



THE

CAPSA CONNECTION

"Hope Shining Through"

April 2008

Board of Directors

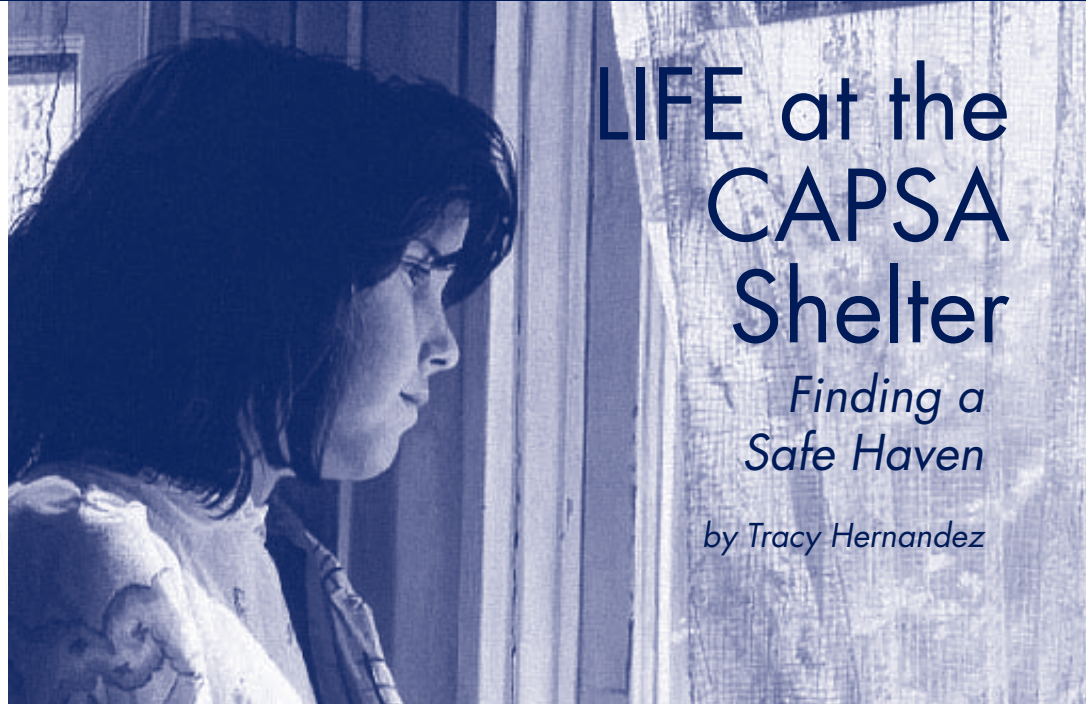
- Pat Terletzky, *Board President*
- Leslie Brown, *President-Elect*
- Linda Foster Bradak, *Secretary*
- Mary Palley, *Treasurer*
- Curtis Anderson
- Mark Andreasen
- Lee Austin
- Cathy Ferrand Bullock
- Sue Grant
- Val Grant
- Christina Hallam
- Tracy Hulse
- Jan Miller
- John McReynolds
- John Nelson
- Susan Prebish
- Jeannie Simmonds

CAPSA Staff

- Jill Anderson, *Executive Director*
- Kathryn Monson, *Program Director*
- Tracy Hernandez, *Public Relations/Operations Director*
- Lori Humphreys, *Administrative Assistant*
- Marty Bullen, *Program Contract Manager*
- Ruth Wilson, *Volunteer Program Coordinator*
- Stevi Young, *Crisis Hotline Coordinator*
- Jolie Rasmussen, *Diversity Program Coordinator*
- Anne Coleman, *Support Group Facilitator*
- Chelsey Christensen, *Rape Crisis Program Coordinator*
- Lucy Hernandez, *Shelter Caseworker*
- Vickie Smith, *Mobile Crisis Team Coordinator*
- Pamela Leavenworth, *Transitional Housing Coordinator*
- April Rice, *Social Work Intern*
- Heather Rich, *Social Work Intern*
- Ernestina Andersen, *Transitional Housing Advocate*
- Lezlee Larsen, *Rape Prevention Educator*
- Elizabeth Davis, *Rape Prevention Educator*
- Vanessa Searle, *Children's Daycare Provider*
- Jessica Griffiths, *Children's Daycare Provider*
- Heather Batt, *Children's Daycare Provider*
- Jan Cavanaugh, *Evening Shelter Manager*
- Ernestina Andersen, *Night Manager*
- Elizabeth Davis, *Weekend Shelter Manager*
- Nicole Gordon, *Weekend Shelter Manager*
- Eva Gillespie, *Weekend Shelter Manager*
- Lezlee Larsen, *Weekend Shelter Manager*

