service learning hours for one of her classes with us. She was a huge help around our office! In her time volunteering with us, she was able to see what our agency does for the community. Janet was also required to organize a project that would give back to the community as well. She decided to organize a donations drive through her high school in her hometown of Randolph, for Bright Horizons. We greatly appreciate all her efforts and thank everyone for the donations we received through the drive. Janet, you will do great in your future endeavors and we wish you the best of luck! The donations we received are definitely more than just a service learning project to those in need!



*“When you give, give from the place of the heart because it is the right thing to do, not the easy thing to do.”*  
- Suze Orman

### Bringing Christmas Cheer to Families in O’Neill

By Amanda Wallace, O’Neill Outreach/Volunteer Coordinator

I had the wonderful opportunity to become acquainted with a group of dedicated people looking to provide families in our area with a Merry Christmas. In conjunction with the mobile food pantry, a local group of citizens arranged for families to shop for new or gently used items after stocking up on groceries. The American Legion arranged a soup supper. The BRAVO group and I took and printed free pictures with Santa of children attending this event with their families. I was very happy to be a part of such a generous gift to our local families in need. All of this and more was free to anyone in need in O’Neill. A big shout to all the volunteers that made this evening possible!



## Last Quarter Supporters of Bright Horizons (Oct-Dec)

- |   |  |   |  |
|---|--|---|--|
| Glen & Kim Waddle<br>Steve & Karen Warner<br>Michelle & Jason Schlect<br>Ryan & Amber Parks<br>Roz & Don Painter<br>Bill Mizner<br>Brandon & Devon Maly<br>Lucy Hammerlun<br>Scott & Laurie Kunc<br>Jessica Meyers<br>Julie Crumly<br>Diana Asher<br>Jennifer Asche<br>Kate Ahlsted<br>Wanda Kallhoff<br>Brenda Pinkerman<br>Gert Slack<br>Beth Olson<br>Evadene Boettcher<br>Harold & Judy Frickel<br>Norma Heath<br>Nancy Ickler<br>John & Teresa Janzing<br>Jack & Sharie Flannery<br>James & Katie Olson<br>Larry & Lois Poesnecker<br>David & Linda Olson<br>Elwin & Sharon Babl<br>Trish Peterson<br>Patti Breiner<br>Deb Waterman<br>Patricia Drueke | Marty Hansen<br>Laurine Huston<br>Raymond House Motel<br>Preston Valish<br>Deloris Ashburn<br>Mike Hans<br>Shannon Sullivan<br>Dennis & Janice Abba<br>Jeannie Starkel<br>Duane & Cindy Nelson<br>Lisa Kraft<br>Judy Wehrle<br>Norman Small<br>Fred Bader<br>Lorenzo Gonzalez<br>Mary Rictz<br>Virgil Froelich<br>Carolyn Noelle<br>Julie Knudson<br>Dr. Louis & Julie Roemhildt<br>Pat Thelen<br>Judy Blackman<br>Jill McCormick<br>Chris Johnson<br>Jeanne McNolly<br>Stu & Kathie Kolosick<br>Mary Dozler<br>Margy Ehrenfried<br>Amy Casky<br>Susan Nitz<br>Joni Moore<br>Dave Atak | Charlene Barnet<br>Kathy Mack<br>Deb Freese<br>Dale & June Bragg<br>Verdigre United Methodist Church<br>Grace Community Church<br>Elgin United Methodist Church<br>Atkinson Presbyterian Church<br>Albion Presbyterian Church<br>Bloomfield St. Marks Lutheran Church<br>Bloomfield St. Andrews Catholic Church<br>Norfolk Trinity Episcopal Church<br>Grace Lutheran Church<br>Norfolk 1st United Methodist Church<br>Neligh United Methodist Women<br>O’Neill Christ Lutheran Ladies Aide<br>O’Neill St. Mary’s Altar Society<br>Stanton St. Peters Altar Society<br>Elgin St. Bonifore Altar Society<br>Norfolk Women of Trinity Episcopal Church<br>Norfolk Presbyterian Women<br>Plainview Our Saviors Women of ELCA<br>Newman Grove Ministerial Assoc.<br>Norfolk Renewed Hope Christian Community<br>Atkinson American Legion<br>Neligh American Legion Auxiliary<br>Norfolk Country Piecemakers Quilt Guild | Norfolk Alfa Nui Sorority<br>Norfolk RUSK Kids<br>Bismark Livestock 4-H Club<br>Norfolk Delphians Group<br>Norfolk City Education Assoc.<br>OACCW Alumni<br>176 Keys Fun Pianos<br>Catos<br>Bomgaars<br>Burrito King<br>Gobs & Gobbs of Fun<br>K Giese Photography<br>Kuper Farms Country Market<br>Natural Littles<br>Poppy’s Pumpkin Patch<br>Rumor Has It<br>Times Square Event Center<br>Trio Day Spa<br>Covidien<br>Culvers<br>Nucor Steel<br>Norfolk Transmission<br>Carriage House Motel<br>Holiday Inn Express<br>Sunrise Flower<br>Wells Electric<br>Heartland Counseling<br>Land O’Lakes<br>Farmer’s Pride<br>Franc’s Beauty Salon |
|---|--|---|--|



