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## SAVE THE DATES:

**SATURDAY,  
APRIL 28,  
2012  
ANNUAL  
RUN/WALK @  
FAIRBURY CITY  
PARK**

**SATURDAY,  
MAY 19,  
2012  
ROCK AGAINST  
RAPE @  
RISKY'S  
SPORTS BAR,  
BEATRICE, NE**

## HOPE CRISIS CENTER BRINGS CHRISTMAS CHEER TO CLIENTS AND THE COMMUNITY

When it is said that the holidays are a “season of giving”, no one knows it better than our staff at Hope Crisis Center. This December, Hope Crisis Center was once again approached by several individuals who wanted to reach out and give to families who, otherwise, would not have been able to have gifts for Christmas. Thanks to the donors, six families were able to have presents under the tree for their children. Because the holidays are often one of the toughest times for those who have escaped domestic violence, or who are currently in a



violent relationship, the added stress of coming up with funds to provide gifts for their children can be overwhelming. All of the donors who adopted families were very generous in their giving, with each child having several gifts to open.

There were others who also donated artificial Christmas trees, lights and decorations that were much appreciated as well. The families who received these items were extremely

grateful, with one small girl exclaiming, “Mom, we get to have Christmas!” with lit-up eyes as one of our staff carried a tree in the front door of their home.

Hope Crisis Center also took part in the ‘Festival of Trees’ in Fairbury and the ‘Fantasy of Trees’ in Beatrice. These events are both opportunities for businesses in the area to set up displays of trees with a theme related to their

agency. We decorated our trees with our business cards featuring our confidential crisis line number and mini versions of the Silent Witness National Initiative silhouettes. Next to each tree, we placed a few of the life-size silhouettes that represent victims who have lost their lives due to domestic violence. Each bears a plaque telling a victim’s story.



## FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

BY: CARI EMERSON

TITLE: SEXUAL ASSAULT ADVOCATE

February brings national focus to the issues of teen dating violence, highlights the need to educate our youth about healthy relationships, raises awareness among those who care for our youth, and provides communities with an opportunity to work together to prevent this devastating cycle of abuse. The repercussions of teen dating violence are impossible to ignore because not only does it hurt the teen, but also affects their families, friends, schools, and communities.

*Dating violence* is a pattern of abusive behaviors used to exert power and control over a dating partner. One in three teenagers report knowing a friend who has been hit, punched, kicked, slapped, strangled, or physically hurt by their boyfriend or girlfriend. Constant texting, phone calls, or embarrassing postings on MySpace or Facebook pages can also be a form of abuse. Communicating online or via text message can be used as a way to monitor, control, or even blackmail.

How do you know if you are in an abusive relationship? Below are some warnings signs. Please take these signs seriously. No amount of love will compensate for these inappropriate behaviors.

- ◆ A push for quick involvement
- ◆ Jealousy
- ◆ Controlling behaviors
- ◆ Isolation
- ◆ Blames others for problems and mistakes
- ◆ Verbal abuse
- ◆ Sudden mood swings
- ◆ Threats of violence



If you have observed one or more of these warning signs, think long and hard about continuing the relationship. **NOBODY** deserves to be abused!



## HOPE CRISIS CENTER “POPS” INTO TEEN DATING VIOLENCE AWARENESS MONTH

With Teen Dating Violence Awareness Month right around the corner, the staff at Hope Crisis Center came up with a fun new way to create awareness in our schools. Because there are so many sporting events in the month of February, we have decided to print and distribute 12,000 popcorn bags to schools within our 7-county coverage area. Each bag will bear one of four teen dating violence awareness-related slogans. The staff are excited because 20 schools throughout our coverage area have agreed to utilize these popcorn bags and we hope it will create a buzz around the community with this fun and unique awareness campaign. Be sure to keep your eyes open for these bags at your local sporting events and let us know what you thought about them on our Facebook page.



**Saturday**

**April 28th, 2012**

# Save the Date

**Fairbury City Park  
8:30 a.m.**

**Look for early  
registration forms in  
February.**

**Follow us on  
Facebook to get the  
latest updates!**

**8th Annual  
“Put Your Foot  
Down Against  
Sexual Assault”**

**10K Run or  
2 Mile Run/Walk**

**HOPE**  
HOPE CRISIS CENTER

## **UPCOMING EVENT: “PUT YOUR FOOT DOWN AGAINST SEXUAL ASSAULT” RUN/WALK - SATURDAY, APRIL 28, 2012**

If you have a New Year’s Resolution to get in shape or lose weight, Hope Crisis Center has the event that will give you the extra ambition and motivation to follow through! On Saturday, April 28, 2012, Hope Crisis Center will be hosting our 8th Annual “Put Your Foot Down Against Sexual Assault” Run/Walk in the Fairbury City Park. Participants can choose to register for either the 10K run or 2-mile fun run/walk. Registration fee is \$20 prior to April 2nd and \$25 anytime after that date. On the day of the event, registration will run from 7:45 a.m. to 8:15 a.m. before the race kicks off at 8:30 a.m. Upon finishing the race, all community members (not exclusively participants) are welcome to join us at our free-will donation pancake feed and Award Ceremony in the Fairbury Community Building.

