

HOPE Works!

VOLUME 12, ISSUE 3

~ A publication of Steps to HOPE ~

SUMMER 09

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Ward Street P.O. Box 518
Columbus, NC 28722
828-894-2340

STH: PROGRAMS TO PREVENT AND BREAK THE GENERATIONAL CYCLE OF VIOLENCE

It is well known within our community that Polk County's Steps to HOPE offers shelter and services to victims of domestic violence and sexual assault. A lesser known fact is that STH doesn't stop with vic-

tim assistance; we offer several programs designed to prevent and break the generational cycle of violence.

By supporting STH, you are insuring that these programs continue uninterrupted.



A WORD FROM THE EXECUTIVE DIRECTOR

Picture yourself relaxing by a river on a peaceful, sunny day when you suddenly hear a scream for help and see a person drowning in the fast moving water. You jump in and save the victim, but just as you are insuring their safety, another person floats by screaming for help. You jump in and save them too, only to find there is yet another in need of assistance. When everyone is safe, you decide to walk upstream to see why there are so many struggling people in the river. Soon, you come upon someone throwing people – one after another – into the river. Having found the source of the problem, you restrain the person until the police arrive thus preventing other people from potentially being drowned.

While the needed focus over the past twenty years has been on providing services to victims of domestic violence and sexual assault and their families, wouldn't it have been much better if they had never become victims in the first place?

Steps to HOPE remains Polk County's service provider for domestic and sexual violence victims, and is placing greater emphasis on prevention of these traumatic events with a goal of positively impacting the generational cycle of domestic violence. By offering ongoing educational programs such as the Domestic Abuse Intervention Program, Parenting Education classes, Parenting Support Group, Adolescent Skills/Character

Building, HOPE for Youth and Rape Prevention Education Program, clients can change their lives and their family's.

All of these free programs seek to break the generational cycle of violence learned by families over the years and subsequently taught to their children. It is our hope by teaching alternative ways to live that parents will take responsibility for and change their attitudes and behaviors, thereby becoming better role models for their children. It is also our goal that children who continue to lack good role models will be empowered to learn alternative ways to live and to make better choices when they become parents.

Cheryl Womack

There is hope. Call 894-2340 or 1-888-968-4283.

STEPS TO HOPE QUARTERLY STATISTICS

*For period
March '09 – May'09*

Steps to HOPE provided support to 464 callers on crisis line calls.

Safe shelter was provided to 1 woman.

Our staff provided assistance to 24 new female clients.

27 Female and 1 male client received assistance with 212 services.

Counseling services were provided to 75 clients.

19 men and 5 women attended the Domestic Abuse Intervention Program

15 boys and 9 girls attended HOPE for Youth & Adolescent and Teen Support Groups

There were 21 participants in Parenting Education (12-week program) and 4-8 participants in Parenting Support (twice monthly) Groups

The Advocacy Center was used 4 times.

Calendar of Events

- Fabulous 4th Bike Race
July 4
- Client/Court Advocate
Volunteer Training
July 9 & 10
- Sexual Violence in the
Media July 11
- Parenting Education
Begins Sept. 15

FAMILY OUTREACH EDUCATOR, RUTH RICHARDSON

For more than three years, Ruth Richardson has worked as Family Outreach Educator at Steps to HOPE, and has recently taken on the additional responsibility of Client Services Coordinator.

After attending Kent State where she majored in Political Science, Ruth graduated Gardner Webb with a degree in Social Science. Ruth's background is in human services, which include CPS positions at the Department of Social Services in both Rutherford and Polk Counties.

Ruth's past trainings include: Child Welfare in

North Carolina; Investigative Assessments in Child Welfare Services; A New Perspective on Children's Protective Services; Assessing Alcohol/Drug Abuse; several symposiums on Child Abuse and Neglect; Forensic Interviewing of Children, issued by the National Children's Advocacy Center; Positive Action Training; Working with Adult Abusers; and Nurturing Parenting Education Program.

