

The Insight

in sight ~ (n) an instance of

apprehending the true nature of a thing, esp. through intuitive understanding

VOLUME 4, ISSUE 2

APRIL 2010

6th Annual "Put Your Foot Down Against Sexual Assault"

By: Stacey McLaughlin
Title: Program Manager

Saturday, April 24th marked Hope Crisis Center and The Bob and Wauneta Burkley Wellness Center's, 6th Annual "Put Your Foot Down Against Sexual Assault" Run/Walk Event. A total of 102 participants joined us to show their support and honor the many that surround us who have been affected by some form of sexual violence.

Of the 102 participants, 18 individuals ran the 10k, 24 participants ran the 2 mile and the 60 remaining participants enjoyed the 2 mile walk beginning at the Fairbury City Park continuing to the trail over the Little Blue River.

Hope Crisis Center's Executive Director, Carmen Hinman, kicked off the 6th Annual Run/Walk Event by introducing the staff and board members of Hope Crisis Center. Carmen also took a moment of the crowd's time before the race began to briefly educate them about sexual violence during April's Sexual Assault Awareness Month. Following Carmen's opening remarks, Board Secretary, Sylvia Cross, led the silent group in prayer. Participants released teal colored balloons from their hands into the sky to celebrate and remember those that have died and those that have survived the horrendous crime of sexual assault.

The 102 participants were off to their starting lines as volunteer, Don Mahlman, fired the gun to begin their run/walk leaving no victim of sexual violence alone in their endless journey. What an awesome site it was to see so many people from many different areas come together for this awareness event to honor victim's of sexual assault one step at a time.

At the conclusion of the Run/Walk the participants and the community were invited to stay for a free will pancake feed at the Community Building. This was the first year we offered the pancake feed and it proved to be a huge success. It gave the participants a chance to visit with other participants and time to relax and enjoy a little breakfast after some physical activity! During the pancake feed participant names were drawn for fantastic prizes and every participant present got a prize.

It was an amazing day, great weather and truly, a lot of fun! We hope that many of you will be able to join us next year for another great event! A big thank you goes to the many people who volunteered their time to help with this event, as well as the many businesses who donated items to be given as prizes. Without the wonderful support of so many, the impact of this event would not be as great! Thank you!

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ROCK AGAINST RAPE 2010

Mark your calendars for a great time! Music, music, and more music provided by local bands Whizker Bizkit, Escape, C4, Paisty Jenny, 12 Years Coming, and V-Twin. Come join the fun **Saturday, May 22, 6:00 till 12:00 at Risky's Bar & Grill in Beatrice.** We will have a beer garden, raffle tickets sold for hourly give-aways and grand prizes such as tickets to Stampede, tickets to the KC Royals Baseball, tickets to Salt Dogs Baseball, a Free night's stay at Holiday Inn Downtown Lincoln with a \$75 gift card to Risky's, Coco Key "Splash & Stay" package, and many more! We will have t-shirts and koozies for sale too!

First Quarter Donations 2010

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 /sexual assault is financial. 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.

- Jodie Fangmeier – Hebron, NE
- Zion United Church of Christ – Fairbury, NE
- Lindy Hinman – Liberty, NE
- Wal-Mart – Fairbury, NE
- Doane College – Crete, NE
- American Lutheran Church: Mission Endowment Fund – Fairbury, NE
- Nancy Bray – Fairbury, NE
- Presbyterian Church – Fairbury, NE
- Donald and Anita Lampila – Crete, NE
- Skala’s OK Tire Store, Inc – Crete, NE
- Tim Filippi – Wilber, NE
- Sunshine Gals – Gage County
- St. Paul’s Lutheran Church: Women’s Group – Diller, NE

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.

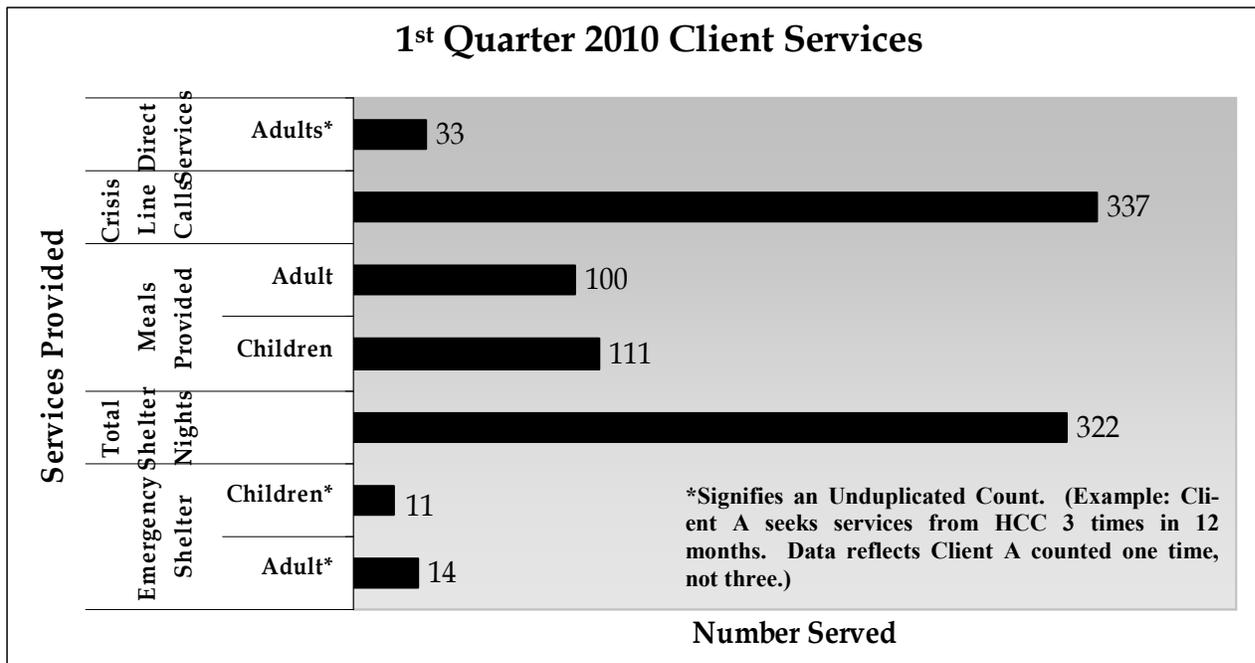
In order to help us better serve victims and children of domestic violence and sexual violence, we have included a list of needed items below. Your support and contributions are desperately needed and appreciated more than words can ever express.

