



- ▶ CATAWBA COUNTY'S DARK PROBLEM.....1
- ▶ WORDS FROM THE COMMUNITY EDUCATOR.....1
- ▶ BATTERING PERSONALITY PT.....2
- ▶ CANDLE LIGHT VIGIL.....2
- ▶ EVERY DAY BY: SGT. MIKE BULLIS.....3
- ▶ WAYS TO SUPPORT THE FAMILY GUIDANCE CENTER.....4



June | 2010

Spotlight On Domestic Violence

*First Step Newsletter
A Program of
The Family Guidance Center*

THE MISSION OF FAMILY GUIDANCE CENTER'S FIRST STEP DOMESTIC VIOLENCE PROGRAM IS TO PROVIDE NEEDED SERVICES TO VICTIMS OF DOMESTIC VIOLENCE AND TO INCREASE COMMUNITY'S AWARENESS ABOUT THE PROBLEM.

Domestic Violence Problem In Catawba County

Thus far in 2010, there has been 28 domestic violence homicides in North Carolina. One of the murders occurred right here in our community of Hickory. The ages of the victims are from 13 months to 76 years old. This is revealing a dark problem that occurs secretly in homes of families, not only across the country but here, in Catawba County. Domestic violence is real, it kills, and it occurs more often than people realize. Domestic violence does not discriminate, and it affects an entire community.

Raising awareness of domestic violence can help prevent and end domestic violence. The North



Carolina Coalition Against Domestic Violence has been one of the 14 states chosen to receive funds to help prevent and stop domestic violence. They have a 10 year plan that has been in the making since 2006. The plan's purpose is to increase prevention and promote healthy relationships, in order to end domestic violence.

The First Step Program has been working for over 25 years to prevent domestic violence, providing a Shelter for Battered Women, assisting victims in court, supporting, counseling, and raising awareness. Invite us to speak out against domestic violence, or call for more information 828-322-1400.

Educator's Corner

I have lived in the Hickory area for 11 years and had no idea that domestic violence happens everyday in Catawba County. My first six months as the Domestic Violence Community Educator has opened my eyes. Along the way, I have met many wonderful people making a positive impact in Catawba County. On the other hand, it has been



overwhelming realizing the fact that domestic violence is a problem in Catawba County, and it ruins men, women, children, teenagers, and young adults. As I visited schools, I observed the pressures teens experience within violent relationships, and how easy it is to get trapped in an abusive relationship. It is happening a lot more than we realize; 1 in 3 teens are experiencing dating violence. Being able to teach about abuse, its warning signs, and the examples of a healthy relationship, gives me hope that we can end domestic violence. Help me spread awareness about domestic violence and its destruction on families. *Call me, Liz Jordan, at the Family*

Guidance Center for a free presentation to your staff, school, youth group, or organization (828) 322-1400.

Help me make a difference in the lives of families Catawba County.

I'm wishing everybody a safe and fun summer!

How Can you Tell if Someone you are with is an Abuser?

Part 2: Signs of a battering personality

Isolation: He will try to cut you off from all resources. He'll call you degrading names if you have male friends, say you're a lesbian if you have women friends, and tell you that you're "tied to the apron strings" if you're close to your family. He may not let you use a car (or have one that is reliable), or try to keep you from attending church, working or going to school.

Blames Others for Feelings: He'll blame you for making him mad; says you're hurting him by not doing what he wants or that he can't help being angry. In reality, he makes the decision about what he thinks or feels, but will use feelings to manipulate you.



Cruelty to Animals or Children: He seems to enjoy hurting animals, punishes animals brutally, or is insensitive to their pain or suffering. May Threaten to hurt your beloved pet if he's angry at you. He's easily annoyed by children, gets angry if they cry, or expects them to be capable of doing things beyond their ability (whips a two-year old for wetting a diaper).

"Playful" use of Force in Sex: He may like to hold you down during sex where you are helpless. He shows little concern about your needs or wants, demands sex even if you are ill or tired; will use sulking or anger

to manipulate you into compliance.

Verbal Abuse: He'll say things that are meant to be cruel and hurtful; degrades and curses you, runs down any of your accomplishments; says you're stupid, or you can't function without him. This may even involve waking you up to verbally abuse you or not letting you go to sleep.