Ruth is also a member of the Community Child Protection Team and the Criminal Justice Probation Program.

At Steps to HOPE, Ruth facilitates the Domestic Abuse Intervention Program for both men and women; Parenting Education; Parenting Support; HOPE for Youth; and Adolescent and Teen Support Groups.



Ruth Richardson

DOMESTIC ABUSE INTERVENTION PROGRAM

The goal of the free 26-week Domestic Abuse Intervention Program is to educate participants on healthy family relationships. Domestic abuse affects everyone in the family.

DAIP benefits include:

- Healthier, happier families.
- Reduction in Emergency Room, Law Enforcement, Department of Social Services calls.
- Better parents
- Break/influence the generational cycle of violence.

DAIP topics include:

- Introduction to Domestic Violence
- Recognizing Anger—feelings vs. behavior

- How to stop violence NOW
- Understanding the use of violence, intimidation and isolation as a tactic of control
- Responsibility for self
- Defining non-violence
- Non-threatening behavior
- Effective communication
- Respect
- Understanding the use of emotional abuse
- Drug and alcohol involvement
- Honesty and accountability
- Effects of violence on children
- Accessing lethality
- Victim safety
- Responsible parenting
- Using children as a tactic of control

- Trust and support
- Mental disorders associated with DV
- Negotiation and fairness
- Shared responsibility
- Using "Male Privilege"

Taught in a weekly group setting, DAIP promotes feedback, participation, and education. Participants hold each other accountable as they share appropriate experiences.

DAIP is certified by the North Carolina Council for Women/Domestic Violence Commission in compliance with State Statute NCAC Section .0700, Chapter 17.

For more information, about DAIP, call Ruth Richardson at 894-2340.

PARENTING SUPPORT AND EDUCATION

PARENTING SUPPORT

Steps to HOPE's Parenting Support Group, facilitated by parents in a professional setting, offers assistance to parents as they deal with the everyday challenges of childrearing. Parenting educators are available to co-facilitate, and scheduled professional speakers address specific needs of parents of children of all ages.

The goal of the Support Group is to not only increase parenting skills and expand parenting tools in a collaborative effort, but to help parents understand that parenting is a family affair. Fresh perspectives and alternatives to traditional parenting strategies using the Nurturing Parenting Program philosophy are offered. Appropriate role modeling; addressing parents' own needs in or-

der to better assist the needs of their children; establishing clear family rules; discussion of school, bullying and behavioral issues; health concerns; and teaching children empathy are among the topics discussed.

STH's Parenting Support Group meets on the 1st and 3rd Tuesday of the month from 6:00-7:30 pm. This support group is open to the public and there is no charge for participation. Child care and snacks are provided.

Following the nationally recognized curriculum, "Nurturing Parenting",

PARENTING EDUCATION

STH's Parenting Education's 12-week program will help participants become more effective par-

ents through learning about children's needs; domestic violence; substance abuse; discipline; structure; stressors and safety.

Participation in the next Parenting Education program, scheduled to begin on September 15th from 6:00-8:00 pm, is free and open to all interested parents. Child care is provided and, to help parents feel comfortable and relaxed, a light meal is also provided.

Parenting Education is offered in collaboration with DSS and Good Shepherd Episcopal Church.

For more information about Parenting Support and Education Programs, contact Ruth Richardson, Family Outreach Educator, at 894-2340.

Steps to HOPE

Staff

Cheryl Womack, Executive Director
 Ruth Richardson, Family Outreach Educator
 Helen Jacobs, Case Manager
 Dollie-Brooke Reid, Rape Prevention Educator
 Connie Orr, Office Manager
 Debra Backus, Receptionist/PR Coordinator
 Michael Carruth, Youth Advocate
 Darlene Brown, Shelter Staff
 Brenda Green, Shelter Staff
 Kelly Simpson, Shelter Staff
 Drenda Brennan, Shelter Staff

Second Chance Thrift Store

Ernestine Lewis, Manager
 Edith Lance, Store Assistant
 Randy Conklin, Driver
 Ken Kitchen, Driver Asst.
 Chris Lindsey, Warehouse Asst.