visit us at: www.capsa.org

Design donated by: Steve Murdock • Printed by: Square One Printing



LIFE at the CAPSA Shelter

Finding a Safe Haven

by Tracy Hernandez

This was Anna's second time in the shelter. Today when she arrived, she had a dark purple mark around her left eye, bruises all over her body, and her 18-month old baby had deep scratches down the sides of his face. It was late, but she sat down with the shelter manager and told a harrowing tale.

The first time she stayed in shelter she obtained a protective order, but after receiving threats from her husband that he would kidnap their son if she did not have the protective order dismissed, she moved out of the shelter and tried to have the protective order dismissed.

Anna was at home with her son when her husband arrived, angry that the protective order had not yet been dismissed and blaming her for slowing down the process. He again threatened that he would kidnap her son and she would never see him again. As he became more and more angry, her husband called his mother and 15-year-old brother to come over, and blocked the door so Anna could not get out. When his mother arrived, her husband backed her into a corner and began hitting her repeatedly. She held her son tightly against her body, trying to protect him from the blows, but it was impossible. Her son cried as she desperately tried to escape. His hand struck the side of her face and continued striking her all over her body. She could feel her left eye burning as it started to swell.

Her husband instructed his mother and brother to get the baby; they pushed Anna down to the ground and her husband crushed her neck with his foot to prevent her from getting up. She clutched her son, knowing that if they got the baby away

from her, it may be the last time she saw him.

Her husband yelled at his family to grab her hands and hold her down, and his brother wrestled the 18-month old boy from Anna's hands. She screamed as her baby was ripped from her arms and taken to a car outside. Two of her captors let her go and ran to the waiting car while the third stayed be

"In desperation she leapt out of a second-floor window, landing hard in the snow and bushes and ran to the neighbor's house, begging them to call the police."

hind to block her from getting out of the room. In desperation she leapt out of a second-floor window, landing hard in the snow and bushes and ran to the neighbor's house, begging them to call the police. Then she sprinted to the car, which was already backing out of the driveway, and grabbed the door handles, hanging on desperately as the car dragged her out of the driveway and toward the road. Her son cried from inside the car.

Fortunately the police arrived, arrested her husband, and referred Anna to the CAPSA shelter. When she got to the shelter, her eye was purple and swollen, and bruises covered her entire body. Her 18-month-old son had severe scratches from the struggle.

This is only one of the very real and horrifying stories that CAPSA shelter caseworkers and shelter

Continued, p. 3



Jill Anderson, Executive Director

Did you know one in four women will be the victim of a sexual assault at some point during their life?

Did you know ten percent of sexual assault victims are men?

Did you know Utah has a surprisingly higher rate of rape than the national average? In fact, in one study conducted by the National Violence Against Women Prevention Research Center, only Alaska had a higher percentage of rape victims.

As advocates against sexual violence we work year-round to provide services, promote prevention, and improve the systems that serve survivors of sexual assault. We also know as we do this work that Sexual Assault is one of the most under-reported crimes in our country. We must continue to do more to let victims know they are not alone, that the victimization is not their fault, and that help is available. The inspiration to continue this work comes from the courage we see in survivors of sexual assault who have experienced the horror of this crime and have struggled to heal and move on with their lives. They are the ones we honor during April, Sexual Assault Awareness Month. April is a time we honor the strength of survivors. It is a time to celebrate communities who decide to stand up and speak out against sexual violence. It is a time to commemorate those who have made meaningful contributions to the prevention and intervention of sexual assault.

This April 2008, I encourage all members of our community to stand up and speak out against sexual violence. Together we can make Cache Valley truly a safe place for everyone.



Boutique Shopping at a Bargain Price

by Emily Burgon



The window displays at Somebody's Attic are elaborate, like something out of a Pottery Barn catalog. At the Logan store, the window on the left currently sports a safari theme – the centerpiece a hand-dyed dress with appliquéd elephants, their trunks thrown back. Bead necklaces spilling out of an antique jewelry box, stuffed giraffes, silver masks, a real crocodile's head and other items covered in zebra or leopard prints complete the display. The window on the right has more of a Victorian feel, filled with sets of china, porcelain figurines, antique furniture, and yards of lace.

