



**“THAT MAN WAS VERY STRONG. I WASN’T
KISSING HIM. HE WAS KISSING ME.”**

.....

So wrote Greta Zimmer Friedman, recalling the day in 1945 when a drunken sailor named George Mendonsa sexually assaulted her in Times Square. Such incidents happen all the time; though of course not many enter our cultural consciousness as iconic (and widely misinterpreted) photographs.

SOURCE: "THE SELECTIVE BLINDNESS OF RAPE CULTURE" © CRATESANDRIBBONS.COM



April is National Sexual Assault Awareness Month

Did you know...

...Rusk County has the second highest number of sexual assaults per capita in the entire state?

...46% of sexual assault victims served in Price County are under the age of 16?

...victims in Washburn County describe a chilling social isolation within their communities as the most difficult barrier to overcome after reporting the crime?

...sexual assault crimes impacted 106 men, women and children in TimeOut's tri-county service area last year?

Help end this violence in our communities by getting involved with TimeOut at any of our Sexual Assault Awareness Month (SAAM) events this April. Together we can raise awareness of these crimes, stand in support of victims, and show perpetrators sexual assault will not be tolerated in our communities!

Shining a Light on Sexual Assault

Join your community in lighting off eco-friendly paper lanterns to commemorate each of the sexual assault victims served by TimeOut last year. Click the links below for information about [Price County's event](#) and [Rusk County's event](#).

Denim Day Campaign

TimeOut is partnering with local businesses in Price, Washburn and Rusk Counties to show support of our communities' victims who had the courage to come forward for help this past year. You can be a part of this year's Denim Day campaign by wearing and encouraging your coworkers to wear blue jeans--just like the Italian Parliament did to support the victim whose case was overturned because she wore blue jeans. Click [here](#) for the history of Denim Day, and call TimeOut at 1-800-924-0556 to find out how you and your employer can participate!

Quick Links

[Programs & Advocacy](#)

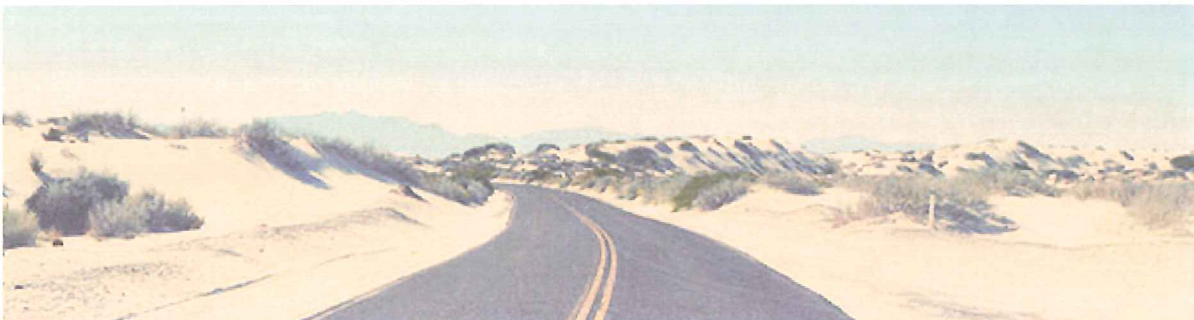
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Director's Note

I have been with TimeOut for almost a year and a half now, and I am so proud of the tremendous progress the Staff and Board have made stabilizing the program and drastically increasing services to our neighbors living with violence. In Rusk County alone, we've increased services by 44% in one year! That is amazing! This May, TimeOut Board of Directors and Staff will be partnering with End Domestic Abuse Wisconsin to articulate what direction this new progress can move the organization in the next few years. We will be assessing the organization's capacity, and identifying... [Read More >>](#)

Program Highlights



Meet TimeOut's Staff

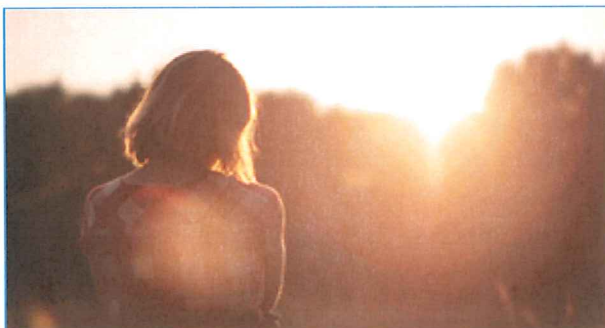
Please join us in welcoming our two newest staff members, Ashley (top photo) and Nellie (bottom photo), located in the Ladysmith Shelter and 24/7 Office!

[Read More >>](#)



Engaging Communities... Empowering Victims

This April, TimeOut and the local Victim/Witness Coordinators are hosting the first tri-county Crime Victims' Rights Awareness Event! [Read More >>](#)



A Survivor's Story

Brenna* was an average high school student in a small, rural Northern Wisconsin town. She was interested in sports and horses and loved spending time with her friends. All of her interests slowly began... [Read More >>](#)

"Change, like healing, takes time." -- Veronica Roth



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Newsletter

March 2015 E-Newsletter

Director's Note

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Even with all this progress, I am astutely aware of the work that is still ahead of us. This past quarter, the Shelter has been at full capacity and TimeOut has had to turn away victims for temporary housing and shelter program services for the first time in many years—children have had to sleep on the floor because of lack of space. Our neighbors are coming forward and asking for help with domestic violence and sexual assault issues at an alarming rate. With this drastic increase of women, men and children being served, TimeOut Staff is at full capacity too. TimeOut needs financial help to meet increased costs of resident living expenses and to provide high quality services to the victims coming forward for help at this heightened quantity.