Board of Directors 2009-2010

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HOPE FOR YOUTH AND ADOLESCENT AND TEEN SUPPORT GROUPS

Steps to HOPE's weekly HOPE for Youth and Adolescent and Teen Support Groups follow the "Positive Action" and "Good Character" curriculum. Boys and girls between the ages of 12 and 18 have the opportunity to develop strategies for building self esteem; learning appropriate conflict resolution; developing life skills; gaining insight into getting along with parents, siblings and

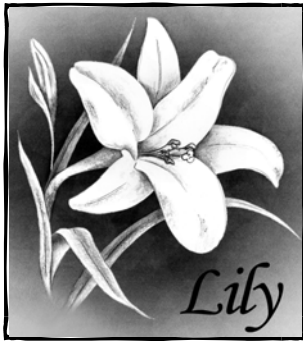
teachers; taking responsibility for their own actions; and setting and achieving goals.

The boys' group meets on Wednesdays between 3:30 and 6:45 which in-

cludes a visit to Tryon Fitness Center for strength, weight and cardiovascular training. Girls meet on Mondays between 3:30 and 4:45. Snacks and meals are provided.

Chief Geoff Tennant and HOPE for Youth Group at Columbus Fire Department





Lily—"Purity; sweetness; innocence"

The Language of Flowers
Kate Greenway, 1846-1901
London: Routledge, 1884
Botanical name: *Lilium*

Sketch by Debra Backus

CASE MANAGER REPORTS...

The Mission of Steps to HOPE has always been to create a community free from the violence of domestic and sexual abuse through education, advocacy and victim assistance. Daily, news broadcasts remind us of the impact of our nation's failing economy on families throughout the United States. As financial stress increases for families during an economic downturn, so does the demand for our services as violence in the home often escalates during trying times. We also know that children who witness violence in the home are much more likely to per-

petuate the cycle of violence.

According to the North Carolina Coalition Against Domestic Violence (NCCADV), there were at least 576 women, children, and men murdered as a result of domestic violence in North Carolina between January 2002 and April 2009. This is an average of 7 domestic violence related deaths each month since 2002. In March 2009, Attorney General Roy Cooper released a report stating that 131 domestic violence related homicides were committed in 2008 alone. This disturb-

ing statistic represents almost 11 DV related deaths each month last year – an increase from the average DV related deaths during a 7+ year period.

Nationally, the cost of intimate partner violence exceeds \$5.8 billion each year.

Steps to HOPE agrees with NCCADV that investing in critical life-saving services is a smart choice for North Carolina; not only does that investment save lives, but it will also save money.

Helen Jacobs
Case Manager

CLIENT/COURT ADVOCATE VOLUNTEER TRAINING SCHEDULED

Steps to HOPE announces its next Client/Court Advocacy Training. This two-day training, intended for those wishing to explore the opportunity to work directly with STH clients as an advocate, will take place at STH's Columbus facility on July 9th and 10th between 9:00 am – 1:00 pm. Participants will acquire an understanding of Steps to HOPE's numerous programs designed to prevent and break the cycle of violence.

Advocacy Training topics will include: understanding the cycle of domestic

violence; understanding the impact of domestic violence on children and families; empowering victims; guiding victims through the legal channels; and courtroom advocacy.

Scheduled speakers are representatives from Polk County Department of Social Services; Pisgah Legal Services; Polk County Magistrate's Office; Polk County Sheriff's Office; an experienced Court Advocate; and Steps to HOPE personnel.

There is no charge for attendance at STH's Client / Court Advocacy

Training. Snacks will be provided. For more information about and/or to register for the training, please call Ruth Richardson or Helen Jacobs at 828-894-2340.



"He who does nothing for others, does nothing for himself."

