

## Domestic Violence and the Super Bowl

On Sunday, February 7, 2010, millions of people will tune in to watch Super Bowl XLIII from Tampa, Florida. In the past, Super Bowl Sunday has been a time of public debate over the prevalence of domestic violence in our communities. At times, domestic violence experts and those working to help victims have been criticized, in part because of decade-old claims that abuse increases on game day.

The Super Bowl and domestic violence probably became entwined in Americans' minds in 1993, when advocates helped convince the NBC television network to broadcast a public service announcement (PSA) on domestic violence during its Super Bowl coverage. The PSA featured a well-dressed man sitting in a jail cell saying, "I didn't think you'd go to jail for hitting your wife." Afterwards, the announcer said, "Domestic violence is a crime." And the myth began . . .

While many commentators applauded NBC's decision to air the PSA, others claimed the network had been coerced by inflated claims about Super Bowl Sunday being "a day of dread" for battered women—a day when abuse increases. Although there are claims linking sports broadcasts to increased domestic

violence and child abuse, no national studies have been conducted. A limited study conducted by the Southern California Injury Prevention Research Center at UCLA's School of Public Health found that football Sundays are not significantly associated with increased domestic violence calls. The findings are based on Los Angeles County Sheriff's Department dispatch calls related to domestic violence during a one-year period. Information from the



Sheriff's Department found that football Sundays were not associated with an increase in dispatch calls for domestic violence incidences.

Based on information from  
The National Resource Center on  
Domestic Violence

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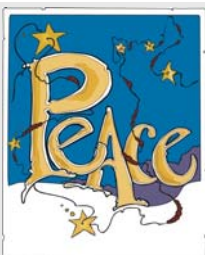
Legacy Society Member Profile:  
Theresia Heyden

If you no longer wish to receive this publication, please call Marva at (760) 757-3500.

**WRC:**  
**Changing**  
**Lives for 35**  
**Years . . .**

The Staff and Board of Directors of Women's Resource Center wish you a happy, peaceful, prosperous new year!

Winter Edition  
January 2010



# Effects of Domestic Violence on Children and

As the incidence of interpersonal violence grows in our society, so does the need for investigation of the cognitive, emotional and behavioral consequences produced by exposure to domestic violence, especially in children. Traumatic stress is produced by exposure to events that are so extreme or severe and threatening, that they demand extraordinary coping efforts. Such events are often unpredicted and uncontrollable. They overwhelm a person's sense of safety and security.



According to recent studies, more than half of the school-age children in domestic violence shelters show clinical levels of anxiety or posttraumatic stress disorder. Without treatment, these children are at significant risk for delinquency, substance abuse, school drop-out, and difficulties in their own relationships.

Children may exhibit a wide range of reactions to exposure to violence in their home. Younger children (e.g., pre-school and kindergarten) often-times, do not understand the meaning of the abuse they observe and tend to believe that they "must have done something wrong." Self-blame can precipitate feelings of guilt, worry, and anxiety. It is important to consider that children, especially younger children, typically do not have the ability to adequately express their feelings verbally. Consequently, the manifestation of these emotions are often behavioral. Children

may become withdrawn, non-verbal, and exhibit regressed behaviors such as clinging and whining. Eating and sleeping difficulty, concentration problems, generalized anxiety, and physical complaints (e.g., headaches) are all common.

Unlike younger children, the pre-adolescent child typically has greater ability to externalize negative emotions (i.e., to verbalize). In addition to symptoms commonly seen with childhood anxiety (e.g., sleep problems, eating disturbance, nightmares), victims within this age group may show a loss of interest in social activities, low self-concept, withdrawal or avoidance of peer relations, rebelliousness and oppositional-defiant behavior in the school setting. It is also common to observe temper tantrums, irritability, frequent fighting at school or between siblings, lashing out at objects, treating pets cruelly or abusively, threatening of peers or siblings with violence (e.g., "give me a pen or I will

smack you"), and attempts to gain attention through hitting, kicking, or choking peers and/or family members. Incidentally, girls are more likely to exhibit withdrawal and unfortunately, run the risk of being "missed" as a child in need of support.

Adolescents are at risk of academic failure, school drop-out, delinquency, and substance abuse. Some investigators have suggested that a history of family violence or abuse is the most significant difference between delinquent and non delinquent youth. An estimated 1/5 to 1/3 of all teenagers who are involved in dating relationships are regularly abusing or being abused by their partners verbally, mentally, emotionally, sexually, and/or physically. Between 30% and 50% of dating relationships can exhibit the same cycle of escalating violence as marital relationships.



From the American Academy of Experts of Traumatic Stress

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thank you for helping to make this publication possible

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To become a sponsor, call Lauren June at (760) 757-3500.