## Bright Horizons Shelter Wish List

- Paper Supplies
- Cleaning Supplies
- Air Fresheners
- Disinfectant Wipes/ Spray
- Dish/Laundry Soap/Fabric Softener
- Trash Bags - All Sizes
- Light Bulbs 40-60 Watt
- Ice Melt
- Snow Blower
- Hand Soap
- Food Items
- 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

### Pineapple Zucchini Bread

From the Bright Horizons Cook Book



- 3 c. Flour
- 1 c. chopped walnuts
- 2 tsp. baking soda
- 1 1/2 tsp. cinnamon
- 3/4 tsp. ground nutmeg
- 1 (8oz) can crushed pineapple drained
- 1/2 tsp. baking powder
- 3 eggs
- 1 c. vegetable oil
- 2 c. sugar
- 2 tsp. vanilla extract
- 2 c. shredded zucchini

Preheat oven to 350 degrees. Grease and flour two 4 x 8 in. loaf pans. In medium bowl, combine salt, nutmeg, nuts, cinnamon, baking soda, baking powder, and flour; set aside. In large bowl, beat eggs until frothy. Beat in oil, sugar, and vanilla until mixture is thick and foamy. Stir in zucchini, pineapple, and flour mixture. Pour into prepared pans evenly. Bake 1 hour until toothpick comes out clean. Cool 10 min, then serve!

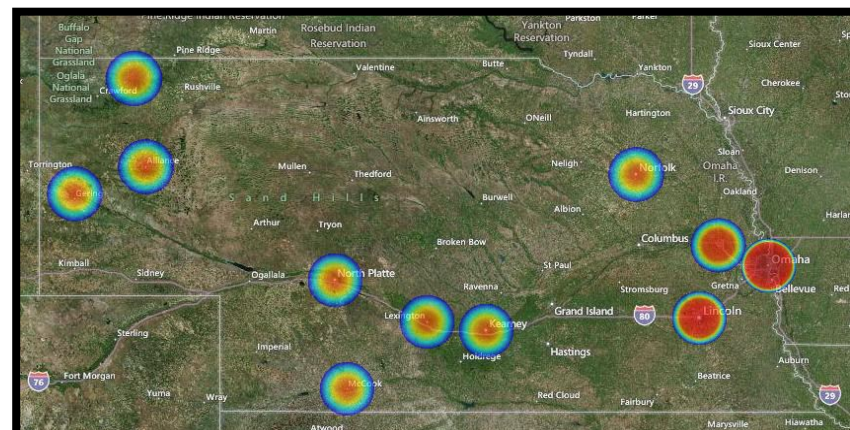
# Human Trafficking

By Katie Williamson, O'Neill Criminal Justice Liaison

January is National Human Trafficking Awareness month. I recently attended a training entitled Human Trafficking: Modern Day Slavery in Grand Island and as an advocate, I would like to share some very important and eye opening information to the readers. Approximately 600,000– 800,000 victims annually are trafficked across international borders worldwide according to the U.S. Dept. of State. Human Trafficking consists of two different types of trafficking, it includes Sex Trafficking and Labor Trafficking. Sex Trafficking is the recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of commercial sex acts by force, coercion, or fraud or if the person is under 18 years of age. Labor Trafficking is the recruitment, harboring, transportation, provision, or obtaining of a person by force, coercion, or fraud for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery. Human Trafficking can be disguised in massage parlors, escort services, bars/strip clubs, sweat shops, hospitality services, etc... Not all of these are immediately connected with Human Trafficking, however, they are some of the common places it occurs. Some signs that it may be occurring around you includes large groups of girls or people and the most common places it occurs are along truck stops. Victims are targeted in a number of ways including force, fraud, and coercion. Forceful violence, false offers, and threats are just some ways people end up in Human Trafficking situations. Some indicators that someone may be a victim of Human Trafficking are that they are kept under surveillance, have no control over money or documents, and that they live on the premises. Some physical signs can include malnourishment, sexual and/or physical abuse. Leaving a Human Trafficking situation is much more complicated and dangerous than many people think. Victims stay in Human Trafficking for many reasons such as debt bondage, threats, isolation, no income, and cultural barriers. If you think you are a witness to Human Trafficking, please call the State Patrol or the National Human Trafficking Resource Center hotline at 888-373-7888. Don't close your eyes to Human Trafficking, you could save a life.