~ Goethe

RPE PROGRAM UPDATE

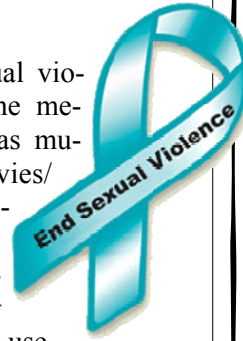
Rape Prevention Education at Steps to HOPE will kick off the summer by encouraging anyone interested in becoming a member of the Sexual Violence Task Force to contact the RPE Coordinator. The focus of this summer's Task Force will be to tackle the widespread practice of "sexting" (the exchange of sexual images or messages by cell phone) in our area. This practice is becoming a major problem at both the middle and high schools. The

SV Task Force will explore ways in which we can offer assistance to the schools to combat this dangerous practice.

Another RPE project underway is a Community Education Seminar being held on Saturday, July 11, 2009 from 9:30am-12:00pm in the Community Room at Steps to HOPE. This seminar is free to all parents, teachers, coaches, or concerned adults who interact with young people and want to learn more

about sexual violence in the media (such as music, movies/TV, video-games) and technology (internet use, sexting, social network sites). Participants will explore ways to communicate with young people about sexual violence and sexual harassment.

Dollie-Brooke Reid
RPE



For more information about STH's RPE Program, the Sexual Violence Task Force and volunteer opportunities, please contact Dollie-Brooke Reid, Rape Prevention Educator, at Steps to HOPE, 894-2340.

**Steps to HOPE:
Working Toward
Preventing
Sexual Violence**

BYSTANDER SKILLS: THE THREE D'S



It is estimated that 1 in 4 women and 1 in 6 men will become victims of sexual assault before the age of 18. It is important to remember that there are usually bystanders who witness events leading up to an assault who have the power to potentially prevent a catastrophic event from happening – an event that will affect many lives.

As a part of primary prevention, it is important to teach bystanders skills designed to help witnesses intervene when confronted with a situation. The bystander has a choice of

action and needs to be empowered with skills to make good decisions.

The *Green Dot Prevention Model* (University of Kentucky) by Dorothy Edwards introduces three simple bystander intervention techniques called the three D's: **Direct**, **Distract**, and **Delegate**. These techniques are simple to remember and easy to implement

1. **Direct:** Example: You see a clearly intoxicated female friend being lead out of the room by a male you don't know well. Say "Thanks anyway, but it's not a good idea" for your friend to leave with him, and that she is going to leave with you.

2. **Distract:** Example: Your female friend is being lead out of the room by

a male you don't know well. Approach the male and distract him by telling him his car is being towed. When he goes to investigate, get your female friend to a safe area.

3. **Delegate:** Example: If you are uncomfortable approaching this male who is leading your female friend out of the room, delegate the party host or someone else to do it with you; there is safety in numbers.

As bystanders, it is our job to trust our gut instincts and to act when we see something that is not right. While forgetting the three D's perfectly is acceptable, walking away from an opportunity to take care of one another is not.

Dollie-Brooke Reid
RPE

"The world is a dangerous place to live; not because of the people who are evil, but because of the people who don't do anything about it."

Albert Einstein

STH's Second Chance Thrift Store could not operate at a profit without its many volunteers.

During the '07/'08 fiscal year, 40% of STH's income was generated from Thrift Store sales, while 31% came from grants and 29% from donations, fundraisers or other sources.

To learn more about volunteer opportunities, please call Connie Orr at 894-2340.

STH WELCOMES NEW CASE MANAGER

STH Case Manager, Helen Jacobs

On April 20th, Steps to HOPE welcomed Helen Jacobs to its team as Case Manager. Helen's personal commitment and professional career have been working with at risk children and their families. This career path has included being a court appointed special advocate for children who were dependents of the court; working as a paralegal with dependent and delinquent youth; and investigating reports of child abuse for Rutherford County DSS.