In February, Governor Walker introduced his 2015-2017 State budget with a proposed increase in funding for Wisconsin's 60+ domestic violence programs, like TimeOut. This potential increase of funding would change the landscape of TimeOut's domestic violence services for Rusk, Price and Washburn Counties. The investment would allow TimeOut to grow the Domestic Violence and Youth Programs in the tri-county service area, and hire and train more staff to meet the increased needs. However, the budget needs to first make it through the Legislature. Contacting our local State Legislators this week would be the perfect opportunity for **YOU** to support TimeOut and the victims we serve. **Call or write our local Legislators and ask them to preserve the funding in the budget to help keep domestic violence victims safe.** You can find out who your Legislators are by clicking [here](#). If I can be of assistance, I would be very happy to provide guidance on communicating with your Legislators—just give me a call (715-532-6976) or send me an email (katie@timeoutabuseshelter.org).

Thank you for your support!

In Service,

Katie

Meet TimeOut's Staff



Please join TimeOut in welcoming our two newest staff members located in the Ladysmith Shelter and 24/7 Office:

Domestic Violence and Youth Program Coordinator, Ashley Kuprin

Hello! I'm Ashley. I live for traveling, learning and sharing. I am grateful to have had opportunities to travel throughout the USA and internationally to see, learn and open my mind to new places, ways of life and ideas. As a teenager, I saw and learned of sex slavery and the true meaning of "I'm starving" in Southeast Asia. At the University of Wisconsin-La Crosse, I was surrounded by and learned about sexual assault, dating violence and alcohol abuse on college campuses. While serving in the Peace Corps, we learned about and supported movements to raise awareness of human trafficking and HIV/AIDS in Eastern Europe. These are my experiences that have turned into my passions and led me to my current work. I learn and learn and learn. Now, it's time to share what I have learned. I believe that sharing stories, experiences and thoughts brings meaningful conversations. Respectful communication then leads the way to understanding and strength to stand behind beliefs and stand up for what is right. Each story is important and I am here to allow each person a chance to be heard. 😊

The poster in Ashley's photo says, "Stop Selling People! People Are Not for Sale!" in Russian.

Sexual Assault Program Coordinator, Nellie Cupp

Hey there! I'm Nellie! I enjoy being outdoors... soaking up what Mother Nature has to offer us, and while I am out there I often like to capture the beauty of those days through photography. I got my foundation and passion for this work while in college where an awareness for the issues of domestic violence and sexual assault fully encompassed my attention for essentially the first time. I received my Associates Degree from UW-Barron County and then went on to get my Bachelors at UW-La Crosse where I double majored in Communications and Women's Studies. Dedicating a portion of my time to sexual assault survivors gives me a glimpse at people's capacity for courage and strength and inspires me to continue to spread awareness.

Engaging Communities... Empowering Victims

TimeOut was awarded a Federal grant from the Office for Victims of Crime to fund awareness efforts for National Crime Victims' Rights Week (NCVRW) this April. During the week of April 19th – April 24th TimeOut is partnering with the local Victim/Witness Coordinators (V/WC) in Price, Washburn and Rusk Counties to raise awareness about all crime victims' legal rights and to encourage our communities to stand in support of victims. This collaborative project was developed with rural, isolated victims in mind. TimeOut and the V/WCs' NCVRW project was one of only 90 total projects funded across the country!

With the project funds, the first tri-county Crime Victims' Rights Awareness events will take place across the service area in the local grocery stores and markets throughout the awareness week and the month of April. Be sure to listen and watch for us in your local newspapers and on your local radio stations! On Friday, April 24th from 11am-4pm there will be a special event—TimeOut Staff and your local V/WC will be available at the Spooner Economart, Phillips Copps and Ladysmith Gordy's to provide information and resources to citizens and potential victims. Free reusable grocery bags and refrigerator magnets will be available until we're out! As a result of these activities, 600 citizens in our communities will know where to turn for help if they find themselves as a victim of crime; they will be supported and encouraged by their communities to come forward, report the crime and access services critical to healing.

Thank you to our partnering grocery stores throughout the counties who have agreed to participate in the awareness events!

TimeOut Survivor Story

Brenna* was an average high school student in a small, rural Northern Wisconsin town. She was interested in sports and horses and loved spending time with her friends. All of her interests slowly began to change after two months of dating Josh*. Family and friends noticed Brenna was no longer interested in the same activities, and she no longer spent time with the people she once loved to be around. Brenna began talking a school guidance counselor about her relationship and was then referred to TimeOut.

Brenna has been meeting weekly with a TimeOut Advocate for the past six months. During this time, Brenna has started to discuss emotionally and physically violent issues surrounding her young relationship. Just weeks into a dating relationship with Josh, Brenna reported Josh controlling her phone calls and texts; limiting her contact only to family members. Josh became extremely jealous and exhibited violent outbursts by punching Brenna in the back—a place where nobody would notice her bruises. Brenna once sustained an injury to her shoulder from

Josh pushing her to the concrete, and as a result, she was placed in an arm sling. She continued to hide what was really going on from friends and family and told them that she had fallen on ice. In one of her most traumatic memories, Brenna recalls being drugged and raped by Josh and one of his friends.

By talking to a TimeOut Advocate, she has been able to realize all of these experiences in the relationship were in fact domestic violence. Through these regular meetings with her Advocate, Brenna has worked on building her self-esteem, and she now understands the qualities that constitute a healthy relationship. Brenna found the courage to break away from Josh, and she continues to meet with her Advocate on a weekly basis, as Brenna still has a lot of healing to do.

Brenna is a true survivor of domestic violence; an important reminder that this devastating social problem can affect individuals regardless of gender, age, race, economic status or sexual orientation.

*The real names of the client and abuser were not used to protect their identities.

[Price County's Shining a Light on Sexual Assault](#)

[Rusk County's Shining a Light on Sexual Assault](#)

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