



# Abused Adult Resource Center

Restoring hope, building futures, changing lives

FALL 2011  
NEWSLETTER

P.O. Box 5003  
BISMARCK, ND 58502

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## 'Bigger, better' Christmas Store open

The Christmas store located in the Abused Adult Resource Center's Seeds of Hope Thrift and Gift Store is now open for the holiday season.

The Christmas store, located in the lower level of the Seeds of Hope, 520 E. Main, is bigger and better, with many unique items. Dorinda Eckroth, store volunteer and customer leader, said the Christmas store has thousands of gifts and decorations, including decorated artificial Christmas trees, Nativity scenes, dolls, wreaths, musical ornaments and other one-of-a-kind holiday items.

New items are added daily. Donations of holiday items are appreciated now and throughout the year.



**Linda Glass is one of many volunteers for the Christmas store.**

The Christmas store's normal hours are 9:30 a.m. to 5 p.m., Monday through Saturday, through the end of the holiday season.

Volunteers are needed for the store, especially on Saturdays, helping with displays, customer service and cleaning, according to Sarah Palecek, Seeds of Hope manager. Volunteers can come in part of a day, not necessarily the whole day, she said. Anyone interested in volunteering at the store should call 222-8895 for Dorinda or 222-8370 for Michelle Tait, AARC volunteer and Special Events Coordinator.

Sales proceeds from the Christmas store and the Seeds of Hope are used by the Abused Adult Resource Center in its mission to serve victims of domestic violence and sexual assault and their children in a seven-county area in south-central North Dakota.

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### DATES TO REMEMBER!

**Nov. 24**—Thanksgiving

**Dec. 5**—AARC Board of Directors at Basin Electric

**Dec. 25**—Christmas



**Jan. 30, 2012**—AARC annual meeting, Kelly Inn

## Bismarck Police Department, Basin Electric honored

Verizon Wireless, a corporate leader in domestic violence prevention, presented Chief Keith Witt and the Bismarck Police Department with the company's HopeLine Champion Award: Law Enforcement Partnership on Oct. 11.



**Bismarck Police Chief Keith Witt (left) accepts Verizon's HopeLine Award from Diane Zainhofsky, AARC Executive Director; North Dakota Attorney General Wayne Stenehjem; and Cary Degenstein of Verizon Wireless.**

In addition, Basin Electric Power Cooperative was presented a special Community Service Award by the Abused Adult Resource Center (AARC) at the same ceremony at the Bismarck Municipal Country Club. The awards were given during the annual luncheon of PULSE, a community task force focusing on preventing violence in the community.

Basin Electric General Manager and CEO Ron Harper accepted the Cooperative's award recognizing Basin Electric's years of assistance in furthering the mission of AARC. AARC Executive Director Diane Zainhofsky cited the work by Basin Electric staff, the Cooperative hosting regular AARC board meetings and the service by Sharon Klein, an AARC board member and Basin Electric Human Relations Manager.

Verizon's award recognizes individuals or agencies involved in law enforcement that have demonstrated extraordinary commitment and focus on preventing domestic violence and raising awareness in their communities.

North Dakota Attorney General Wayne Stenehjem assisted in presenting the Verizon HopeLine award to Chief Witt. "The Bismarck Police Department has been at the forefront in the collaborative effort by law enforcement in this community to ensure victims of domestic violence receive both justice and services," he said.

In addition to the award, Cary Degenstein, Associate Director for the Great Plains Region of Verizon Wireless, presented the AARC with a \$15,000 grant through the company's HopeLine program for use with the agency's operating expenses and sponsorship of the PULSE event.

Witt and the Bismarck Police Department were recommended for the Verizon award by Zainhofsky. "Chief Witt and his department have been very active in our effort to create a victim-centered coordinated community response protocol," she said.

Verizon is a recognized corporate leader for its commitment to preventing domestic violence and raising awareness of the issue. HopeLine from Verizon puts the nation's most reliable wireless network to work in the community by collecting no-longer-used wireless phones, batteries and accessories in any condition from any wireless service provider and turning them into support for domestic violence victims.



**Basin Electric CEO Ron Harper and Sharon Klein, AARC board member and Basin Electric Human Relations Manager, hold the Community Service Award presented by Diane Zainhofsky, AARC Executive Director, and North Dakota Attorney General Wayne Stenehjem.**

## ‘I realize I am not alone... it is a good feeling’

*(The following is a story written by an abused woman in an AARC shelter.)*

I was living in a situation that wasn't safe for me or my children.