# The WRC Spirit of Giving

Saturday December 5<sup>th</sup> was a clear cold day but that did not stop over 100 volunteers from getting up out of bed and coming to Women's Resource Center (WRC) for the fourth annual "Spirit of Giving" holiday event.



WRC's basic services of case management, counseling, shelter and transitional housing go a long way toward helping victims get back on their feet and move



forward with their lives. However, families victimized or threatened by domestic violence often are facing financial hardships. Many who leave violent partners are not able to take many personal items with them and children often have to leave their prized possessions behind as well.

In an effort to try to bring some holiday cheer to these families, WRC began the



"Spirit of Giving" holiday event which has evolved into the current day long celebration. The goal of the day is for everyone to have as much fun as possible!

Refreshments were served and Santa was here to hear all the children's wishes.



Crafts were available for young fingers to enjoy and take home. Parents were able to choose 3 gifts for each child and also receive holiday food and a grocery store gift card. Teens received a gift card for Target or WalMart. Children had the chance to



choose gifts for their parents. All these gifts are then wrapped by groups of volunteers from the community including Sorop-



timist International of Carlsbad, Oceanside Civitan, Friends of WRC and the North

County African American Women's Association.

This year WRC, through the warm generous support of the community, served sixty-eight families with a whopping total



of 198 children! That is a lot of gifts and a ton of wrapping! We hope that all who were involved in this amazing day had a



meaningful holiday experience. And, for those of you who missed the fun, mark December 11, 2010 on your calendar for the fifth annual "Spirit of Giving"!



Thank you for your support!

# How to Fight Fair and Help Your Relationship Even in Conflict

No matter what we call it--conflict, fighting, arguing, quarreling or disagreeing--most families need more honest conflict resolution and less suppression of feelings. This can be accomplished in a fair and positive way by following these nine guidelines.

1. Be Respectful. Don't call names, use sarcasm or belittle your mate. Never put each other down -- know that to hurt one's partner is to hurt oneself. If you relapse into harsh words then immediately apologize.

2. Keep the problem the problem. Do not personalize it. Attack the problem not the person. Maintain ownership of your part of the disagreement. Use "I" or "we" statements instead of "you" statements.



3. Stay on one subject. If the fight is about a mother-in-law, then stay on that subject until there is some kind of resolution. Don't bring in other problems like money, drinking, etc. Handle one problem at a time.

4. Use time-outs as needed. If tempers are flaring and you find yourself losing control put the argument on "hold" or call a "time-out" and agree to meet back at a specific time when things have calmed down a little. It may help to do some physical activity like walking around the block or taking a shower to calm tempers.

5. Listen for understanding. Make a real effort to try and understand each other. Remember all of us want to be listened to. We want and need to feel that what we

have to say is important and that our thoughts and opinions are of value.

6. Don't mind read your partner by assuming that you know what they are thinking or feeling. Always ask your partner what they think and feel because feelings and thoughts change over time.

7. Try to see things from your partner's point of view as if you were walking in their shoes with their feelings and background. It doesn't mean you have to agree with them. When you validate your partner's feelings by acknowledging his/her viewpoint you open the door for the same in return and then both of you will be more willing to solve the problems together.

8. Seek to solve the problem. Work as a team. Don't bring in others (family, friends, etc.) to gang up on your partner. Use this phrase during an argument: "What can we do together to solve this problem? I am willing to do the following..." Then state what you are willing to do and then do it.

9. Forgive and accept each other. Truth can be spoken in love, when partners are bound together in forgiveness. We all need and want forgiveness. Remember the disagreement belongs to both of you.

Due to current budget constraints, Women's Resource Center's newsletter "WRC News" is shifting to a quarterly format. Please watch for your copy of the publication in January, April, July and October each year.

Thank you for your on-going interest and support.

# WRC's Website

## Have you visited lately?

If you have not been one of the 1,200 people a month who visit our website, then you don't know what you are missing. It's our "gift that keeps on giving". Find out what we do, see how we operate and how we care for people who come to us for safety and help.

The website supplies information and guidance to victims of domestic or sexual violence, their friends or acquaintances, students, donors, volunteers and the general public. While most inquiries are from the San Diego area, many come from throughout the U.S. and some from foreign countries.

Many victims don't know where or who to turn to for help. They can find out about our services, shelters, counseling services, what they need to do for their safety and their legal rights and resources. A Spanish language version of the site was recently created to broaden our outreach.

In addition to copies of our quarterly newsletters, there are printable publications about domestic and sexual violence issues. There is information about WRC's history, operation, financial information, the Thrift Store, our events and how to contact us.

We can accept secure on-line donations via the website. We have information about other ways to give including planned gifts in wills or trusts, multi-year donations, ways to donate and receive tax advantaged income for life and other financial vehicles.

