

Winter 2017 | Issue No. 12



Dear Advocate of New Horizons,

Let's start the new year out by talking about something repulsive. Let's talk about humans who exploit other humans by using force, fraud or coercion to obtain some type of labor or commercial sex act from them. Let's talk about human trafficking. Do you think it happens here?

In 2011 a local man was charged with exploiting several women's drug addictions by selling them as prostitutes. Then in 2012 a convicted pimp brought two run-away teens to Onalaska and forced them to work as prostitutes. During a nationwide effort in 2015, an Onalaska man was arrested for setting up an appointment to have sex with a person he believed to be a 14-year-old.

Most recently (October 2016), a Sparta man was sentenced for forcing women into prostitution. Yes, it happens here! Our scenic city of La Crosse and the beautiful surrounding area is conveniently located between Minneapolis/St. Paul and Madison and Milwaukee. In addition, our I-90 corridor offers a haven of hotels. This makes our area a paradise for human traffickers.

January is Human Trafficking Awareness Month. Educate yourself. Become involved. Report suspicious behavior to law enforcement. Speak up and speak out. Together, we can save lives!

In empowerment,

Ann Kappauf

Executive Director

Did you know?

- Nearly half (43%) of dating college women report experiencing violent and abusive dating behaviors.
- College students are not equipped to deal with dating abuse – 57% say it is difficult to identify and 58% say they don't know how to help someone who's experiencing it.
- One in three (36%) dating college students has given a dating partner their computer, email or social network passwords and these students are more likely to experience digital dating abuse.
- One in six (16%) college women has been sexually abused in a dating relationship.

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Help us go paperless:
send us your email so we can
send an electronic version
www.nhagainstabuse.org/get-to-know-us/newsletters/

**As of 12/03/16, the
Death Toll of Domestic
Violence in Wisconsin
alone rests at 60
victims and 15 abusers,
1 unknown, for a total
of 76 lives lost in 2016.**

Help is available 24 hours a day,
7 days a week by calling our
CRISIS LINE at
608-791-2600
or 888-231-0066

www.nhagainstabuse.org

January is Human Trafficking Awareness Month



Human Trafficking is a form of modern day slavery. Victims of human trafficking are young children, teenagers, men and women. Victims of human trafficking are subjected to *force, fraud, or coercion*, for the purpose of sexual exploitation or forced labor.

Sex Trafficking is a modern-day form of slavery in which a commercial sex act is induced by *force, fraud, coercion*, or in which the person induced to perform such an act is under the age of 18. Sex trafficking represents **80%** of all trafficking.

FACTS:

- 80% of Trafficking cases are Sex Trafficking.
- Sex Trafficking generates \$99 billion per year. Human Trafficking is \$32 billion per year.
- In Wisconsin, Human Trafficking exists in both urban and rural areas.
- The first federal case of Human Trafficking was prosecuted in Wisconsin, in 2006.
- In the US, the average age of entry into "prostitution" is 14. The youngest victim, that has been recovered, was 18 months old.
- Approximately 300,000 children are at risk of being Sex Trafficked in the US.
- One in three runaways will be lured toward "prostitution" within 48 hours of leaving home.
- There are fewer than 100 beds in the entire US for displaced, underage victims.
- The average pimp has 5 girls.
- The average pimp grosses over \$100k annually. "High end" pimps make millions.
- Victims see an average of 30 "clients" per day. They work 7 days a week.
- Milwaukee consistently ranks among the top five cities in the US for the recovery of trafficked adolescents. The highest numbers were reported in 2011.

Milwaukee is a hub for Sex Trafficking. It's known as "the Harvard of Pimp School".

Source: <http://5-stones.org/statistics/>



**EVERY
30 SECONDS**
ANOTHER PERSON BECOMES A VICTIM OF
HUMAN TRAFFICKING **LEARN MORE**

February is Teen Dating Violence Awareness Month

Boundaries show where one thing ends and another begins. Boundaries in a relationship are kind of like this; they help each person figure out where one person ends and the other begins. In short, boundaries help you define what you are comfortable with and how you would like to be treated by others. They apply to any kind of relationship you have – whether with a friend, family member, partner or anyone else in your life.

What Are My Boundaries?

Even though we talk about them in relation to other people, in some ways boundaries are really about your relationship with yourself; they help you honor *your* needs, goals, feelings and values.

Some examples of personal boundaries might be:

- I'm cool with following each other on social media, but not with sharing passwords
- I'm comfortable kissing and holding hands, but not in public
- I'm okay with regularly texting, but I don't want to text multiple times in an hour
- I want to spend time with my friends/family on weekends
- I need quiet time to myself every day
- I'm comfortable with some touching, but I'm not ready to have sex



It can be helpful to think through your own boundaries, no matter what your relationship status is. Start by paying attention to how you feel about and react to situations around you, whether in real life or in shows or movies you watch. What makes you feel uncomfortable? What's important to you? What do you want to keep private? Is there any type of behavior or trait that would not fly with you, ever (sometimes called a "dealbreaker")? It might be helpful to write down some of your thoughts.