When I was living with him I was always on guard because you never knew what his moods would be. One day he was OK; the next second he was yelling, calling me names, and pushing me. I felt like this was going to be my ‘normal’

for the rest of my life. He had always told me he would kill me if I ever turned him into the police, and I believed him.

He has called me fat, ugly, stupid and many more horrible things that I won't mention. He has pinched, slapped, kicked, punched and done much more to me. I didn't know what to do

### Students help

More than a dozen volunteers turned out from Mandan High School's SADD chapter to help set up ribbons on the grounds of the State Capitol for AARC's Take Back the Night awareness event. About 125 people turned out for the event on Oct. 3 that was part of the national Domestic Violence Awareness Month. It honored the victims and survivors of domestic violence at the hands of intimate partners.



and was too terrified to leave. I have no family in this area and felt as though I couldn't leave. He also made me believe that I couldn't do anything on my own, and I was worthless.

One day I had enough after an incident with our daughter, and she begged me to go to the police. This was the night I decided that we had had enough and went to the police. The police officer explained to call the crises center in the morning and to stay at a friend's house for the night.

I didn't know what to expect of the shelter; I pictured cots in a big room, but when I got here it is a pleasant house. The women here have been through a lot and have similar stories to mine. I now realize that I am not alone and that I am safe here. It is a good feeling.

## ‘Safe Home for Kids’ raffle successful again

The 2011 version of Abused Adult Resource Center’s “Safe Home for Kids” raffle netted \$10,436, representing another successful raffle.

The drawing for more than \$1,800 in raffle prizes was held Aug. 31. The top prize of 100 pounds of ground beef went to Rhonda Haugen of Mandan.

The raffle benefits the abused women and children who come to Pam’s House and the Diane Zainhofsky Hope House, AARC shelters that provide a temporary safe home for homeless families. In 2010, AARC safely sheltered 174 families, including 197 children.



Following are the prize winners; all are from Bismarck, unless otherwise noted: 100 pounds of ground beef, Rhonda Haugen, Mandan; 1 year fertilization by All American Yard Services, Brian Eiseman; Budweiser wagon, Tamara Barber; Nintendo DSI, Joanne Hill; Memory Shack services, Nicole Mikkelson; Prairie Knights Casino package, Josie Fisher, Mandan; Budweiser backpack cooler, Jerald Peterson; Bismarck Bobcats family pack, Dave Anderson; BarBee Carpet Cleaning service, Cristy Just, Mandan; 2 Medora Musical tickets, Anna Anderson, Mandan; bicycle, Jerry Klein; Bruno’s Pizza gift card, Karen Williams; Famous Daves gift card, Loretta Jantzer; Taco Johns gift card, James Davis; Dan’s Supermarket gift card, Mike Cymbaluk; Life’s Journey bracelet, Sue Davy; Bonanza gift card, Kim Heywood; and I Tunes gift card, Connie Renz.

## ‘Life’s Journey’ bracelet is a great gift idea for Christmas

Need a gift idea? The answer: “Life’s Journey” bracelet produced in honor of abuse victims.

The bracelet sells for \$24 plus \$3 for shipping. Payment can be done online through PayPal, if you wish. You can find the bracelet information and order form at the AARC website:

<http://www.abusedadultresourcecenter.com/>

The bracelet was created by Urban Girl, a bead store located in Bismarck, for the benefit of the AARC. Forty percent of the sales proceeds go directly to serve survivors of domestic violence and sexual assault. The bracelet is sterling silver with 14K gold-filled beads and Swarovski crystals. The colors represent the months of the year, and silver beads represent new friends in your life and the gold beads represent old friends who've helped you.

The bracelet is available only in silver and only with a lobster claw clasp.

The Life's Journey Bracelet is also available for sale at AARC's Seeds of Hope Thrift Store at 520 E. Main Ave. in Bismarck.



# Get to know the employees at AARC

## Jenise Wilson

*Sexual Assault Advocate/Sexual Offender Containment Team Coordinator*



**Jenise Wilson**

I was born and raised here in Bismarck. I lived a pretty normal childhood and graduated from Bismarck High School in 2007. When I wasn't busy with friends and school, I helped my parents build, pack and move. Altogether, I have moved eight times throughout my life. So, if anyone needs help packing and moving, I am practically a professional.

Right after graduating I attended the University of Mary as a nursing student.