We are once again encouraging participants to collect pledges to help support Hope Crisis Center and will be awarding the top three pledge-collectors. Prizes will be awarded in the following order: 1st place 10K runner, 1st place pledge-collector, 2nd place 10K runner, 2nd place pledge-collector, 3rd place 10K runner, 3rd place pledge-collector, followed by the top three places in the 2-mile run.

For more information, please contact us at our Administrative Office at: 402.729.2570

## **UPCOMING EVENT: ROCK AGAINST RAPE - SATURDAY, MAY 19, 2012**

Hope Crisis Center and Risky’s Sports Bar & Grill want to invite you to attend the 5th Annual Rock Against Rape on Saturday, May 19, 2012 at Risky’s in Beatrice. Rock Against Rape is a fun outdoor event (weather permitting) in which attendees can pay a cover charge of only \$5 to see several of the area’s favorite bands perform. Each of these bands generously volunteer their time in order to raise funds for our agency to help assist victims of domestic violence and sexual assault as well as promote awareness in our community.



Drink koozies and T-shirts, as well as raffle tickets for grand prize packages will be sold throughout the night, with raffle ticket winners drawn each hour. No minors are allowed and an I.D. is required for entrance. Please come to enjoy a night of music and help us take a stand against sexual assault!

# WILL YOU DO YOUR GREEN DOT?

Omaha was the setting for the November “Green Dot” Training where Carmen Hinman, Executive Director, and Stephanie Wells, Prevention Coordinator, spent three days learning about ‘Ending Violence...One Green Dot At A Time’. What is Green Dot? The Green Dot Strategy is a comprehensive approach to violence prevention that capitalizes on the power of peer and cultural influences across all levels of the socio-ecological model (i.e., individual, relationships, school/base/organization and community/societal levels). The model targets all community members as potential bystanders, and seeks to engage them, through awareness, education and skills-practice, in proactive behaviors that establish intolerance of violence as the norm, as well as reactive interventions in high-risk situations – resulting in the ultimate reduction of violence.

What’s with the Green Dot? Visualize for a moment that unforgettable image of small red dots spreading across a computer generated map of the US, symbolizing the spread of some terrible epidemic, with each tiny red dot representing an individual case.

Now imagine for a moment a map of our communities. Each red dot on this map represents an act of power-based personal violence (partner violence, sexual violence, stalking, bullying or child abuse) – or a choice to tolerate, justify or perpetuate this violence. A red dot is when someone has sex without consent; a hit, punch or shove; threatening; cruel teasing; or spreading lies or unwanted pictures on Facebook. A red dot is also when someone makes the choice to do nothing when they see any of these things happening. It’s hard to know exactly how many red dots are on our map at any given moment, but what we do know is that there have been enough red dots to create a culture that sustains far too many women, children and men experiencing violence.

Now imagine adding a green dot in the middle of all those red dots on our map. Imagine that a green dot is any behavior or choice that promotes safety for all of us and communicates utter intolerance for any form of violence. A green dot is pulling a friend out of a high risk situation – a green dot is posting a status update on Facebook about bystander intervention – a green dot is donating a few dollars to your local center – a green dot is displaying an awareness poster in your office – a green dot is getting someone else to step in even if you can’t. A green dot is simply your individual choice at any given moment to make our community safer.

How many green dots will it take to begin outnumbering the red dots and reducing power-based personal violence in our community? How many of us will have to do two or three or ten green dots to make a difference and begin to outnumber and displace the red dots? Even though we can’t know the exact number, we do know this—there are far more individuals in any given community who don’t commit violence than who do. If just some of us were willing to step up – even in small ways – very quickly, green dots could take over the whole map – and less of our friends and family would be hurt.

**Think about it. Will you do your green dot?**

## STAFF RECEIVE CONTINUED EDUCATION FROM THE TOP IN THE NATION

Education is the key to breaking the cycle of violence... and to that end, Jewish Women International's National Alliance, a project of the National Training Institute, continually builds on training opportunities that empower clergy, social workers, teachers, parents, lawyers, advocates, mental health professionals – everyone positioned to touch a child, teen, adult or family at risk.

Hope Crisis Center is now a member of this National Alliance along with 3,500 organizations, from every state and seven foreign countries, and covers the professional spectrum – attorneys, social workers, counselors, educators, advocates, Domestic Violence organizations, task forces and clergy of all faiths. The Alliance sponsors monthly webinars, led by the country's top experts on domestic violence.

Hope Crisis Center staff that have participated in the webinars have been very pleased with the information provided and look forward to the upcoming trainings.

## CLIENT NEEDS

It is not the sole responsibility of Hope Crisis Center to make the lives of victims safe. It is the responsibility of every community member to make victims' safety a goal. We have to work together to achieve a violence-free community.