As Case Manager, Helen works directly with domestic violence and sexual

assault victims, addressing their shelter and/or support needs. She also supervises the shelter staff and the volunteer court advocates. Helen will co-facilitate the July 9th and 10th Court Advocate Volunteer Training Workshop at Steps to HOPE.

"I feel honored to be working with Steps to HOPE, knowing what a wonderful resource STH is for this community" states Helen.

Helen was born and raised in Rutherford County. After graduation from UNC-Greensboro with a degree in Psychology, she spent several years living in



Helen Jacobs

different parts of the country before settling with her attorney husband and daughter in San Diego. Helen lives with her 96 year old father who is a constant source of encouragement and inspiration. In her spare time, she enjoys pottery, working in her flower beds, travel and reading.

STH BOARD OF DIRECTORS APPOINTS TWO NEW MEMBERS

Board of Directors Member Rick Otto

Steps to HOPE is pleased to welcome Rick Otto to its Board of Directors. Rick's past career experiences include Production Manager of General Motors Trucks and GM Director of Production Material Content. He was also President of Value Analy- sis, Inc.

A graduate of Georgetown University, Rick has been actively volunteering with St. John the Baptist Church; Fence; Knights of Columbus; Katrina Relief;

and NC BBQ Fest.

Rick enjoys NASCAR, horse back riding, skeet shooting and his Campobello family.

Board of Directors Member Paul Sutherland

Paul Sutherland is also warmly welcomed to STH's Board. A Columbus resident, Paul served as a commissioned officer in the U.S. Navy for 32 years, and was Senior Executive for Zenith Electronics—Zenith Data Systems.

Paul's volunteer history

includes: Mayor, Town of Southern Shores; Fireman & EMT; Board-House of Flags; President of the Columbus Fire Department Board of Directors; and President of the Tryon Estates Resident's Association.

Paul belongs to the Western Region Military Officers Association of America; Rotary; VFW; Continuing Care Community Residents of NC; and US Naval Academy Alumni Association.

In his leisure time, Paul enjoys fishing, golf, computer activities—and his volunteer activities.

STH'S GRANT AND 'THE REST OF THE STORY'

It was recently reported in the *Tryon Daily Bulletin* that Steps to HOPE (STH) had received a large grant to provide safe shelter and therapeutic counseling services to victims of domestic violence. It is much needed and very welcome, especially during these rough financial times when there can be an increase in domestic violence.

But, as Paul Harvey said, 'Here's the rest of the story'. This grant is part of funding that has a restricted purpose, and the grant is reimbursable. In other words, Steps to HOPE can't spend the money on whatever it wants, and the agency has to provide cash up front to pay for the services before it requests reimbursement from the funder. It is reassuring to know, however, that the money is there when it is needed, but a check does not simply arrive in the mail without strings attached. Furthermore, if STH does not spend the total amount of the award, they do not receive the remainder. STH

must provide a 20% cash match for every dollar spent, or a total of \$21,250.00 for the grant. This matching money comes from donations, fundraising and the Second Chance Thrift Store. While it may seem to be a lot of money, providing safe shelter and quality therapeutic counseling is expensive, and if these services can save even one life, the effort to come up with matching funds is priceless!

Award of this grant assures that STH can continue to provide basic services in a time when the NC is cutting the legislated funding to domestic violence and sexual assault agencies by 7%-15%. These cuts represent approximately \$12,000 that Steps to HOPE will no longer have available. STH will have to find other sources to provide options counseling, case management, outreach, referrals, court advocacy and other basic services that are provided free to our clients.

Steps to HOPE could not provide the level of services required without the competitive awards from these and other funders. However, since most of the grants require a match from the agency, donations are vitally important too. Without our community's concern about making a positive impact on those who suffer from domestic violence and/or sexual assault as well as their commitment to make a positive preventive impact on the generational cycle of abuse, the agency could not provide appropriate services and programs for its clients.

