



# McDowell County FACES Newsletter

## The FACES of HOPE

October , 2012

facesfrn.com

email: facesfrn@yahoo.com

### RED RIBBON WEEK



Red Ribbon Week began after the kidnapping, torture and brutal murder of Drug Enforcement Administration agent Enrique "Kiki" Camarena in 1985. Agent Camarena had been working undercover in Guadalajara, Mexico for over four years. His efforts led to a tip that resulted in the discovery of a multimillion dollar narcotics manufacturing operation in Chihuahua, Mexico. The successful eradication of this and other drugs production operations angered leaders of several drug cartels who sought revenge. As a result, they murdered key informants and then, on February 7, 1985, they kidnapped Camarena and his pilot, Captain Alfredo Zavala-Avelar (taken separately on the same day).

Soon, representatives of the **Mexican Federal Judicial Police (MFJP)** presented a tip to DEA Agents claiming that Agent Camarena had been mistakenly kidnapped by a man and his three sons. The MFJP informed the agents that a raid of the man's ranch in Angostura would take place the following morning and invited them to come. However, the MFJP raided the ranch before DEA agents arrived. During the raid, they shot and killed five individuals. Not long after, a passerby discovered the bodies of both Agent Camarena and Captain Zavala-Avelar by the side of the road not far from the ranch. The terrifying events that followed Agent Camarena's disappearance were chronicled in U.S. media, exposing the world of drug trafficking including how far drug traffickers would go to maintain power and control.

After the men were found murdered, citizens in Camarena's hometown of Calexico, California donned red ribbons in his honor. The red ribbon became their symbol for prevention in order to reduce the demand of illegal drugs. California Congressman Duncan Hunter and teacher David Dhillon launched "Camarena Clubs" in California high schools. In 1986, club members presented a proclamation to Nancy Reagan, First Lady of the United States, who had initiated nationwide anti-drug programs. The following year, parent teacher organizations in California, Illinois and Virginia wore the red ribbons in late October and November. In 1988, the first National Red Ribbon Week was organized by the National Family Partnership (NFP), proclaimed by the U.S. Congress and chaired by Nancy Reagan.

**Henry C. Lozano**, who was Deputy Assistant to the President and Director of USA Freedom Corps from September 11, 2007 until July 25, 2008, helped to launch Red Ribbon Week in 1985. In 1985, Lozano, along with the Californian's for Drug Free Youth Board of Directors, created the first Statewide Red Ribbon Campaign in memory of his High School friend, Enrique "Kiki" Camarena, a Drug Enforcement Administration special agent. With the support of Congressman Duncan Hunter and City Councilman David Dhillon, Lozano helped to promote "Camarena Clubs" in Imperial Valley, California, Camarena's home. Hundreds of club members pledged to lead drug-free lives to honor the sacrifices made by Camarena and others on behalf of all Americans. From these clubs emerged the Red Ribbon Week campaign, and during the administration of President Bill Clinton it grew into a nation-wide service effort that touched the lives of millions of school-aged children.

The U.S. DEA website says that: "Red Ribbon Week is nationally recognized and celebrated, helping to preserve Special Agent Camarena's memory and further the cause for which he gave his life. The Red Ribbon Campaign also became a symbol of support for the DEA's efforts to reduce demand for drugs through prevention and education programs. By wearing a red ribbon during the last week in October and throughout November, Americans demonstrate their ardent opposition to drugs. They pay homage not only to Special Agent Camarena, but to all men and women who have made the ultimate sacrifice in support of our nation's struggle against drug trafficking and abuse."

# Breast Cancer Awareness Month

The National Breast Cancer Awareness Month (NBCAM) is a collaboration of national public service organizations, professional medical associations, and government agencies working together to promote breast cancer awareness, share information on the disease, and provide greater access to services.

Since its inception more than 25 years ago, NBCAM has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. NBCAM recognizes that, although many great strides have been made in breast cancer awareness and treatment, there remains much to be accomplished. Today, we remain dedicated to educating and empowering women to take charge of their own breast health.

Although October is designated as National Breast Cancer Awareness Month, NBCAM is dedicated to raising awareness and educating individuals about breast cancer throughout the year. We encourage you to regularly visit these sites to learn more about breast cancer, breast health, and the latest research developments.

In McDowell County, the Health Opportunities for Positive Education (HOPE) Coalition, a community coalition under the auspices of McDowell County FACES, the Family Resource Network. The Coalition has been in existence since 2001 and has worked to create system change and remove barriers to service delivery. The part-

ners educate for policy and environmental changes to reduce health risks including but not limited to breast cancer.

The Circle of HOPE Project began in 2008 and provided a contract coordinator who reaches out to women through circle meetings and in their homes. The Circle meetings and home visits concentrate on breast health, and encourage self and clinical examinations and mammograms. Through the Circle meetings women are encouraged to complete clinical breast examinations at targeted locations and women are provided referrals for mammograms with certificates to cover the costs through Bonnie's Bus and locally when the bus is not available. Volunteers encourage breast cancer prevention and awareness through events, walks, celebration dinners etc. Opportunities are provided for women and families to share stories and the number of women conducting self-examinations, clinical examinations, and mammograms will increase while barriers to services will decrease.

The program is funded through Susan G. Komen For The Cure, and coordinates with the McDowell County Health Department, WV Breast and Cervical Cancer Screening Program and it's County affiliates, Bonnie's Bus, Welch Community Hospital, and Kelly Medical to ensure high standards.

Contact Shelia Muncy at 304-967-5243 to schedule a Circle of Hope meeting.

Partners Include:



# Domestic Violence and Abuse



Domestic violence and abuse can happen to anyone, yet the problem is often overlooked, excused, or denied. This is especially true when the abuse is psychological, rather than physical. Noticing and acknowledging the signs of an abusive relationship is the first step to ending it. No one should live in fear of the person they love. If you recognize yourself or someone you know in the following warning signs and descriptions of abuse, reach out. There is help available.