While you might expect to find such displays at a specialty shop on Logan's Main Street, you'd probably be surprised to find them at a thrift store. But Somebody's Attic is not like other thrift stores.

Ironically, Somebody's Attic actually began in a basement. After CAPSA purchased its first safe house, board members were searching out ways to pay the mortgage. "We were at a funding wits' end," says Ann Jurinak, who proposed the idea to bring in continuing income.

In December 1985, Somebody's Attic set up shop in the basement of the Emporium in downtown Logan "in a little space that was donated to us," says Carol Gibbs, a Somebody's Attic board member who has been involved since the store's inception. Gibbs, along with Jenny Box, Linda Miller, and Beverly Landeen, "were the real muscle behind making it work," says Jurinak.

"We actually took things from our own homes, and that was the first merchandise," Gibbs says. "We literally said, 'You bring the cash box, and I'll bring some clothes.'" She laughs, "It's been an unbelievable thing. It started out tiny, and none of us knew if it would work." But it did.

In 1992, Somebody's Attic moved to its current location in Logan, at 39 West 100 North, thanks to Jurinak and Thad Box, who purchased the building. Once the store was earning enough to make its own mortgage payment, Jurinak and Box gifted the equity back to the store.

But it wasn't until 1997, when Somebody's Attic paid off its mortgage, that things started "growing exponentially," meaning 10 to 28 percent growth in one year, says director Joy Shaw, who has been with the store since 1994. About three and a half years ago, Somebody's Attic opened a second location in Smithfield. Currently located at 3 South Main, that store has doubled its sales in that time.

Of course, all this growth means more money for charity. Last year Somebody's Attic gave \$70,000 in cash donations and \$3,000 of in-kind donations to CAPSA and to CFSC, the

Child and Family Support Center. Over the years Somebody's Attic has donated more than \$800,000, "which is amazing when you're selling things for a dollar or fifty cents," says Gibbs.

Perhaps this huge success is due to the store's unique approach. "We wanted to take away the stigma of a thrift store and make it look more like a boutique," says Shaw. Since Somebody's Attic doesn't use "cash advertising," the store uses those window displays to draw customers inside, she says – an approach that seems to be working, since business is brisk.

That boutique look is replicated throughout the store. On the main floor, where men's and women's clothes are sold, like items are grouped attractively and displayed on the ends of the sales racks. On the wall above the dressing rooms, three A-line skirts flare beneath trendy sweaters and chunky belts. Upstairs, gently used shoes fan out on a round bench. Even the knickknacks – which at other thrift stores are piled three-deep – are given their own space and displayed on clean bookcases.

"Since we have limited space, we can only accommodate the highest quality stuff," says Shaw. That means passing along donations with tears, stains or holes to Deseret Industries, which picks up about three truckloads a week from the store. "We also try to keep prices lower than other places."

Of course this benefits the community too. "A lot of people are dependent on it," says Gibbs. "When the economy is down, we pick up."

"I shop here every day," says Tana Jacobsen, a Smithfield customer and CAPSA survivor. She says it's a great way to get quality items and, at the same time, give back to an organization that helped her so much.

Behind the scenes, Somebody's Attic is a well-oiled machine, run mostly by volunteers. The paid staff continuously sorts donations into bins marked with different prices. Volunteers, who work one three-hour shift a week, then tag the items and move them onto the floor. Seasonal items are moved into the basement to wait their turn, and items that have not sold after one month are marked down. If they haven't sold after three months, they are donated to the DI.

This clockwork might be due to director Joy Shaw. "She's a competent, efficient and caring woman," says Gibbs. "She could do a lot of things and make a lot more money than she is."

Shaw, however, gives credit to her 11 paid staff and 50 to 65 volunteers. The average number of years that Somebody's Attic volunteers serve is nine, she says. "Nine! That is remarkable to have that many volunteers stick around for that long. Here it feels really like a family." ★

New CAPSA Staff Members



Anne Coleman
Support Group Facilitator

Anne came to CAPSA in July of 2007 after studying at Idaho State University in Pocatello. Prior to that, she lived in England, where she was involved for over 30 years with agencies whose primary aim was to empower and educate victims of domestic violence and sexual abuse. She has a Diploma in Counseling from England, and a B.S. in Social Work.