Communicating Boundaries

How can you and your partner know each other's boundaries? By talking about them! Communication is really key in a healthy relationship, and boundaries are an important part of an ongoing conversation between you and your partner. Talking about boundaries can happen whenever, wherever! If your partner does something that you like or don't like, let them know. A simple, "Hey, I really like it when you..." or "I'm not comfortable when we..." lets them know what's up. In a healthy relationship, partners respect each other's boundaries once they've been communicated. And if you're ever not clear on your partner's boundaries, just ask! Questions like "Is this okay?" or "Are you cool with this?" can help jumpstart the conversation. Just remember: if you don't want to talk about your boundaries with your partner because you're afraid they'll react with anger or violence, that's a warning sign that your relationship might be unhealthy or abusive.

Healthy Vs. Unhealthy Boundaries

How do you know if a boundary is healthy...or not? It's important to recognize that healthy boundaries help to protect and respect you; an unhealthy boundary seeks to control or harm someone else. A healthy boundary would be: "I need space to hang out with my friends and do things I enjoy on my own." But if your partner says, "I need you to stop talking to other guys/girls because you might cheat/I get jealous," that's not a healthy boundary; it's a warning sign that your partner may have some trust issues and is trying to control who you hang out with.

Can Boundaries Change?

Yes! It's normal for boundaries to shift as we gain more life experience or get more comfortable in our relationships. We might not be okay with something at the beginning of a relationship, but we might be totally cool with it a few months down the line. On the other hand, we might realize something crosses a boundary for us after experiencing it for the first time. Every person has the right to change their mind about what their boundaries are at any time. What's important is that you're communicating any boundary changes to your partner and you're making changes because YOU want to, not because you're being pressured, forced or manipulated into making them.

You deserve to be safe and respected, and boundaries play a big part in creating healthy relationships that let you be YOU.

Source: <http://www.loveisrespect.org/content/what-are-my-boundaries/>

March is Women's History Month

March 1-31

March 1-31

Celebrating

WOMEN'S HISTORY MONTH

In the United States, Women's History Month traces its beginnings back to the first *International Women's Day* in 1911. In February 1980, President Jimmy Carter issued a presidential proclamation declaring the week of March 8, 1980, as National Women's History Week.

The proclamation stated, *"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well. As Dr. Gerda Lerner has noted, 'Women's History is Women's Right.' It is an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision. I ask my fellow Americans to recognize this heritage with appropriate activities during National Women's History Week, March 2-8, 1980. I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality -*

Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul.

Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people.

This goal can be achieved by ratifying the 27th Amendment to the United States Constitution, which states that 'Equality of Rights under the Law shall not be denied or abridged by the United States or by any state on account of sex.'"

International Women's Day

March 8, 2017

Celebrate International Women's Day at UWL

WHERE: UW-L Centennial Hall, Room 1300, Hall of Nations

TIMES: Light refreshments: 5:00-5:30,

Program: 5:30-7:00 p.m.

COST: FREE

International Women's Day is celebrated around the world every year. It is a celebration of respect and admiration

towards women for their economic, political, and social achievements. This is the 5th year there has been a IWD celebration in the Hall of Nations in La Crosse.

The program will consist of a panel of 4 area international women from different nations, each of whom will address a central question based on the 2017 IWD theme Be Bold For Change. After their presentations, there will be a Q&A. NOTE: Seating is limited so it is recommended to get there early.



UPCOMING EVENTS

1 BILLION RISING REVOLUTION SOLIDARITY AGAINST EXPLOITATION OF WOMEN

February 11, 2017

Valley View Mall

12pm-4pm

VICTORY over violence GALA AND AUCTION

March 11, 2017

Save the Date

RADISSON HOTEL BALLROOM
MORE INFO ON WWW.NHAGAINSTABUSE.ORG



Join us the first Wednesday of every month. Different venue every month so be sure to check our Facebook page for location. 5pm—7pm

January: Ice Breaker Games and Hot Topics
Location: Howie's on La Crosse

February: Women Entrepreneurs
Location: The Court Above Main

March: Feminism and Health
Location: TBD

ESSENTIAL
HEALTH CLINIC



new
horizons
SHELTER & OUTREACH CENTERS

eliminating racism
empowering women
ywca



<https://www.facebook.com/feminismOnTapLaCrosse/>

The *Vagina* Monologues

Friday, February 17, 2017

Cavalier Lounge 114 5th Ave N

Show Times: 6:30pm & 9:00pm

Tickets: Student \$5.00 General Public \$10.00

Purchase tickets online at: www.nhagainstabuse.org

Proceeds benefit New Horizons Shelter & Outreach Centers

TREMPEALEAU COUNTY IN NEED OF EMERGENCY SHELTER

New Horizons Shelter and Outreach Centers has been providing free and confidential services to the residents of Trempealeau County since 1987. Our Outreach Center, which is located in Whitehall, serves women, men and children who have experienced domestic abuse, sexual abuse and human trafficking. Our services include but are not limited to:

- A 24-hour crisis line that connects callers to an experienced advocate
- Personal Advocacy (assistance with employment, education, housing, medical, transportation, resources and referrals, safety planning, etc.)
- Legal Advocacy (court support, information and referrals, assistance with filing restraining orders)
- Counseling with a licensed therapist
- Community education and prevention work (complimentary to the community)
- Youth and family advocacy
- Support groups
- Emergency assistance with personal care items, clothing and food

All of these services and yet, no shelter close by to flee to if they leave their abuser.

Yes, there are shelters in adjoining counties. In fact, La Crosse County and Eau Claire County have emergency shelters for those experiencing abuse. But escaping to these shelters is not simple. Distance to the shelter and the travel time obstruct their personal and daily lives i.e. work schedules, their children's attendance at school and easy accessibility to their support system of family and friends.

Only 3.5% of Trempealeau County persons utilizing our services within the last five years have utilized shelter. The other 96.5% move in with family, move away from the area or worse yet, stay with their abusive partner.

It is the goal of New Horizons to purchase a large home within the city of Whitehall to serve as a temporary shelter and outreach center. A shelter where Trempealeau County residents fleeing abuse in search of safety will have easy access to advocates, their work, their children's school, their family and their friends, their lives.

To date New Horizons currently has secured \$71,000. To make our goal of \$200,000 by the end of 2017, we need your assistance. Please consider contributing toward our shelter purchase. Your contribution will be a valuable asset in assisting those within Trempealeau County who seek safety and stability away from their abusers.

Distance to the shelter and the travel time

Start city	Destination and miles to travel	Travel time
Arcadia	La Crosse – 45 miles	55 minutes
Arcadia	Eau Claire – 46 miles	60 minutes
Arcadia	Whitehall – 16 miles	22 minutes
Blair	La Crosse – 43 miles	53 minutes
Blair	Eau Claire – 54 miles	57 minutes
Blair	Whitehall – 8 miles	10 minutes
Galesville	La Crosse – 25 miles	38 minutes
Galesville	Eau Claire – 65 miles	75 minutes
Galesville	Whitehall – 25 miles	28 minutes
Whitehall	La Crosse – 49 miles	61 minutes
Whitehall	Eau Claire – 43 miles	49 minutes

From 1/1/16 - 9/30/16, the majority of those receiving services resided in Arcadia, Blair, Galesville and Whitehall.
Mileage and travel time obtained from Google Maps.

Top 50 Donors for October—December 2016

Altra Federal Credit Union
Amanda Franke
Barbara Quillin
Blahnik-Naugler Help Fund
Bremer Bank
Brice Haviland Household
Burkhardt Physical Therapy
Chart Energy and Chemicals, Inc.
Chiropractic First Of La Crescent
Corey Christenson
Coulee Bank
Cynthia and William Berg
Donald and LaVonne Zietlow
Dr. Edward and Sally Miner
Dr. Sigurd and Jeanne Ann Gundersen, III
Eagles Club 1254
Edwin and Nancy Hill
First Congregational Church U.C.C.
Gerald and Kathleen Reinke
Glendenning Webster Household

Grace Schroeder
Greg and Molly Gillmeister
Ironworks Training Center
James and Janice Hanesworth
James and Nancy Terman
James and Rebecca Naugler
Joanne and Bradford Selkurt- Martin
Joanne and James Skoy
John and Rita Jenks
La Crosse Loggers Foundation, Inc.
Linda Erickson
Logistics Health, Inc.
Marie Miller
Mark and Minda Chamberlain
Mary Lund
Mindoro Presbyterian Women
Myrna Colsch
ORC Industries
Our Savior's Lutheran Church
Mission Endowment Fund

Presbyterian Women-West Salem
Reinhart Foodservice, LLC
Rochelle Welke
Rotary Club Of La Crosse, Inc.
Schneider Family Fund
St. Bartholomew's PCCW
Tostrud & Temp, S.C.
Trempealeau United Methodist Church
Ursula Cejpek
Wesley United Methodist Church
Whitehall School District

Great Rivers United Way continues to support our programs through grants from funds through their annual campaign.

New Horizons also received generous grants from the following funds: The Women's Fund Of Greater La Crosse, La Crosse Community Foundation, Mathey Construction, and many more.