I studied in nursing for about a year, and decided against it. I switched my major to Psychology because I wanted to be in a field where I could help people and really make the big bucks!! I graduated from Mary in 2011, and got my position here at the Abused Adult Resource Center, which I love!

I like to spend my spare time with my Basset Hound, Lucy, going on walks, spending money I do not have, spending time with friends and family, and teaching Sunday school at my church.



## Erica Davidson

*Sexual Assault Advocate/Sexual Assault Program Coordinator*



**Erica Davidson**

I grew up in Beulah, N.D., and, after graduating high school, I attended Bismarck State College for a year where I thought I was going to be a nurse.

After taking my first anatomy/physiology class, that plan quickly changed. I then moved to Columbus, Neb., for what seemed to be the longest six months of my life and then finally settled down in Minneapolis.

I received my bachelor's degree in Family Social Science from the University of Minnesota. After 11 years in the "big city," I decided to move back to North Dakota to be closer to family.

I began my adventures with AARC in June 2010 and am currently the Sexual Assault Program Coordinator. Although this work is sometimes challenging I also find it very rewarding. My amazing co-workers make those challenging moments much more bearable. I am very proud to be a part of this wonderful agency.

When I'm not advocating I enjoy spending time with friends and family. I love being on the water in the summer and avoiding all outdoor activities in the winter. I am a huge Minnesota Vikings fan, which is also very challenging this season!

## Planned giving can help AARC serve victims in the future

You can help give the Abused Adult Resource Center (AARC) a more stable economic future. How? By contributing to the AARC Endowment Fund. .

The endowment fund is managed as a component fund of the North Dakota Community Foundation. This partnership with the North Dakota Community Foundation allows the AARC's Fund to be professionally managed by an organization with more than 29 years experience managing endowments.

Along with the management of the Endowment Fund, the North Dakota Community Foundation is able to offer sophisticated giving instruments to AARC's donors. For example, a charitable gift annuity allows a donor to make a gift to the Fund, receive a tax deduction for a portion of that gift, and receive a lifetime income that usually exceeds rates on bank CDs or savings accounts. AARC can also offer Charitable Remainder Unitrusts, Charitable Remainder Annuity Trusts and Lead Trusts.

AARC's Fund is able to accept gifts of real estate, stock, bonds, IRA's and bequests. When you are planning your estate, please contact Stan Stelter at the AARC (222-8370 or email at [stans@btinet.net](mailto:stans@btinet.net)) to see how a gift to the agency's Endowment Fund can fit into your plans.

With your help, we can make the endowment fund a success and ensure that when someone who has been abused picks up the phone for help, the Abused Adult Resource Center will be there far into the future.

# Nite Vision team wins glo-ball night golf event

The four-person team called Nite Vision won the Abused Adult Resource Center's (AARC) third annual benefit night golf event Aug. 26 at the Mandan Municipal Golf Course.

AARC wants to thank all those participated in this fun event and also the sponsors: Arrow Service Team, Advanced Mechanical, Vaaler Insurance, Tesoro Refinery and attorney Malcolm Brown.

A record 17 teams played in this scramble event with nine holes in daylight and nine holes at night with special glo-balls and glow equipment. Besides having lots of golf and good fun, the "Safe Home for Kids Glo-Ball Golf Scramble" netted more than \$2,400 for families and children in AARC's shelters.

The Nite Vision team of Jamie Stephens, Kevin Fleck, AJ Van Dalen and James Davis turned in a score of 65.

White House Cafeteria (Troy Sackhoff, Richard Dewart, Kent Heinle, and Ron Hopfauf) took second with a score of 67. The Mulligans team of Josh Carter, Brandon Leingang, Brad Hoff and Chad Heck placed third. They tied for second, and White House won the drawing.

The other teams were Mandan Moose (3 teams), Creative Marketing Solutions, Carlson Crew (sponsored by White House Cafeteria), White House Cafeteria No. 2, Northwest Contracting, The Lazy Beans, Cathy Z's Team, Oreo's Cookies, Grip It and Rip It, The Team, Taco John's and Renee Bosh Team.



The cool-dressed dudes are the Mulligans team (from left, Brandon Leingang, Brad Hoff, Chad Heck and Josh Carter) who took third in AARC's golf event.



## Volleyball fun

Thirty-one teams turned out to compete and have fun during AARC's seventh annual Spike Out Violence volleyball tournament in Bismarck. Despite flooding in the area where the tournament is held, the event proved successful, raising more than \$2,500 for AARC.