When she's not working, Anne loves music and sleeping.



Jan Cavanaugh
Evening Shelter Manager

Jan filled a new position as an evening shelter manager, overseeing the shelter and crisis lines between the hours of 5-9 p.m. Prior to her work at CAPSA she was a registered nurse working with at-risk youth at the Logan Academy. She wanted to work here because it was a place she feels she can make a difference. In her spare time she loves music, dancing, and gardening, and she also raises miniature donkeys.



Liz Davis
Rape Prevention Educator

Liz began at CAPSA as a weekend shelter manager in 2006, and applied for a position on the Rape Prevention Education Team when it opened.

She is working on a Master's degree at USU in Family, Consumer, and Human Development with an emphasis in adolescents, and wanted to gain some experience working with teens. Outside of her work at CAPSA and school, she loves to be outdoors, play the piano, travel, and shop.

CAPSA Shelter, continued from p. 1

managers hear hundreds of times each year as they check men, women, and children into the shelter.

Between July 1, 2006 and June 30, 2007, 371 individuals (144 adult men and women, with 227 children) entered the shelter. Some were fleeing a spouse, boyfriend, girlfriend, or intimate partner. Others were fleeing from a roommate, still others were escaping from violence by another family member, like a parent or adult sibling they resided with. But they all had one thing in common on the day they entered the shelter – the safe haven that CAPSA offered was a far cry from the danger that surrounded their lives at home.

A History of CAPSA's Shelters

CAPSA opened its first shelter on February 14, 1985, nine years after the first volunteers started the organization. Prior to that, some of the grassroots organizers (and – some may say – guardian angels) from CAPSA were sheltering domestic violence victims and their children in their own homes.

In the early 1980's board members and CAPSA volunteers found a Community Development Block Grant (CDBG) that provided funding for the purchase of a small home to be used as a shelter, a safe haven, for families who were no longer safe in their own homes.

Five years later, in 1989, the demand for shelter had outgrown the first home that CAPSA purchased. CAPSA moved to a new, larger facility that year.

"When we bought the new facility [a former sorority house], we were in seventh heaven," said Marty Bullen, former CAPSA Office Manager and current Program Contracts Manager. "We didn't have our offices in the middle of the clients' living room anymore."

The new shelter had three bedrooms and two bathrooms, and offices for the four staff who

worked there at the time. Just a few short years later when a children's coordinator was hired, there was no room for another office so she set up shop on the front stairs (right next to the front desk in the crowded entryway). The number of clients was also increasing every year, and at times the shelter felt like it was bursting at the seams. Needless to say, a new facility was badly needed, and after a lot of fundraising, donations, and hard work, the new shelter opened in 2004.

Today when a client enters the shelter, he or she is given a private bedroom with enough beds for four people, plus some additional space for a crib if needed. Each room shares a bathroom with an adjoining room, so if a very large family arrives, they can still be together in a private room, separated by the shared bathroom.

The clients also have access to two full kitchens, a dining room that can seat 30 or more at a time, a family room, teenage entertainment room, children's playroom, and laundry room with two washer and dryer sets.

But having a lot of space doesn't mean that we never outgrow our facilities. When CAPSA fills up, we work closely with other shelters in Ogden, Brigham City, or Salt Lake to find people a safe place to stay. In 2007 there were at least four such months.

Challenges of Communal Living

Although every client in the shelter is in the same situation at a very basic level – fleeing from the threat of domestic violence or rape – each person comes with a different background, culture, and experiences, so communal living is not without its challenges.

Imagine a holiday get-together where 20 of your closest relatives arrive at your house, and stay for the long weekend. Now imagine that with 20 stran-

gers who arrive at your home, and stay for about a month each, and when one leaves, another comes to take his or her place. That is what the shelter is like all year long.

With a total of 4,265 service nights (the total number of nights that one person was occupying one bed in the CAPSA shelter) during fiscal year 2006-2007, it averages out to more than 12 people in the CAPSA shelter every day of the year.

Sometimes the clients get along well, sometimes they have a more difficult time getting along. When the shelter reaches near-capacity levels, the number of men, women, and children can become overwhelming for the clients and for the managers who live at the shelter after hours in the evenings and overnight. In addition to answering the 24-hour crisis hotline, the shelter manager is also responsible for resolving disputes, checking new clients into shelter, checking clients out of shelter, ensuring cleanliness of the shelter, and maintaining order long after the regular staff has gone home.