Domestic abuse, also known as spousal abuse, occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. Domestic abuse that includes physical violence is called domestic violence. Domestic violence and abuse are used for one purpose and one purpose only: to gain and maintain total control over you. An abuser doesn't "play fair." Abusers use fear, guilt, shame, and intimidation to wear you down and keep you under his or her thumb. Your abuser may also threaten you, hurt you, or hurt those around you. Domestic violence and abuse does not discriminate. It happens among heterosexual couples and in same-sex partnerships. It occurs within all age ranges, ethnic back-

grounds, and economic levels. And while women are more commonly victimized, men are also abused—especially verbally and emotionally, although sometimes even physically as well. The bottom line is that abusive behavior is never acceptable, whether it's coming from a man, a woman, a teenager, or an older adult. You deserve to feel valued, respected, and safe.

## **Recognizing abuse is the first step to getting help**

Domestic abuse often escalates from threats and verbal abuse to violence. And while physical injury may be the most obvious danger, the emotional and psychological consequences of domestic abuse are also severe. Emotionally abusive relationships can destroy your self-worth, lead to anxiety and depression, and make you feel helpless and alone. No one should have to endure this kind of pain—and your first step to breaking free is recognizing that your situation is abusive. Once you acknowledge the reality of the abusive situation, then you can get the help you need.

## **Signs of an abusive relationship**

There are many signs of an abusive relationship. The most telling sign is fear of your partner. If you feel like you have to walk on eggshells around your partner—constantly watching what you say and do in order to avoid a blow-up—chances are your relationship is unhealthy and

abusive. Other signs that you may be in an abusive relationship include a partner who belittles you or tries to control you, and feelings of self-loathing, helplessness, and desperation.

Approximately one in three adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner – a figure that far exceeds victimization rates for other types of violence affecting youth.

One in five tweens – age 11 to 14 – say their friends are victims of dating violence and nearly half who are in relationships know friends who are verbally abused. Two in five of the youngest tweens, ages 11 and 12, report that their friends are victims of verbal abuse in relationships.

To determine whether your relationship is abusive, answer the questions below. The more "yes" answers, the more likely it is that you're in an abusive relationship.

## **Women don't have to live in fear:**

**In the US:** call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE).

Local Domestic  
Violence Shelter  
304-436-8117  
(SAFE).



# Bullying

**McDowell County FACES**  
P.O. Box 426  
25 Bank Street  
Welch, WV 24801  
Phone: 304-436-5255  
Fax: 304-436-5256  
Email: facesfrn@yahoo.com  
**Web: facesfrn.com**

FACES Meeting: 2nd  
Thursday of each month at  
noon —open to the public.

HOPE Meeting: 4th Monday at  
10:30 a.m.—open to the public.

Community Collaborative  
Team: 4th Monday at 12:00  
noon —open to the public.

**Location: FACES Office**

This newsletter  
brought to you by funds  
from the WV DHHR.

## “SPEAK OUT”

### Against Domestic Violence

A Service will be held  
on October 1, 2012,  
12:00 pm at the River  
Front Park in Welch

**Mayor, Reba Honaker**  
will be signing a Proclamation in observance of  
Domestic Violence  
Awareness month.

**Guest Speakers will  
be:  
Doris Young  
Former DV Advocate  
And  
Margaret Cashman  
Survivor**

The public is Invited Please  
come and show your support  
to end Domestic Violence in  
our Community

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

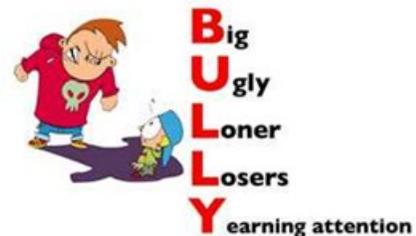
Early childhood often marks the first opportunity for young children to interact with each other. Between the ages of 3 and 5, kids are learning how to get along with each other, cooperate, share, and understand their feelings. Young children may be aggressive and act out when they are angry or don't get what they want, but this is not bullying. Still, there are ways to help children.

Helping Young Children Get Along with Others: parents, school staff, and other adults can help young children develop skills for getting along with others in age-appropriate ways.

1. Model positive ways for young children to make friends. For example, practice pleasant ways that children can ask to join others in play and take turns in games. Coach older children to help reinforce these behaviors as well. Praise children for appropriate behavior. Help young children understand what behaviors are friendly.
2. Help young children learn the consequences of certain actions in terms they can understand. For example, say “if you don't share, other children may not want to play with you.” Encourage young children to tell an adult if they are treated in a way that makes them feel uncomfortable, upset or unhappy, or if they witness other children being harmed.
3. Set clear rules for behavior and monitor children's interactions carefully. Step in quickly to stop aggressive behavior or redirect it before it occurs.
4. Use age-appropriate consequences for aggressive behavior. Young children should be encouraged to say "I'm sorry" whenever they hurt a peer, even accidentally. The apology should also be paired with an action. For example, young children could help rebuild a knocked over block structure or replace a torn paper or crayons with new ones.

There are many other types of aggressive behavior that don't fit the definition of bullying. This does not mean that they are any less serious or require less attention than bullying. Rather, these behaviors require different prevention and response strategies.

1. Peer Conflict
2. Teen Dating Violence
3. Hazing
4. Gang Violence
5. Harassment
6. Stalking
7. Workplace Bullying
8. Early Childhood
9. Young Adults



If you have concerns about bullying, you can talk to your parents or caregivers, the personnel at the Board of Education, SAFE, Police, Magistrates, or Pastors. Speak up, don't keep it in.