We appreciate our partners in the Department of Social Services, Law Enforcement, Health Department, Juvenile Crime Prevention Council, Polk County Schools, donors and others; it's a community and family problem that touches all of us. It will "take a village" to resolve and create a better life for Polk County children.

Cheryl Womack
Executive Director

"The mission of Steps to HOPE is to create a community free from the violence of domestic violence and sexual abuse through education, advocacy and victim assistance."

NEW STH/SECOND CHANCE TEAM MEMBERS

Mike Carruth joins the STH team as Youth Advocate. Mike, who has a background working with youth groups, works with the HOPE for Youth Boy's Group.

Second Chance Thrift Store welcomes **Chris Lindsey** as their new Warehouse Assistant. A recent graduate from Polk HS, Chris volunteered at the Thrift Store as part of the school's

Work Release Program. An automotive/audio enthusiast, Chris will be attending Western Carolina University in the fall, hoping to major in Engineering.

Welcome Mike and Chris!



Save a tree!

If you would rather receive an electronic version of this newsletter, send an email (from your preferred email account) to pr@stepstohope.org. Please include your name and mailing address.



RAPE
talk about it
PREVENT IT

COMBAT SEXUAL VIOLENCE IN MEDIA BY USING AN URBAN DICTIONARY

Have you listened to the hip hop songs your children are playing, singing and dancing to? Ever wonder what might be behind the lyrics?

An **Urban Dictionary** is an online tool found at www.urbandictionary.com which allows users to look up the meaning of a song, lyric, phrase or word used by young people in a hip hop culture. This can be an especially helpful tool for parents who are unsure of a phrase they hear their children using, or just curious about a popular song they are repeatedly hearing.

For example, the following chorus in the very popular contemporary song "Crank Dat" by rapper Soulja Boy, states:

*"Watch me crank it
Watch me roll
Watch me crank dat
Soulja Boy
Then super man dat ho"*

If you type "super man" into the Urban Dictionary you'll learn that is actually a reference to a crude sexual act resulting from a female refusing sex to a male. The phrase/ lyric definitions are appalling. More alarming is the fact that along with their parents, our young people are quite often unaware of the meaning behind these popular songs. Many times, young people might know the lyric meanings



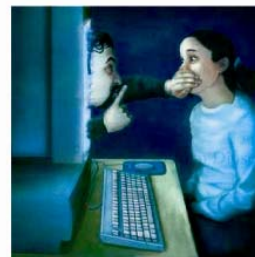
but do not feel directly impacted as the sexual references do not pertain to their own lives.

Using available tools like the Urban Dictionary is one step toward combating the all too prevalent

laissez-faire attitude toward sexual violence in our media and in our culture.

Dollie-Brooke Reid
RPE

Steps to HOPE Presents A Community Education Seminar Sexual Violence in Media and Technology



Learn ways to strengthen communication with families
about the prevalence of sexual violence in our society

Saturday, July 11, 2009
9:30am-12:00pm
Steps to HOPE's Community Room

For more information contact:
Dollie-Brooke Reid, Rape Prevention Education Coordinator
Steps to HOPE, Columbus, NC 28722 828-894-2340

This adult program is free of charge.

SECOND CHANCE THRIFT STORE GETS A FACE LIFT!

Steps to HOPE's Second Chance Thrift Store in Columbus has been reconstructed for customer convenience and efficiency. Remodeled dressing rooms; the addition of a handicap assessable customer washroom; a revamped and freshly painted "open" interior; and addition of a second register are a few of the changes intended to enhance customer shopping experiences. Attractive new weather-tight storefront windows and doors and a more efficient donation-receiving/storage area will make the Thrift Store more efficient, cutting our operating expenses while reducing our carbon footprint. Finally, the addition of a dramatic new outdoor sign will make the store more visible to

passersby, whether on foot or by car.

"In addition to offering high quality clothing and household merchandise at incredibly low prices, we want to make shopping at Second Chance a more pleasurable experience" said Ernestine Lewis, Thrift Store Manager.