"Another challenge we face in our new facility is that, although we have room for more people, we don't get any grant funding to feed the clients who stay here," said Executive Director Jill Anderson.

Feeding the people in shelter is essentially the equivalent of feeding a family of 12 (if you figure that we have an average of 12 people in shelter every night for the entire year). With that in mind, we have to provide approximately 13,140 total meals – 4,380 breakfasts, 4,380 lunches, and 4,380 dinners. Even at an average cost of only \$2 per meal (which is probably lower than the actual cost per meal), we have to pay around \$2,200 every month just for food, over \$26,000 per year. Fortunately we receive generous food donations to cover some of this cost, but they do not cover it all.

Recently the Providence Macey's donated \$500 in groceries to help feed our shelter clients, Curves locations throughout the valley asked their members

continued on p. 5

CAPSA GRANTS FUND NEW PROGRAMS

"We want to create meaningful and sustainable change resulting in more effective services for all victims of violence."



Department of Justice, Office on Violence Against Women Grant

When CAPSA began in 1976 (as the Cache Valley Rape Crisis Team), none of the original organizers envisioned that CAPSA would encompass victims of domestic violence as well as rape. Likewise, not many people gave much thought to the fact that services from organizations like CAPSA would expand to include male victims and same-sex victims.

The field of domestic violence is ever-changing, and as an organization we have to be ready to embrace change and expand our services to address the unique challenges faced by new groups of victims, while still providing the same level of service to our "original" clients.

In that spirit of enhancing and expanding services, the U.S. Department of Justice, Office of Justice Programs (OJP) has awarded CAPSA a grant that allows agencies at the grassroots level to examine resources available to underserved populations, and plan and design ways to change the system, from the bottom level, all the way to the top.

In September, CAPSA received a \$750,000 grant, spread over three years, to develop a program for "Education, training, and enhanced services to end violence against women with dis-

abilities." It is part of a 3-year cooperative agreement between CAPSA and the Office on Violence Against Women (OVW), with technical assistance provided by the non-profit Manhattan-based Vera Institute of Justice.

The goal of the program is to create meaningful and sustainable change resulting in more effective

services for victims of domestic violence who have disabilities. This differs from most grants we receive because it is not just money to provide services, but to evaluate services already available and find a sustainable way to enhance those services for our entire community.

For the first year, a cooperative team comprised of CAPSA,

Options for Independence, the USU Center for Persons with Disabilities, and the Utah Division of Services for People with Disabilities will conduct a needs assessment and accessibility plan that examines current policies, resources, and services available. The plan will address changes needed in the entire system that will allow someone with disabilities to receive appropriate services. The plan will also include ways to educate communities and service providers, and promote greater understanding about some of the distinctive barriers for people with disabilities who are also victims of domestic violence.

"Research indicates that women with disabilities may be abused at higher rates than women without disabilities, and for longer periods of time," said Dick Baer, former CAPSA Board Member, who has worked extensively with people with disabilities, and is also collaborating on the project. "In addition, they face special obstacles in escaping abuse, particularly dependence on caregivers who perpetrate abuse."

During the second and third years of the grant, key elements from the plan will be implemented, and will result in more effective and enduring improvements in services available to these victims in Cache Valley.

The program that the cooperative team develops will also include a curriculum and educational tools to help other Utah communities implement similar

programs that provide broader services, and access to those services, to people with disabilities.

The team in Cache Valley was chosen as one of only six award recipients out of 50 applicants nationwide.

Daniels Fund Grant

CAPSA has been fundraising for the past year to purchase our own multi-family housing units for our transitional housing program (THP). By December 2007, CAPSA had raised \$240,000 – including donations and grants from the Eccles Foundation, LDS Church Foundation, Community Development Block Grant (CDBG), and Zions Bank.

In December, the Daniels Fund nearly doubled that amount by awarding CAPSA \$200,000 toward the purchase of housing units.

The Daniels Fund operates the Daniels Fund Scholarship Program and the Daniels Fund Grants Program in Colorado, New Mexico, Utah, and Wyoming. The Fund was established in 1997 by Bill Daniels, a pioneer in cable television known for his kindness and generosity to those in need. More information about this organization is available at www.danielsfund.org.

With a grant from the Office on Violence Against Women in 2005, CAPSA started a THP that provides housing and financial assistance to survivors of domestic violence who leave the shelter and are working to become more self-sufficient. The program is designed for survivors to pay a portion of their rent, and CAPSA pays the other part, to the landlord.