It is exciting and satisfying to us that we can extend our help to a broader community. Come visit us at

[www.womensresourcecenter-wrc.org](http://www.womensresourcecenter-wrc.org)

See you there!



## Join WRC's Cell Phone Drive!

The Women's Resource Center is collecting used, unwanted cell phones. The proceeds from the collection efforts helps to fund our services and programs. Cell Phone Collection "drop boxes" are currently established at the following locations in Ocean-side:

- \* Women's Resource Center  
1963 Apple Street  
Oceanside
- \* WRC's Thrift Store  
3385 Mission Avenue  
Oceanside
- \* First Presbyterian  
2001 El Camino Real  
Oceanside
- \* Point Loma Credit Union  
2178 Vista Way, Suite E5  
Oceanside

Women's Resource Center's business offices will be closed for the following holidays:

### New Years

Thursday, December 31st

Friday, January 1st

### Martin Luther King Jr. Day

Monday, January 18th

### President's Day

Monday, February 15th

### Cesar Chavez Day

Wednesday, March 31st

Emergency services continue to be available at (760) 757-3500.

## WOMEN'S RESOURCE CENTER'S BOARD OF DIRECTORS

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Robert Gleason

### Legacy Society Member Profile

Theresa is one of the first members of the WRC Legacy Society. Originally from Germany, Theresa has lived and worked in many different countries, including Irian Jaya, a province of Indonesia, and Afghanistan to name only two. As a Registered Nurse, Theresa has helped countless people throughout the world and continues to work with the World Health Organization.

Locally, one of her strong interests is in volunteering for the Wounded Warrior Program at Camp Pendleton. She befriends many of the soldiers who enjoy coming to her home for Internationally-inspired meals. Theresa is a longtime proponent of human rights on a global scale, and we are fortunate to have her support. As a survivor as a Russian Prisoner of War during WW II, one of her favorite sayings is "What doesn't kill us makes us strong." How true!

Theresa, thank you for your support!

For information about how you can join the WRC Legacy Society, call our new Legacy Chairman, Bob Barrett at 760.434.5144 (email: [rbarrett@pacbell.net](mailto:rbarrett@pacbell.net))



Theresa Heyden (Right)  
(Shown with Colleen O'Harra on Left)



# Leaders in the Fight Against Domestic Violence and Sexual Assault

## CENTURY CLUB: (\$ 100— \$ 249)

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 Oceanside Women's Club  
 Barbara Penn  
 George Porter  
 Clair Poulsen  
 Victoria and David Povall  
 Rick Purvis  
 Edward Quirk  
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 Evelyn Scopacasa  
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 Lael and Don Dewhurst  
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## ADVOCATE, cont.:

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 Kaj Leonard—LNW Insurance Administrator  
 Mossy Nissan of Oceanside  
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 Patricia Richardson  
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 Marilyn and Allen Soucek  
 Ellen and Kevin Stotmeister  
 Christopher Thompson  
 Waste Management of North County  
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 Kathy and Mike Wolf

## PATRON: (\$ 1,000—\$ 4,999)

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 The Catheryn F. Kay Christensen Foundation  
 for Abused Women and Children  
 Community Service Association, S.D. Schools  
 The Country Friends  
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## PATRON, cont.:

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## What is Sexual Harassment in the Workplace

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature constitute sexual harassment when this conduct explicitly or implicitly affects an individual's employment, unreasonably interferes with an individual's work performance, or creates an intimidating, hostile, or offensive work environment.

Sexual harassment can occur in a variety of circumstances, including but not limited to the following:

- The victim as well as the harasser may be a woman or a man. The victim does not have to be of the opposite sex.
- The harasser can be the victim's supervisor, an agent of the employer, a supervisor in another area, a co-worker, or a non-employee.

- The victim does not have to be the person harassed but could be anyone affected by the offensive conduct.
- Unlawful sexual harassment may occur without economic injury to or discharge of the victim.
- The harasser's conduct must be unwelcome.

Sexual harassment is a form of sex discrimination that violates Title VII of the Civil Rights Act of 1964 and is illegal. For further information on your rights regarding sexual harassment, contact the United States Equal Employment Opportunity Commission by telephone or on the Internet.

# Women's Resource Center Staff

Executive Director  
Marva Bledsoe  
Director of Business Services  
Laura Kimsey  
Director of Residential Services  
Lindsay Samson  
Director of Client Services  
Jill Morgan

## Center Staff:

Joe McDaniel, Amparo Perez, Emily Egly, Lauren-Jane Stephenson, Janie Barba, Stephanie Murray, Katie Jacquet, Madison Omholt and Megan Petrides.

## Alternatives Shelter Staff:

Sandy McIntosh, Minerva Anderson, Judie Hathaway, Patrick Flynn, Theresa Walker, Mary Diaz and Mea'chelle Booker.