Local businesses were involved in Second Chance Thrift Store's recent face lift. Sign Source designed and constructed the store's new sign; Jim Peterman was the contractor responsible for the interior construction; and Forest City Glass installed the storefront windows and doors. "We rely on local businesses and the store's

nearly 100 volunteers to help us support Steps to HOPE" continued Ms. Lewis.

Steps to HOPE is Polk County's domestic violence prevention and intervention center for which Second Chance Thrift Store is a major source of support and outreach. In addition to providing services to victims of domestic violence and sexual assault, STH offers educational programs intended to help prevent and break the generational cycle of violence. To this end, the Second Chance Thrift Store needs both contributions and volunteers in order to continue its successful retail operations.

We thank you for your continued support!

"Success has nothing to do with what you gain in life or accomplish for yourself. It's what you do for others."

~ Danny Thomas



Second Chance Thrift Store's new windows, doors and signage.



Save a tree!

If you would rather receive an electronic version of this newsletter, send an email (from your preferred email account) to pr@stepstohope.org. Please include your name and mailing address .



STH's Second Chance Thrift Store could not operate at a profit without its many volunteers. Volunteer to help us— volunteer to help YOU!

"The Health Benefits of Volunteering: A Review of Recent Research" has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer." "Volunteers who devote...about 100 hours per year...are most likely to exhibit positive health outcomes."

www.nationalservice.gov/about/volunteering/benefits.asp

To learn more about volunteer opportunities, please call Connie Orr at 894-2340.



Volunteer Lynette Conrad

SECOND CHANCE THRIFT STORE FASHION EXTRAVAGANZA



Volunteer Ken Kitchen

Volunteer models boogied and flaunted, strutted and sauntered their way down the "runway" at Second Chance Thrift Store's First Annual Fashion Show! On May 6th, the store was a hub of activity as 26 volunteer models, many of whom were Steps to HOPE/Second Chance volunteers—donned fashions from the Thrift Store to pay "Tribute to Timeless Mothers".

At 1:00 the show was underway with music and fashions from the 40's as tribute was paid to "Waiting for the Boys to Come Home Mom", followed by "Homemaker Mom" which featured tunes and apparel from the 50's.

Action was turned up a notch when the 60's "Flower Power Mom" and 70's "Disco Mom" decades began.

Models proved their acting prowess as they danced around the store without the benefit of music (due to a glitch in the sound system) much to the delight of the specta-

tors. What followed these grooving decades were the 80's "Professional Mom", 90's "Get Fit Mom", and 2000's "Political Mom"—complete with a still campaigning Hillary Clinton and her husband, Bill (Sally McPherson and Lee Berry, both Thrift Store volunteers).



Volunteers Dyanne Ward & Carolyn Cobb

"Summer Destinations"—with fashions for cruising, beaching and dude ranching—preceded "Here Comes the Bride", featuring not only bridal but bridal party attire. (Future mothers of the bride, take note! Just think of the savings...)

Not one spectator could help but chuckle when "Mom in the News" Octomom made her appearance—with 8 babies in tow—to end the program.

Many thanks to the spunky Second Chance Thrift Store volunteers who appeared as models: Carolyn and Don Cobb, Dallas and Leona Seiler, Barbara McEwen, Mary Hales, Lynette Conrad, Dyanne Ward, Sally McPherson,

Lee Berry, Dale and Joyce Minkler, Lone Krarup, Liz Quattlebaum, Myrt Heitman, Inga Ege, and Dot VonGlahn. Thanks to those "behind the scenes" volunteers who assisted the models and helped with refreshments: Teri Hulzenga, Judith Becker, and Mar-Jean Dahlgren. Thanks also to Thrift Store staff members Ernestine Lewis, Edith Lance, and Ken Kitchen who volunteered to model.

Thanks also to the Polk County High School students and two young girls—Gracie and Morgan—who participated in the event as volunteer models.

And to Carolyn Cobb, Edith Lance and Ernestine Lewis, a special thanks for organizing this fun fashion event!