Since this grant funding only lasts through October, CAPSA hopes that by purchasing our own multi-family housing units, we can use rent payments from clients (currently going to landlords) to reinvest in the program, thus perpetuating the program so it can help hundreds of other families.

To date, the transitional housing program has provided over \$70,000 in assistance for 23 women.

With \$440,000 in current funds raised, we need \$310,000 more to meet our goal. ★

For more information or to discuss ways you can help raise these funds, please call us at: 435-753-2500.

APRIL is Sexual Assault Awareness Month



CAPSA started gearing up for Sexual Assault Awareness Month in February by partnering with KSM Music and 95.9 KLZX to host a Battle of the Bands.

The competition was on March 28, 2008 and the winner will be opening for the band Eve 6 at their April 9th concert at Utah State University (USU).

The CAPSA Rape Crisis Program Coordinator, Rape Prevention Education Team, and Youth Council, along with USU student Abby Cooper all worked together to create a successful awareness event.

Cooper and the Youth Council solicited prizes from local businesses that were given away at the

Battle of the Bands, and both participants and the audience could purchase "Break the Silence" teal reminder bands that will get them discounts and special deals at local businesses (teal is the color for Sexual Assault Awareness Month).

The team also created posters with "Break the Silence" as the theme, and helped KSM and 95.9 KLZX advertise the Battle of the Bands event at USU and at all the local high schools and junior high schools.

A booth was set up during the Battle of the Bands to sell reminder bands and a prize drawing was held to raise money for CAPSA.

The CAPSA Youth Council is a new program that began during the 2007-2008 school year. This year's council includes 19 members from Sky View, Mountain Crest, and Logan High Schools, South

Cache, and North Cache 8-9 Centers. The council organizes fundraiser and awareness activities to educate students in grades 6-12 about preventing sexual violence. To date the council has raised over \$1,000 in fundraisers for Christmas and Valentine's Day.

In addition, CAPSA is partnering with the USU Sexual Assault & Anti-Violence Information office (SAAVI) to organize "Walk a Mile in Her Shoes." The event is scheduled for Wednesday, April 9, 2008 from 9:30 a.m. to 2:30 p.m. Last year's event included hundreds of male participants who walked in high-heeled shoes on a mile-long course around the USU campus and raised thousands toward fighting sexual violence on campus. The event also made local and national news, appearing on *CNN Headline News* and its local Salt Lake City affiliate stations. ★

to gather food donations, and were able to give us over 3,000 pounds of food. The owner of Rudy & Sons Greenhouse generously gave \$100 in groceries from Lee's Marketplace, EA Miller has donated a lot of meat in the past, and Winder Dairy and Crumb Brothers donate milk and bread, respectively, to shelter clients on a weekly basis. There are so many other groups and individuals who have done food drives, or donated food that we cannot name them all here, but every single item makes a difference.

The grocery bill is not the only expense for an emergency shelter. We also have to come up with funds for the electric bill, heating, air conditioning, water, and other utility bills that arise with such a full house. The cost for utilities at CAPSA went from \$16,900 in 2006 to \$21,300 in 2007 – an increase of more than 25 percent. Of that amount, about half is covered by grant funding, but the grants do not give 25 percent increases to cover the rapidly rising costs, so the percentage covered by grants is falling every year.

"To see [the clients] smile when they leave, knowing that they are not alone and that the future is not dark like they thought it was, that is the best part of my job."

Another major cost of running a communal living facility is the enormous (and continually rising) cost of liability insurance. CAPSA spends an average of \$15,000 per year on liability insurance – a cost that is covered solely by donations and fundraisers.

Then there are the little things – such as toilet paper, garbage bags, cleaning supplies, and everything else that people need to survive.

"Most people don't think about all those little expenses that we have to pay for – like the toilet paper, or paper towels in our bathrooms and kitchens, band-aids for more than 200 children in the shelter this year, laundry detergent for people

to do laundry on a daily basis for the whole year, or copy paper to print a 75-page protective order for a client," said Jill. "It's those little costs that can really add up. That is where the donations from community members can really make a difference, because without them it would be impossible to continue our services."

Services Available

When a client checks in to the shelter, there are several different services available. We have one caseworker who deals only with the clients who are in shelter – a very high intensity caseload, since clients in shelter are all in immediate crisis, and the caseworker "lives" with the clients – her office is actually in the shelter.

