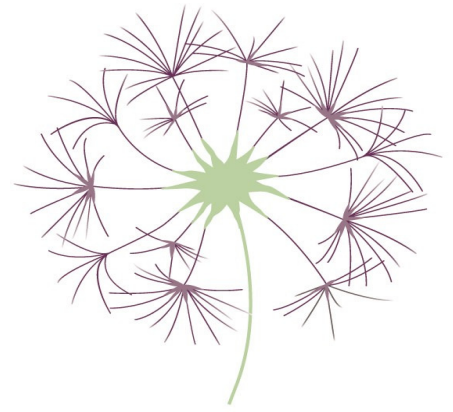


Seeds of Hope

When and Where does it Stop?
A Word from our Executive Director, Terri Heckman



rape crisis center
of medina and summit counties

Fall

2011

rccmsc.org

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CRANSTON, R.I. - Capping a two-month investigation, police have captured the man they believe responsible for the rape of an 81-year-old woman during a burglary at her home May 2.

BAY ST. LOUIS, MI - A Mississippi man, who told an 11-year-old Louisiana girl he would help her after she had been kidnapped, raped and dumped behind a gas station, and instead raped her again, has pleaded guilty.

MORAGA, CA - Police are investigating the suspected rape of a female student at Saint Mary's College over the weekend, marking the second sexual assault reported at the school in as many weeks.

LUFKIN, TX - Lufkin Police arrested a Kennard City man Thursday night after a handicapped woman said he sexually assaulted her after she would not give him any candy.

CARY, NC - Police in the Town of Cary are searching for a man accused of raping and terrorizing another man for more than eight hours.

Day after day, across America, there are horrific news stories involving rape and sexual assault. Why do perpetrators use this type of personal attack to obtain what they need in life, while leaving the victims crushed by these unwanted actions? Sometimes it is less than five minutes in the life of a victim, but they are left with the emotional scars forever. These crimes make me physically sick. I think most people, if they are like me, tend to not dwell, not think about, not ponder, and not spend time processing the reality of these violations. I believe we do not spend this time for several reasons:

—We feel that we cannot do anything to stop these crimes;

—We feel vulnerable when we consider that it could happen to someone that we care about, or even ourselves on any day;

—We are too emotionally upset by the thought of these awful attacks.

Whatever the reason, maybe it's time we stop and focus a little of our time on this topic so that we can become angry, so that we do react with outrage and so that we can support the victims who have become senseless targets at the hands of cowardly attackers.

"I challenge each of us to listen to the cries of the victims a little more."

In just a two minute internet search of recent sexual assault crimes, I was able to find persons who might represent every one of us. There were hundreds of stories to choose from; the papers across the country report sexual crimes each week. But what does it matter? Who really cares?

I say it's time. I challenge each of us to listen to the cries of the victims a little more. We need to find ways to make a difference, one victim—and one city—at a time. As you read this newsletter or check out the Rape Crisis Website, I ask you to find a way to get involved, find a way to impact these crimes. Be it by volunteering, dropping a donation in the mail or speaking up when you hear a disrespectful sexual comment made by a family member, friend or co-worker. Let's all do SOMETHING to impact these horrible crimes, even when it might make us feel a bit uncomfortable.

Bath Salts: A Local Epidemic : By Deb Costa, RCC Director of Services



Bath Salts, the newest designer drug to hit the streets is becoming a huge public safety issue in and around Summit County. However, these are not the kind of salts used for a soothing soak in the tub. These are synthetic drugs sold legally for as little as \$10.00. They are becoming a major concern for law enforcement, medical and mental health workers as more and more people are showing up in hospitals as a result of this new drug.

Some users have been charged with domestic violence as a result of using "Bath Salts." One recent case occurred where police were called to the Super 8 Motel in Green after a woman was assaulted. The victim identified her attacker to police and told them where the man was heading. The Summit County Sheriff's Office said Robert Jennings was, "sweating, screaming and acting paranoid," when he was arrested and later admitted he had been snorting bath salts.

This drug is used by most to get high, and initially mirrors the effects of cocaine. Unfortunately, this feeling is short lived and often replaced by hallucinations, paranoia, a rapid heart rate and suicidal thoughts. While most use bath salts recreationally or for self-medicating purposes, there are those who use them as date rape drugs.

The Rape Crisis Center has received hotline calls from people seeking services claiming they were given bath salts without their knowledge or consent. Some of these calls resulted in people needing medical attention in the emergency room.

The City of Barberton has received most of the attention in Summit County where four of the five most recent cases involving children were residents of Barberton. In fact Barberton recently passed an ordinance to ban the sale of Bath Salts within the city limits, becoming the first city in the state to have legislation prohibiting these substances (www.summitkids.org). Other cities in Ohio are following suit.

Steps are being taken in Summit County as social service workers, law enforcement, medical and mental health professionals recently staged a round table discussion to share insight on ways to prevent the sales and consumption of this horrible drug. Community members will be given opportunities in the near future to participate in learning more about this horrible drug. In the mean time, those interested in learning more should search for "Bath Salts" online as one can expect to see news daily on the topic.