For more information, check out:  
[polarisproject.org](http://polarisproject.org)

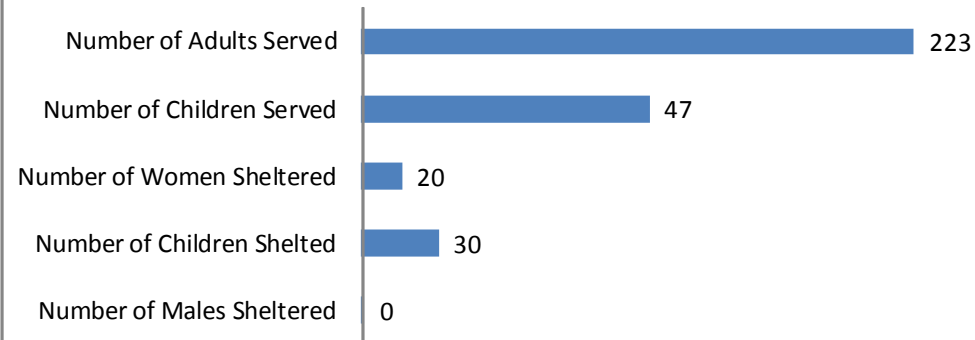
If you or someone you believe is a victim of Human Trafficking it is important to call the state patrol or the National Human Trafficking Resource Center hotline at 1-888-373-7888



Location of Reported Human Trafficking Cases in Nebraska in 2013

## 4th Quarter Client Services for 2013

October-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) Meals = 1,095
- 2) Shelter Beds Provided = 2,937



## Recap of Events



### Diaper Drive

By Lacy Kimes, Norfolk Shelter Manager

September 2013 was a busy, but successful month for Bright Horizons. Bright Horizons assists hundreds of families every year and many are in need of diapers. We held our annual Diaper Drive and with the help of local churches and youth groups, we collected 6,724 diapers! This was the largest Diaper Drive that we have ever had, as we received double the amount of diapers! Participation from a local church youth group put a new twist on the Diaper Drive. Club 56 from First Christian Church in Norfolk held a competition. They were challenged to fill one of the Pastor's offices from floor to ceiling with diapers and were successful. Hats off to those youth that participated and gave back to their community by helping those in need! Our thanks to the continuous support that the community provides to Bright Horizons.



### Clothesline Project

By Jamie Drahota, Bookkeeper

The Clothesline Project was displayed the whole month of October. This project is a visual display that bears witness to the violence against women. During the public display, a clothesline is hung with shirts. Each shirt is decorated to represent a particular woman's experience, by the survivor herself or by someone who cares about her. The Clothesline project was displayed at Fitness First in O'Neill and Atkinson, Anytime Fitness in O'Neill, Tyson Foods in Madison, Faith Regional Health Services, Northeast Community College, and the Norfolk, Pierce, Stanton, and Madison Public Libraries. A big thanks to these locations for letting us display this project and raise awareness of domestic violence.



### Silent Witness Project

By Cortney Arduser, Norfolk Criminal Justice Liaison

In October, the Silent Witness Project was displayed at several different locations throughout the counties that Bright Horizons serve. These counties are Pierce, Madison, Stanton, Antelope, Knox, Holt, and Boyd. The Silent Witness Project involves life-sized plywood cutouts of a woman's shape. Each figure is painted bright red and bears a gold shield on the chest which provides information about the woman and circumstances of her death. There are 10 figures in the display representing those women from our seven county areas who were murdered by a domestic violence partner. The Silent Witness Project's cause is to raise awareness of domestic violence. Bright Horizons would like to thank these communities for their cooperation with these displays.



## Dueling Pianos

By Cortney Arduser, Norfolk Criminal Justice Liaison

Bright Horizons hosted its first ever Dueling Pianos fundraiser October 10th, 2013. It was a huge success! Tickets sold out and the house was full! The high energy event kept everyone on their toes. The guys kept the event extremely positive and uplifting, due to the seriousness of the clients we work with. They got everyone in the crowd involved and excited to be there. At our event we had a silent auction that had many different gift baskets to bid on and a drawing to win an iPod mini. We raised over \$4,000! We received a lot of positive feedback about what a great time everyone had. Bright Horizons would like to thank everyone who helped out with this event from board members to supporters in the community, you made this event possible! Another big thanks to the 176 Keys Fun Pianos for making the night so much fun! Mark your calendars!