"The most common challenges for every client that comes in are safety, financing, housing, and emotional well-being," said Lucy Hernandez, Shelter Services Coordinator and Caseworker. "Although everyone has a different situation, these are common to every client who comes to CAPSA."

When a client arrives in shelter, Lucy meets with him or her and discusses a safety plan, giving information about protective orders and civil stalking injunctions, as well as information about the court system and legal system that can seem very frightening to someone who has never been exposed to it before.

Then Lucy works with each client to find out if there are any other community resources available that can help him or her make it on their own, like job resources, food and housing assistance, and counseling. CAPSA offers support groups, but they are for educational purposes, so caseworkers also try to help each client find a licensed therapist for individual therapy. Since many clients do not have the financial means to pay for therapy, CAPSA has to find a therapist whose services are covered by Medicaid or who will do the work *pro bono*.

Meanwhile, if the client brings children to the shelter, they meet with the Children's Program Coordinator, Ernestina Andersen, to discuss their experiences with abuse and ways to cope with that situation.

"It breaks my heart to see these children come in to the shelter," said Ernestina. "But after a while they begin to trust you, and you can see a difference in their faces and in their behavior when they know they are in a safe place."

"It is hard to see another person suffering and in such pain, and to hear their stories," said Lucy. "It is difficult to separate myself from it. But to watch these women grow while they are here, and to see them smile when they leave, knowing that they are not alone and that the future is not dark like they thought it was, that is the best part of my job."

Since checking in to the shelter after her terrifying ordeal, Anna has learned more about the dynamics of abusive relationships. She has also worked on an action plan to find a safe place that she and her son can call home, and was approved for temporary emergency housing assistance until she can support herself and her son with her new job. She is also actively working with the police on a drug investigation and hoping they will be able to prosecute her husband.

"Lucy and CAPSA have helped me in so many ways I cannot describe them all," said Anna. "I will be kind of sad to leave the shelter, because it is like my family now, and everyone is so kind and caring."

Since English is her second language, she received a scholarship at a community ESL center to improve her language skills, which she knows will enable her to get a better paying job. She was recently hired at a mechanic shop for a job that can pay the bills for now, but she has also started working toward her dream of becoming a police officer.

"After all that I have been through, I want to become a police officer so that I can protect other people who are suffering like I was, and make sure that my son does not have to live in fear," she said. "Plus I have wanted to be a police officer since I was a little girl, when I used to watch RoboCop on television," she confides. Then she laughs, and the joy spreads across her face. She is safe now, and she can begin dreaming about her life after the CAPSA shelter. ★

All names have been changed. Other details may have been changed to protect the safety of the clients.

CAPSA WISH LIST

We are in need of the following items:

- Diapers (size 3, 4, 5)
- Colored copy paper
- Canned fruit
- Cleaning supplies
- Meat (chicken/hamburger)
- Twin size sheets (new)
- Personal hygiene items
- First aid products
- Cereal
- Canned Soup
- Dishwasher detergent
- Toilet paper
- Paper towels
- Backpacks
- Copy paper
- Laundry soap
- 1" binders

We also appreciate monetary donations.
To donate, call: 753-2500

visit us at: www.capsa.org

Want to Make a Difference in Our Community? Come join the CAPSA volunteer team

Volunteers needed in positions such as:

- Front office
- Mobile Crisis Team
- Children's groups
- Donations
- Booths and fundraisers

All volunteers need to attend a 40-hour training held in January, May, and September, and be able to pass a background check.

If interested or for more information, please contact Ruth at 753-2500.



STAY INFORMED!



★ **JOIN CAPA'S
E-MAIL LIST**

and receive
updates on our
programs and
services

Sign up at:
www.capsa.org/register



Community
Abuse Prevention
Services Agency

P.O. Box 3617
Logan UT 84323-3617

NON PROFIT ORG
U.S. POSTAGE
PAID
PERMIT #52
LOGAN, UTAH

Return Service Requested

CAPSA GOLF TOURNAMENT

LOGAN GOLF & COUNTRY CLUB

JUNE 2, 2008

\$75 for cart, 18 holes & dinner \$300 for foursome



All proceeds are used
in supporting
CAPSA programs

Sponsorships available for your business
from less than \$100 to over \$5,000

For more information or to become a sponsor, call Lori at:
435-753-2500