Rigid Sex Roles: He sees all women as inferior to men and will expect you to serve him and obey in all things, even things that are criminal in nature. He must be the one in charge.

If you experience any of these behaviors in your relationship or realize that you often make excuses for his behaviors, you may be in an abusive relationship. Need more information? Call 828-322-1400

Candle Light Vigil

For one who has lost her life due to domestic violence.

Christy Dawn Whitmore



Come join us at the Catawba County Justice Center on June 30th at 7:00pm in remembrance of a wonderful mother, daughter, sister, aunt, niece, cousin, friend, and co-worker.

EVERY DAY

By SGT. MIKE BULLIS, CHATHAM COUNTY SHERIFF'S OFFICE



The Poem, *Every Day*, shows the reader a different view of the struggles of a domestic violence victim. In addition, it demonstrates an abuser's battering personality, and how it is used to control a victim.

Every day she gets up, prepares the meals,

Cleans the house, goes to work

Every day she looks herself in the mirror

Every day she wonders why, what did she do?

Every day she wonders where the man she fell in love went

Every day her friends ask, "How are you?"

Every day she lies

She lies for him, she lies for herself.

Not for the sake of lying, because she has to

Every day her veil becomes more and more transparent

She fell yesterday, NO

Oh I'm just a klutz, NO

It wasn't that bad; Yes it was

He didn't mean it, Yes he did

It's all my fault, NO

If I hadn't done that He would have found another Reason

Every day she is called stupid

Every day she is told she is worthless

Every day she is told without him she would have nothing

Every day he LIES to her and says "I love you"

On the outside looking in

Great Family, they go on trips (sometimes to the ER)

They have people over all the time. (EMS; LEO's)

He is such a great husband

He loves her so Much

Sometimes a little TOO much

Finally it happens,



The right circumstances

The right word to the right ear.

As if Heavens open up

He is seen for what he is!

It's all her fault; her family put her up to this

I was a good husband and father

It was somebody else; she wouldn't do this to me

She loves me! These are his cries.

He protests, the cuffs click

He pulls away, Not this time.

No Escape, the beast is caught

He accuses her of infidelity,

He says her family is against him

Then it comes out, I'll get you

For this, you'll lose the children, everything

How many times do we see this?

How many times do we Not?

It has no markings, no color, no set group it hits anymore than

Any other

How many times will we stand at a grave or hospital bed and

wonder why

How many articles, news reports, books, movies will there be

God weeps for the ones who Endure this

Yet we see them, the lost, the frightened, the brave souls who continue to live as they do.

The answer to all these questions is EVERY DAY!

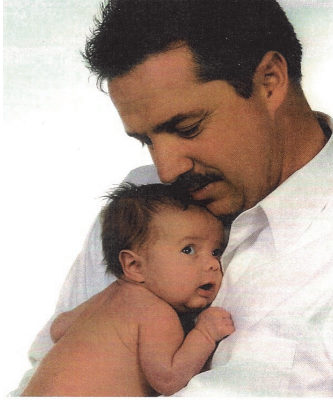
How do we combat this evil EVERY DAY!

After all how does she do it?

Every day.

Help make a Difference in Families' Lives

Not Sure What to get Dad?



Father's Day is a time to celebrate.

His steady hand And strong love.

This year, honor him or his memory with a gift to the Family Guidance Center to help support our many services that keep families strong.

You may send to Family Guidance Center at 17 HWY 70 SE Hickory, 28602 or donate with confidence, using Pay Pal by visiting fgcservices.com and clicking on the Donate icon.



Join in the Fun at Family Guidance Center's Golf Tournament

Monday, June 14th, 2010

At Catawba Springs CC

Lunch at 12; Tee-off at 1:00

Team Entry Fee \$240

Captains Choice

Shop to Stop

Domestic Violence



The Purple Ribbon Thrift Store is supported by the community! If you have good conditioned furniture or house décor, donate your items to a good cause. All proceeds go toward our Shelter for Battered Women. Stop by to Shop

to Stop Domestic Violence in our community! The Purple Ribbon is located across from



the Catawba Furniture Mall on 70 S.E., Hickory; 828-322-3423

If you or someone you know is a victim of abuse call

FIRST STEP at the Family Guidance Center

828-322-1400

Nights/Weekends

828-228-1787