Hope Crisis Center’s Wish List

- | | |
|--------------------------------------|------------------------|
| Monetary Donations | Pillows |
| Phone Cards | Blankets |
| Trash Bags | Diapers/Pull-Ups |
| Paper Plates | Deodorant |
| Gas Cards (Casey’s Cards) | Kleenex |
| Shampoo/Conditioner | Toothpaste |
| Plastic Silverware | Wal-Mart Gift Cards |
| Toilet Tissue | Paper Towels |
| Sports Bras (New) | Flip Flops (All Sizes) |
| Women’s & Children’s Underwear (New) | |
| Women’s & Children’s Socks (New) | |

If you or your organization would like to donate or volunteer, please contact our Administrative Office at 402-729-2570.

Client numbers-1st Quarter 2010 (January, February, and March)



6th Annual Crime Victims' Rights Training Conference "Creating A Caring Response"

By: Cari Emerson

Title: *Victim Advocate*

As a Victim Advocate of Hope Crisis Center, I attended the 6th Annual Crime Victims' Rights Training Conference in Omaha. The conference was sponsored by the Nebraska Coalition for Victims of Crime (NCVC), U.S. Attorney's Office and the District of Nebraska Federal Bureau of Investigation.

Conference participants included, law enforcement, corrections personnel, victim services providers/advocates attorneys, judges, probation/parole officers, school administrators, health care providers, mental health professionals and educators.

During the three day training, the conference featured many different presenters across the United States. One of the sessions I enjoyed the most was Donna Palomba whose story was featured on Dateline NBC. Donna was a victim of sexual assault which lead to her mistreatment by her local law enforcement. Donna states "Yes, I am a victim, but I am also a survivor and I have gone on to have a wonderful life both personally and professionally and look forward to a bright future." Donna has a passion and a dedication to improve the way society responds to victims of sexual assault and therefore, founded "Jane Doe No More". To learn more about "Jane Doe No More," please visit the foundations website JaneDoeNoMore.org.

Some of the other topics presented on at the conference were Child Abuse, Teen Dating Violence, Mother/Daughter Sexual Abuse and Victims with Disabilities.

In addition to the observance of crime victims' week, April is also Sexual Assault Awareness Month and Child Abuse Awareness Month. Conferences such as the Crime Victims' Rights Conference are put together to bring different professionals together to work to eliminate violence.

Sexual Assault Awareness Month Activities

By: Trudy Spicer

Title: *Community Educator*

Hope Crisis Center, along with the other 21 domestic violence/sexual assault agencies in Nebraska, observed April's Sexual Assault Awareness Month by hosting events and activities throughout the month. Because one in 6 women and 1 in 33 men will be victims of sexual abuse in their life time; young women ages 16-24 are in the highest risk of becoming victims; one in 4 girls and 1 in 6 boys will be victims of sexual abuse, and more often than not the abuser is someone the child knows, it is critical that we bring awareness to this horrific crime. (*U.S. Department of Justice. 2005 National Crime Victimization Study. 2005*)

In addition to our Run/Walk Event, Hope Crisis Center held a "Pin a Ribbon on Our Wreath of Hope" activity at Doane College, Crete Campus, on April 6th. HCC's Bilingual Victim Advocate, Elvira Baques, and Community Educator, Trudy Spicer, asked Doane students and faculty to pin a ribbon on the wreath in remembrance of victims and survivors of sexual abuse. Students and faculty agreed that this was a very worthy cause and were glad to participate.

Prom brings about many young women and men ordering corsages and boutonnieres for their dates. Hair cuts for young men and up do's for young women are common for the big event. Therefore, HCC partnered with area florists and hair salons to educate young men and women about sexual assault. HCC provided stickers to the florists that stated "Good Looks. Hot Dress. Cool Tux. Sweet Car. Perfect Couple? Maybe not. If you've been hit, called names, shoved or threatened, Get Help." The stickers detailed contact information for HCC. For the hair salons, we provided them with bottles of water which had informational cards attached to them referencing information about teen dating violence.

Posters were also distributed to area schools and letters, which included teen dating violence inserts, were sent to the parents of juniors and seniors.

Hope Crisis Center Newsletter

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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 like to receive this publication as an e-version only, please e-mail Trudy at communityed2@hopecrisiscenter.org with your request.



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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.