These are just a few of the multitude of gifts from companies, churches, organizations, and individuals. Thank you!



NH NEWS



We are so grateful to all of our donors that help us all year. This holiday season we were able to help 46 families with Christmas Gifts (91 children). The outpouring of support was overwhelming 36 organizations, churches and individuals reached out to our Jen, our Youth and Family Advocate and volunteered to find just the right gift for our families. Saying thank you seems like so little but believe that it is heartfelt and sincere. Our families appreciate all the support they are offered this time of year. Thank you to Jen for co-ordinating all the gifts and getting them to the families. So much work goes on behind the scenes and without our volunteers, staff and of course our donors nothing would get accomplished.

Donating Auction Items!

We are preparing for our annual *Victory over Violence Gala and Auction*, March 11th and was hoping that you would be able to provide an auction item. We appreciate any of the following:

- Gift Certificates
- Your Company Product
- Experiences
- Promotional items
- Passes/Event Tickets
- Services

Any item you are able to provide would help in our ability to support families struggling to cope with domestic violence and sexual assault. In order to continue making a difference in the lives of individuals affected by the work of New Horizons, it is vital for our 2017 Gala and Auction to be a success. Can we count on you to contribute an auction item to this important cause? Please be assured that your contribution will be put to good use to provide help to the victims and their families.

Thank you for your consideration and continued support .

Contact Sheila Connors at sheilac@nhagainstabuse.org for donation form or go to <http://bit.ly/VOVauctionitem>

VICTORY
over
violence
GALA AND AUCTION
March 11, 2017

**WE ARE
HIRING**

Interested in joining our team?

Check out open positions on our website link

<http://bit.ly/NH4jobs> or

*go to www.nhagainstabuse.org and click on
Get Involved and then Employment Opportunities*

Interested in getting emails about upcoming events and/or legislative updates?
Send your email with subject line *Add to email list* to: sheilac@nhagainstabuse.org

Be sure to like our Facebook page at
<https://www.facebook.com/NewHorizonsShelterAndOutreachCentersInc/>



new
horizons
SHELTER & OUTREACH CENTERS

advocating against domestic & sexual abuse

P.O. Box 2031 | 1223 Main Street
La Crosse, WI 54602

Non-profit
US Postage
PAID
La Crosse, WI
Permit No. 147



New Horizons Wish List

Household Items:

Pots & Pans
Alarm Clocks
Dish Sets
Kitchen Utensils/Knives/Can Openers
Flatware
Glasses
Kitchen Towels
New Twin and Queen Sheet Sets

Trash Bags

Paper Towels/Tissue/Toilet Paper
Shower Curtains
Plastic Wrap/Foil
Freezer Bags
Paper Plates
Dish Soap
Scouring Pads
Laundry Detergent/Bleach
Laundry Baskets
Cleaning Supplies
Disinfectant Spray/Wipes
Coffee/Non-Dairy Creamer
Quilts/Comforters - all sizes
Night-Lights
Lamps

Pillows

Blankets

Towels

Men's Clothing and Underwear

Personal Items:

New Bras & Underwear all sizes—
especially women's underwear -s-xl
Pajamas all sizes
Winter clothing for women
Women's Shoes size 6-9
Winter Boots
Robes
Deodorant
Razors
Conditioner
Hair Grease
Hair Wrap Lotion
Hair Relaxers
Oil Sheen
Hair color
Tampons/Pads
Body Wash/Lotion
Makeup
Nail Polish & Remover
Vaseline
Hairbrushes
Nail Clippers
Chap Stick
Umbrellas
Sunscreen

Baby/Children's Items:

Baby monitors
Diapers/Pull ups

Baby Wipes
Baby Wash/Shampoo
Baby Ointment
Baby Orajel
Pack 'n' Plays
Children's Blankets/Quilts
Children's Clothing 2T & up
Sippy Cups/Kid's Cups
Bottles/Bottle Brushes
Pacifiers
Children's Silverware

Teen Items:

Notebooks
Folders
Markers
Scissors
Backpacks
Calculators
Rulers
Loose leaf paper
Seasonal clothing
Teen Pajamas

Office Needs:

Tape
Stamps
Copy Paper

New Horizons needs:
seasonal clothing, gas cards,
pain/cold/allergy
medications, socks,
underwear, winter coats
pillows, & blankets.

Always Appreciated Items:

- Bus Tokens
- Craft/Art Supplies
- Knitting Supplies
- Gas Cards
- Gift Certificates/Cards
- Pre-Paid Phone Cards
- Cash

Donations Phone:

608-791-2610
ext. 1300 or 1305

Location:

1223 Main Street—La Crosse

Hours: M-F 9am-4pm
*Outreach Centers are closed
first Tuesday of the month.*

LIVE UNITED™



New Horizons is proud to be a participating agency of the
Great Rivers United Way