# Domestic violence: Too pretty a term for it

*(The following opinion article was written by Harold Monteau, a Chippewa Cree attorney who resides in Albuquerque, NM, and was the chairman of the National Indian Gaming Commission in the Clinton administration. He can be reached at [hamlaw@live.com](mailto:hamlaw@live.com). It is reprinted here with permission of Indian Country Today Media Network).*

Somewhere in Indian country tonight there is a little boy huddled with his little sister in a bedroom closet hoping against hope that the man who just came into the house at three a.m. will just quietly go to bed. They know the odds are against it though. He had picked a fight with their mother as soon as he got home from work. He already had alcohol on his breath. Even though their mother had not taken the bait, they heard him rage on until he finally said he couldn't stand being there anymore and stormed out the door. As usual he made hurtful remarks about how she "held it over his head" that she made more money than he did just because she had a college degree even though he had to work 10 times as hard as she. He said his mother never had a college degree and she stayed home and made a good house for them and she knew better than to "mouth off" to their dad, even if he spent their last dollar at the bar.

They heard the pots and pans being slammed around and knew what would come next. He stomped down the hall, slammed open the bedroom door and screamed, "Get out of bed you useless b—ch and make me something to eat!" She complied even while complaining that she had to go to work in the morning. He hit her behind the head with his closed fist even before she got to the kitchen, sending her sprawling facedown into the top of the kitchen table, bloodying her nose. Grabbing her by the hair, he dragged her to the stove as she struggled to loosen his grip. The demand for food forgotten now, his rage overcoming his hunger, he held her by the throat and punched her in the face, showering her nightgown and his shirt with red splatters from her now profusely bleeding nose. He punched her in the stomach and let her drop to the floor. He screamed, "Look at the f—ng mess you made; you got blood all over my shirt." He emptied a plastic bowl of its contents of apples and oranges and put some water in it. He set it in front of her spread legs as she sobbed and gasped, trying to catch her breath. "Quit bleeding on the floor, clean it up," he screamed. As she began to apply water to her nose and mouth in a useless attempt

to stop the flow of blood, he doubled his fist and from a stooped position over her delivered two blows to her already bruising lips and nose. The last thing she saw as darkness took over were her two little kids screaming in the doorway for their daddy to stop. She desperately wanted to stay conscious to protect them but could not.

The little boy and little girl had been in the doorway long enough to see the last two blows to their mother. They desperately begged their daddy to stop hitting mommy and leave her alone. He stepped toward his children. The twisted rage in his face made him almost unrecognizable to them. He screamed at them to get back in bed. They ran, knowing that to stand their ground would mean not only a beating but perhaps more blows to their mother.

They heard him take a beer from the fridge and open it as he made his way out the door. They heard the truck start up, and they ran down the hall arriving in the kitchen just as their mother was reviving. They helped her wash her face with cold wet washcloths and helped her wipe the blood from her legs and arms. They helped her to her feet and back to her bed. They stayed by her praying silently that he would not return soon.

In the morning, she painfully made her way to the bathroom, emitting an audible gasp when she looked in the mirror. She knew she would have to call in sick. The little boy and girl ate silently, not talking, lest they awaken the man on the couch. When he woke later, he would be loving and apologetic once again to their mother. He would promise to not hit her again and to stay sober. He would stay sober, for a while. He might even take them to the movies and ball games. They would be happy to have their daddy back and their mom safe, but lurking in the back of their minds was the rage-twisted face of the monster that took over their father from time to time. They knew their mother would be on the telephone to their grandmother when their dad was out of the house. They knew her mother would tell her to stay with him and that things would eventually change; her husband (their grandfather) got older and he hadn't hit her in years. Their grandmother, they knew, would tell their mom to pray. She'd tell their mom that nothing was more important than holding things together "for the children." The little boy and little girl knew that this is what happens in other houses because their cousins told similar stories, usually when one or the other's mother was seen to have fresh bruises on their face or arms. Then it wasn't talked about again; until the next time.



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**[www.abusedadultresourcecenter.com](http://www.abusedadultresourcecenter.com)**



## Seeds of Hope Thrift & Gift Store

520 E. Main, Bismarck

Open 9:30-5 pm  
Monday-Saturday



Shop at the  
Christmas store  
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**50%OFF**  
**One Reg. Priced  
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