Volunteers Dallas and Leona Seiler

Second Chance Thrift Store

WIN BIG!

WIN when you shop:

Amazing low prices for clothing & home furnishings.

WIN when you give:

Donate and get a tax deductible contribution.

WIN for Steps to HOPE

Income goes to the STH shelter to protect families and prevent domestic abuse.

It's a win, win, WIN deal when you shop at the Second Chance Thrift Store. Amazing shopping bargains in womens'/childrens'/mens' clothing, housewares, furniture, seasonal decorations...
Come in and WIN!

Second Chance Thrift Store

232 East Mills St., Columbus 828-894-2373

During the '07/'08 fiscal year, 40% of STH's income was generated from Thrift Store sales, while 31% came from grants and 29% from donations, fundraisers or other sources.

When you donate to and shop at Second Chance Thrift Store, you are directly helping to keep Steps to HOPE's much needed DV/SA prevention and education programs running.

Thank you for your donations!

STH/SHELTER "WISH LIST"

If you'd like to make a donation to Steps to HOPE, the Shelter, or its clients, here's our current "Wish List":

- Paper products—bathroom tissue, paper towels, tissue, etc.
- Furniture polishing spray
- Healthy after-school snacks, such as granola bars, cracker packs, 100% fruit juice, Gatorade, fresh fruit
- AA batteries
- Gas cards
- Grocery cards

We are currently very much in need of help feeding the HOPE for Youth Boy's Group (see page 3). If you or your organization would like to donate a meal to help fuel the guys during their skills program and hour at Tryon Health and Fitness Club, please contact Ruth Richardson at

894-2340. We are hoping for a few once-monthly, 6-month meal commitments.

We cannot thank you enough for your continued support of our programs, without which we would have a much more difficult time meeting the needs of our clients.



Save a tree!

If you would rather receive an electronic version of this newsletter, send an email (from your preferred email account) to pr@stepstohope.org. Please include your name and mailing address.





*Working to
End Domestic Violence*

Steps to HOPE, Inc.

Ward Street · P.O. Box 518
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828-894-2340 · 1-888-968-4283
E-mail: steps@stepstohope.org

STEPS TO HOPE: SERVICES PROVIDED

- **24-Hour Hotline** – for crisis intervention and assistance.
- **Confidentiality** – all services are guaranteed confidential.
- **Shelter** – emergency safe shelter for victims of domestic violence or sexual assault.
- **Counseling** – individual counseling with a licensed counselor.
- **Referrals** – hospital (staff will transport and assist); court (free legal aid may be provided through Pisgah Legal Services).
- **Court Advocacy** – trained volunteers accompany and support clients through the judicial process.
- **Case Management vs. Crisis Intervention** – holistic support of clients.
- **HOPE for Youth and Adolescent and Teen Support Groups** – weekly character and skills building groups and enrichment activities for adolescent girls and boys.
- **Support Groups and Education Programs** facilitated by trained professionals: weekly women victims, male and female abuser, and parenting education group meetings; bi-monthly parenting support group meetings.
- **Community Education** – through schools, organizations and civic groups.
- **Public Awareness** – presentations and workshops.
- **Resource Library** – videos, pamphlets and brochures are available.
- **Advocacy Center** – forensic interviewing of children.
- **Rape Prevention Program** – focused on primary prevention.
- **Second Chance Thrift Store** – outreach to victims; gently used, quality merchandise.



Ward Street · P.O. Box 518
Columbus, NC 28722

HOPE Works!

*A Quarterly Newsletter of
Steps to HOPE, Inc.*

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Steps to HOPE, Inc. is Polk County's Domestic Violence and Sexual Assault Prevention and Treatment Center. For all victims of domestic violence or sexual assault in this community, there is:

**Help
Order
Protection
Encouragement**

"The mission of Steps to HOPE is to create a community free from the violence of domestic and sexual abuse through education, advocacy and victim assistance."