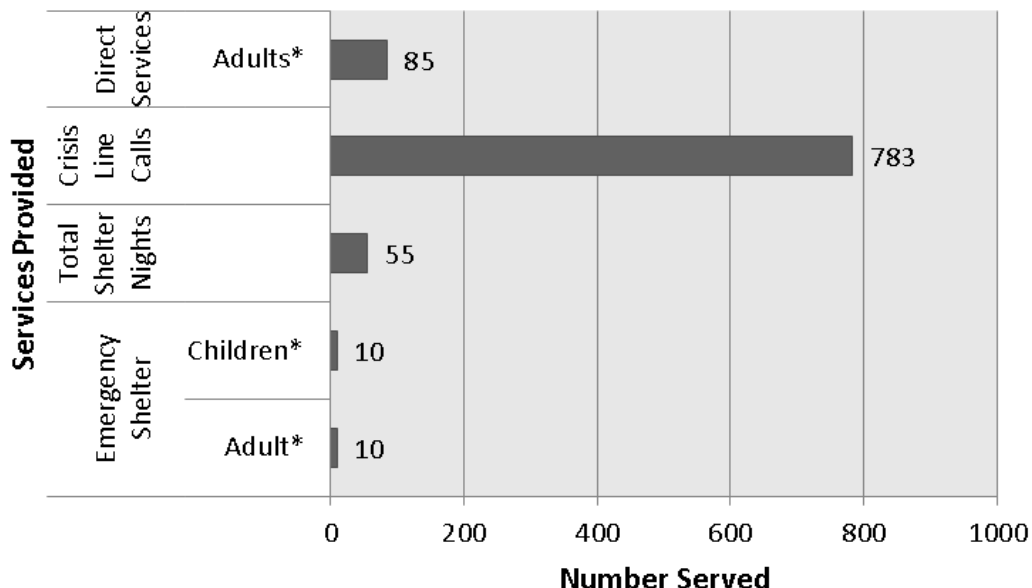
In order to help us better serve victims and children of domestic violence and sexual violence, we have included a list of needed items below. Your support and contributions are desperately needed and appreciated more than words can ever express.

Hope Crisis Center Wish List:

- Monetary donations
- Plastic silverware
- Paper plates, cups, bowls
- Gas cards (Casey's)
- Wal-Mart gift cards
- Paper towels
- Trash bags
- Cleaning products
- Phone cards
- Kleenex



### 4th Quarter 2011 Client Services (October, November December)



## DONATIONS

The key to success for any agency is the support of the community. Support from community members takes on many forms. One form that is vital to the continued success of Hope Crisis Center in serving victims of domestic violence and sexual assault is financial contributions. Here is a list of donors for the months of October, November and December. Thank you to all who donated; your gifts are greatly appreciated. We apologize if we inadvertently missed listing you as a contributor.

Shirley Huber - Hebron, NE  
 Barbara Schmidt - Fairbury, NE  
 Alpha Delta Kappa - Fairbury, NE  
 Women of the ELCA St. John Lutheran Church-Beatrice, NE  
 Janice Oltman-Gibson - Fairbury, NE  
 American Lutheran Church - Fairbury, NE  
 Riverside Chevrolet, Buick, Cadillac Inc. - Fairbury, NE  
 Jerold Ebke, D.D.S. - Fairbury, NE  
 Bruce Rice - Seminole, FL  
 Bill Welch & Laura Redoutey - Fairbury, NE  
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 Kathy Miller - Seward, NE  
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 Prairie View Industries, Inc. - Fairbury, NE  
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 Sunrise Sertoma - Beatrice, NE  
 Bill & Joni Runge - Fairbury, NE  
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Corbin & Heather Lambert - Lincoln, NE  
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 Sandman Family Foundation - Diller, NE  
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 United Methodist Women - Hebron, NE  
 Capri Motel - Fairbury, NE  
 Network Consulting Services - Beatrice, NE  
 American National Bank - Fairbury, NE  
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 St. Paul's Lutheran Church Women - Gilead, NE  
 Women of the ELCA American Lutheran Church-Fairbury, NE  
 Faith Lutheran Church Women - Fairbury, NE  
 Dick & Sheri Hinman - Fairbury, NE  
 Bruce & Jan Churchill - Swanton, NE



Whichever way you say it, the staff at Hope Crisis Center would like to say *THANK YOU* for all of the generous donations this Christmas season! It is greatly appreciated!

Find us on the web @  
[www.hopecrisiscenter.org](http://www.hopecrisiscenter.org)

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**Geneva Outreach Office**

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If you would like to receive this publication as an e-version only, please e-mail Danni at [geneva@hopecrisiscenter.org](mailto:geneva@hopecrisiscenter.org) with your request.



**Please recycle - Share this Newsletter with others!**

**Toll-Free Confidential Crisis Line**

**1.877.388.HOPE (4673)**

[www.hopecrisiscenter.org](http://www.hopecrisiscenter.org)



Find us on Facebook



Hope Crisis Center is a non-profit organization committed to empowering victims of domestic violence and sexual assault as well as our communities through advocacy, education, and confidential emergency services.

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\*If you would be interested in serving on Hope Crisis Center's Board of Directors, please contact Carmen at our Administrative Office 402.729.2570