## Transition House Staff:

Helga Conner, Naomi Cooper, Abigail Long, Christina Feliciano, Carmen Maldonado, Eduardo Hernandez, Leticia Ortiz and Lee Conner.

## North County Family Violence

### Prevention Center Staff:

Nicole Lindsay

## WRC Thrift Shop Staff:

Glenda Pullen and Catalina Alvarado

# Women's Resource Center's Resale Shop

Located at  
3385 Mission Avenue  
Oceanside

Tuesday—Saturday  
10:00 a.m.—5:00 p.m.



Your purchased and donated items provide critically needed services to victims of domestic violence and sexual assault.

# Come Visit Us!

WRC is holding Open House Tours of our transitional housing and client services building. You are welcome to see first-hand how your contributory dollars are being used to help our women and children clients.

The next tours are:

**Wednesday, January 13th,  
at 11:00 a.m.**

**Friday, February 26th  
at 9:30 a.m.**

**Please call Marva Bledsoe at  
(760) 757-3500 to reserve a  
place in the tour group!**

## WRC SERVICE STATISTICS—August 2009 –October 2009

<b>CLIENTS SERVED:</b>		<b>SERVICES PROVIDED:</b>	
* Sexual Assault	59	* Adult Counseling	923
* Domestic Violence	625	* Children's Counseling	68
* General/Emergency Services	402	* Case Management/Follow-up	1,280
* Child Services/Child Abuse	50	* Emergency Services	720
* Housing Services:		* Referral and Information/Other	553
Alternatives to Abuse	155	* Crisis Assistance/Intervention	623
Transition House	5	* Shelter/Motel Bed Nights	2,465
		* Transitional Housing Bed Nights	6,369
<b>TOTAL CLIENTS SERVED</b>	<b>1,772</b>	<b>TOTAL SERVICES PROVIDED</b>	<b>13,001</b>

## SAVE THE DATE:

# WRC at the OUTBACK

Saturday, April 24, 2010

Tickets  
\$20.00

11:30 am and 1:00 pm seatings

Special Menu  
Entrée Choice of:  
Steak, Chicken or  
Fish

Outback Steakhouse

2485 Vista Way, Oceanside

See any WRC Board member or call Marva  
at Women's Resource Center

(760) 757-3500 for information or tickets.

See you on the  
Red Carpet!  
March 7, 2010



*Rebuilding Shattered Lives*

1963 Apple Street  
Oceanside, CA 92054

Phone: (760) 757-3500 (24 hours)

Fax: (760) 757-0680

E-mail: [wrcemail@aol.com](mailto:wrcemail@aol.com)  
[womensresourcecenter-wrc.org](http://womensresourcecenter-wrc.org)

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## WINTER 2010

### News from Friends of WRC

Friends sponsored a very successful “Fall in Love with WRC” cocktail reception in October where the new WRC video production “Rebuilding Shattered Lives” was debuted. In addition to donating \$1,000 for gift cards for teenagers for WRC’s “Spirit of Giving”, many members of Friends volunteered to help make the day truly special for many of the WRC client families. Plans are now underway for the February 11, 2010 “Have a Heart for a Child” luncheon.

Friends of WRC has a membership of 108. Friends thanks renewing members: Michelle Davis, Gigi Gleason, Jan Giguere, Jean Newmyer and Edith Jones. Friends also welcomes new members Michelle Bell, DJ Doss, Irma Cota and Colleen and Bob Barrett.

Friends of WRC supports special activities for the children in residence at Women’s Resource Center’s battered women’s shelter and transitional housing program. Through their membership’s “Fun Fund”, Friends provides for the “extras” that are not in the Center’s budget but which are so critical to creating a sense of normalcy and well-being for these children. The “Fun Fund” activities bring smiles to their faces, laughter to their voices, and provide light-hearted, childhood fun!

To join Friends, contact Marva Bledsoe at (760) 757-3500.



### Upcoming WRC Events— Mark Your Calendars

“Have a Heart for a Child”  
Luncheon

Thursday, February 11th

“Applause for a Cause”  
Academy Award Event

Sunday, March 7th

“WRC at the Outback” Luncheon

Saturday, April 24th



Women’s Resource Center (WRC) believes that all people should be free from the crimes of domestic violence and sexual assault. Those who are victims of these crimes should have access to services that assist them in recovering from their trauma and moving forward in their lives. Women’s Resource Center is dedicated to providing the highest quality supportive services, counseling, shelter and education to women, men and children involved in or threatened by domestic violence or sexual assault.

Women’s Resource Center is supported by : Private donations, State of California Department of Health Services, State of California Emergency Management Agency, Cities of Carlsbad and Oceanside, United States Department of Housing and Urban Development and United Way/CHAD designations