They have agreed to come back October 16th, 2014 for round two!!



**SAVE THE DATE!!!**  
**October 16th, 2014**  
176 Keys Fun Pianos will be performing again!  
Mark your calendars so you don't miss out on this spectacular night of fun and entertainment!

## Adopt A Family Project 2013

By Christy Abner, Norfolk Program Director

Writing this article has been difficult only for the reason that the outpouring of generosity is so hard to accurately put into words. We started getting calls the beginning of November from business's, families, and individuals that wanted to participate in our annual Adopt-A-Family program. This program allows communities to provide a Christmas for those families that would not have a holiday. Donations come in many different forms... gifts, food, wrapping paper, tape, gift cards for gas/groceries/medication are just a few. My wish is that everyone could see the reactions when families come to pick up their Adopt-A-Family items. This is *truly* what Christmas is all about.



## BRAVO Tree of Hope 2013

By Amanda Wallace, O'Neill Outreach/Volunteer Coordinator

Bright Horizons in O'Neill team up every year with BRAVO to decorate the tree of hope with tags containing one item on a clients wish list. This year Revelation Wellness and Bright Horizons hosted Christmas trees. Community members could grab one or more tags and drop off the unwrapped item to either location. All items were then collected at our office. BRAVO members wrapped and delivered the gifts to local families.



## Just Rural Conference

By Amanda Wallace, O'Neill Outreach/Volunteer Coordinator

In December I was fortunate to be able to attend a national training in Nashville, TN, sponsored by NSVRC (National Sexual Violence Resource Center). With topics ranging from Youth Programing, Working with Adult Survivors of Sexual Abuse, Mandatory Reporting and Self-Care I returned home to Nebraska with more tools to enhance my position at Bright Horizons. The greatest thing we can do as advocates is first and foremost continue to learn and grow so that we can provide the best service to survivors. It is comforting to know that there are many dedicated people all over the United States committed to ending Domestic and Sexual Violence. Having a chance to share stories with people who are dedicated to doing similar work is very rewarding. We all support our survivors and work to prevent violence as a team of trained professionals. I plan to incorporate and share with my fellow advocates all of the knowledge that I gained by attending this great conference.

## 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.

## Cultural Diversity

By Sonya Sandoval, Bilingual Advocate

As the Bilingual Advocate for Bright Horizons, I have the privilege to bring as much information from the Hispanic community to the readers around this diverse community. There is a huge need for a legislative Solution for Immigrant Victims of Crimes. The interim solutions are only temporary solutions for victims who need longer-term answers to maintain their safety. Failure to provide a sufficient number of U-Visas undermines the ability of victims to obtain the support they need to escape and recover from abuse and exploitation. U-Visas are a critical tool for law enforcement and prosecutorial agencies in addressing crime and violence in our communities. S. 744 and H.R.15, which are pending immigration reform bills, both include a modest increase in the number of U-Visas available annually, to 18,000 a year. The demand for U-Visas reveals yet another aspect of the greater need for a comprehensive approach to reform our system of immigration laws, thereby reducing the vulnerability of immigrants to victimization and abuse. For the fifth straight year the USCIS approves 10,000 U-Visas. Immigrant crime victims eligible for U-Visas should not hold off filing their applications even though the cap has been met for this fiscal year. While there will not be any new U-Visas available until October 1, 2014, USCIS has indicated that they will continue to process U-Visa applications and will start a waiting list for those applicants found eligible to receive a U-Visa. Those on the waiting list should be the first to receive those U-Visas when they become available in the new fiscal year, which means they will have to wait until October 1, 2014 to receive their actual visa. Law enforcement officials should continue to issue certifications for U-visa applicants even though the U visa cap has been met for the year. Crimes that qualify certain victims for U-Visa are the following: violent crimes, enslavement crimes, sexual crimes, and obstruction of justice crimes. Being helpful to authorities to qualify for a U-Visa is most important. One of the reasons for the authorization (certification) of U-Visas is that many U.S. immigrants do not provide information to law enforcement due to cultural differences, language barriers, and fear of deportation. Due to this reluctance to report, many perpetrators of serious crime have viewed immigrants as an excellent "target."



Help us save some trees and cut some cost by signing up for the newsletter by email! Please contact Emily at [emily@brighthorizonsne.org](mailto:emily@brighthorizonsne.org) to add your name to the email list!