Keys to having a fun while remaining safe!

by Julianna Hamad, RCC intern

College is back in session! With this of course, comes the “party life.” While this is a perfect time in our lives to socialize and grow, we also have to keep in mind the dangers that can occur if we aren’t cautious. According to RAINN.org, 1 in 5 college women are raped during their college years. Often, these assaults happen during college parties:

- ALWAYS trust your instincts! If you feel as though you are in a bad situation, you probably are.
- Make a buddy system with someone you trust. You should arrive with your friends, check in with your friends during the night, and leave with your friends.
- Never leave your drink unattended! If away from your drink for even just a second, you are susceptible to getting slipped the ‘date rape’ drug.
- According to RAINN, 85% of reported rapes are committed by acquaintances. If you don’t feel comfortable being alone with someone, it is okay to let them know you would rather stay with the group.

And always remember, if something does happen to you, **IT’S NOT YOUR FAULT.**

Rape is an illegal act; talking about it isn’t.



Get involved and stay informed!
Upcoming events in 2012 for the RCC!

April is **Sexual Assault Awareness Month**, and it’s also the month that is home to two of our favorite events: *The Vagina Monologues* performance and *Walk a Mile in Her Shoes!* If you would like to be involved in these events, or just receive updates on their details throughout the winter and spring, please get in touch with our Outreach and Volunteer Coordinator, Dave Rich at davidr@scmcbws.org. Both of these events continue to gain popularity with each year that we put them on, so whether your interests lie in helping with them or simply attending, get involved early! We would love to see you come out and support the fight against sexual assault!

Introducing the new faces at the RCC!

There are some new faces here in the RCC offices! Though it was hard to say goodbye to our two Direct Services Advocates Mary Chipman and Denice Wilson, it was time for both of them to follow new paths in their careers: Mary accepted a position at a Rape Crisis Center in Arizona, and Denice is currently finishing up her master's degree in counseling at the University of Akron. Though taking their places will be no small feat, we are very excited to welcome Brittney Kelker and Rochelle Vogt into the RCC family as our new Direct Services Advocates!



Brittney Kelker graduated from the University of Akron with a BA in sociology and criminology and a minor in law enforcement and corrections. She spent time as an intern at Victim Assistance until being hired as a Crisis Intervention Specialist at the Battered Women's Shelter's crisis center, and now finds herself here with us!

Rochelle Vogt also graduated from the University of Akron with a bachelor's degree in psychology and a minor in women's studies. She interned here at the RCC during her last semester in school and then volunteered until being hired in late August. Women's issues are of the utmost importance to her.



The rest of us here at Rape Crisis are very excited at the energy and enthusiasm that Rochelle and Brittney are already bringing to the office, and we expect great things from them! Also helping us for the next few months will be our two RCC Fall interns, **Megan Porter** and **Julianna Hamad**. With so much new blood and energy in the offices of the RCC, we can't help but be excited about the rest of 2011 and beyond!

Make a Difference! Volunteer with the RCC!



Are you an empathetic person? Do you have a passion for helping people, and a strong desire to make an immediate impact in peoples' lives? If so, then we would love to give you the opportunity to volunteer with the Rape Crisis Center of Medina and Summit County. We hold volunteer trainings at various times throughout the year in conjunction with the Battered Women's Shelter of Summit and Medina County. After completing the training, you will be qualified to volunteer and work with both agencies! If you would like to attend a volunteer training, email or call our Outreach and Volunteer Coordinator, Dave Rich at davidr@scmcbws.org or 330-860-5636.

Winter Session:

February 6th - 8th & February 13th - 15th

5:30pm – 9:00pm

must attend all six days

RSVP by February 1st

Spring Session:

May 12th & 19th

9:00am – 6:00pm

must attend both days

RSVP by May 9th

Summer Session:

August 6th - 8th & August

13th-15th

5:30pm – 9:00pm

must attend all six days

RSVP by August 1st

Fall Session:

November 3rd & 10th

9:00am – 6:00pm

must attend both days

RSVP by October 31st

STUDENTS!

Do you or someone you know want to be a student intern with the RCC? If so, contact Dave Rich at the number or email posted above for more information. Interning is a great way for students majoring in psychology, sociology, health studies and criminology to get real, practical experience in a non-clinical environment. Applications must be received by December 1st.

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Return Service Requested

www.rccmsc.org

healing. hope. empowerment



The RCC would like to thank our donors!

The Rape Crisis Center of Medina and Summit County would like to thank the following businesses for their donations over the past few months. Your contributions help us do everything from stocking the DOVE unit at St. Thomas hospital to rewarding our volunteers with gift cards. Without you, our jobs would be a lot harder. Thanks go to:

- **Carol Martin Salon** (www.carolmartins.com)
- **The Beauty Lounge** (www.thebeautylounge.net)
- **Christopher's Hair and Nails**
- **Bella Paloma** (www.bellapaloma.massagetherapy.com)
- **Dave's Supermarket-Middlebury Market** (www.davesmarkets.com)
- **Starbuck's** (Arlington Rd. location) (www.starbucks.com/store-locator)
- **Lowe's** (Stow location) (<http://stores.lowes.com/lowes/cgi/index>)
- **Angel Falls Coffee** (<http://www.facebook.com/pages/Angel-Falls-Coffee-Company/>)
- **Capri Pizza** (www.capripizza.net)

Thank you so much!

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