

LOOKINGBACK

25 YEARS AGO

Scott Gorden and Becky Dahlen were named September Students of the Month at Falls High School. Judy's Stitch and Sew is now at its new location, 400 Third St., and is open for business.

40 YEARS AGO

Robin Johnson of the Falls is playing varsity football for the Concordia Cobbers at a center position. Lawrence Lamon of the Falls Imports, Loman Route, has successfully completed a three-day Subaru technical training course conducted at Elk Grove Village, Ill.

50 YEARS AGO

Mr. and Mrs. E.J. Helmer, a couple who have lived all of their 58 years of married life on their farm at Loman, were honored by relatives and friends who gathered at the Clayton Peterson's home. Four new residences on Loman Route are being built by Charles Kuttes, Ronald Langdon, Wallace Napper and Westley An-

dereson. A boy, Robert, was born today at Falls Memorial Hospital to Mr. and Mrs. Lynn Belanger, 7 pounds, 8 1/2 ounces. A girl, Alaine Marie, was born today at Falls Memorial Hospital to Mr. and Mrs. Wayne Simonson, 8 pounds, 1 1/2-ounce.

60 YEARS AGO

Thrilled students were on their feet to cheer Bronco halfback Eugene Kjellgren as he sprinted 65 yards for his team's seventh touchdown in the third quarter of the game with Chisholm in Sports Stadium. This was the Broncos' final home game and they crushed Chisholm 51-18. Mr. and Mrs. Victor Soboleski, Liberty Addition, announce the engagement of their daughter, Mary, to Oscar Stavseth, Ranier. Mrs. William Stone was honored at a surprise birthday party at her home, 921 Seventh St. About 20 women attended the event. Mr. and Mrs. Charley Denny have returned from Bremerton, Wash., and

expect to make their home here.

70 YEARS AGO

Rose Hellekson of the Mando time office staff is leaving M&O this week. She plans to return shortly to her home at Lake Crystal to assist her husband in publishing the Lake Crystal Tribune. Pvt. Luella L. Lookabill has been selected to attend WAC Army Administration School at the Arkansas State Teachers College, Conway, Ark. She was enrolled in the WAC on Aug. 19 and received her recruit training at Daytona Beach, Fla. Mrs. Frank Twomey, 411 Sixth St., entertained 16 guests at her home in honor of her birthday. A chop suey dinner was served at 6 o'clock. Miss Patricia Lynch, instructor in piano, announced today that she has moved her studio from 519 Fifth Ave. to Apartment 1, over Corrin's Plumbing shop. *Compiled by the Falls Public Library. Visit them at www.international-fallslibrary.us*



Kelly Meyers, city building inspector, shows resident Chrystal Clance and members of the Falls City Council drawings of an animal shelter.

SHELTER

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the county board discussed the loan idea Shermoen this week and agreed to the concept. Meanwhile, Meyers discussed with the council the designs of the building, which include a unisex accessible bathroom, office, separate cat and dog kennel areas, an intake area, mechanical and janitorial area and an animal bathing area.

“This meets all the criteria of what is needed for an animal facility,” he said. Wetland credits were required, he noted. He described the materials that will be used for the building, which can be expanded for future needs. Utilities must be brought to the building, said Meyers. Constructing a new facility grew from discussions that started in 2010, when city and county officials joined with BHS volunteers to consider ways to

remove the existing shelter from its location within construction of the community's sanitary sewer plant. When more about state and federal requirements were known, it became apparent to the group that the existing facility could not be temporarily moved and few places to locate the facility were available. The new site is expected to be surrounded by a public dog park and is not near residences.



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ABUSE

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as others from violence. “It is happening right here in our community,” said LeeAnn Meer, executive direction of Friends Against Abuse. “I believe that talking about it is the only way to get (domestic violence) to stop.” The event is set to begin at 4 p.m. at Backus Community Center and include a mile-long walk and free dinner. In International Falls, Friends Against Abuse has acquired 353 new clients from June 2012 to May 2013, which adds to the 3,800 ongoing contacts, she said.

“That is just in domestic violence,” she said. “In the general crime program, we had 281 new clients and 1,434 ongoing contacts. In sexual assault, we had 29 new victims and 136 ongoing contacts.” Meer said there are several patterns that lead to domestic violence and stressed that it is learned behavior.

“People are not born abusers,” she said. Such is the case with the woman who shared her story.

“My dad was very abusive to my mom,” she said. “I remember being sent to my room a lot...I think it was my mom's way of protecting me.” Her mother and father divorced when she was 7, and soon the family moved in with her mom's new boyfriend who would eventually become her stepfather. “With him, life was better,” she said. “There was more structure. We had rules, we had bedtimes, we were expected to do chores.”

It was when she was 15 that she met her boyfriend through a family member. “I really wasn't interested in having a boyfriend,” she said. “To be honest, I was still playing with Barbie dolls.”

Against her parents' wishes, she began dating the older boy and eventually starting lying to her family in order to spend time with him.

“My parents didn't like him,” she said. “He was really rude to them. Looking back, I don't blame them for not liking him.” The boyfriend began manipulating her by saying her parents were trying to control and ruin her life.

“Eventually, I ended up running away,” she said. “My parents would call the police and they'd come looking for me...Eventually, the cops told them by the time my case goes to court I'd be 18 years old. They pretty much told my parents to let me go – and they did.”

The memory instantly triggers a flow of tears

and it takes her several minutes before she can begin reliving the early stages of the abusive relationship.

“I ended up moving in with him and his family,” she finally manages to say. “I cut off all contact with my family.”

When she was 17 years old, she learned she was pregnant. Shortly after, the abuse started.

While he was happy about the pregnancy at first, she says “everything went downhill from there.”

“I don't really remember the exact first time he beat the crap out of me, but I do remember one of the first times,” she said choking back tears, explaining she couldn't recall what prompted the beating. “He held a pillow over my face and ripped out my hair after dragging me up the stairs...I didn't even scream for him to stop. I just remember putting my hands behind my back because it hurt so bad. I don't remember telling him to stop.”

Following the abuse, she sequestered her bruised body in her bedroom for days, terrified of what people would think if they saw her.

“I was embarrassed,” she said. “I didn't want anyone to ask my questions.”

As time went on, she would eventually lose the baby more than halfway through the pregnancy as the abuse continued.

“When I went to the hospital (after the miscarriage), I think the nurses saw the bruises on my arm, but they didn't say anything if they did,” she said.

Meer said society plays a role with generations who suppressed talking about domestic violence, considering it a private matter for families in the home.

“We need to talk about it,” she said of domestic violence. “We need to do something. We can't ignore what happens behind closed doors.”

In the woman's case, little was done. She said his family knew about, his friends knew about, but everyone stayed silent.

“Everyone was scared of him,” she said. “Nobody wanted to upset him – they were scared of what he would do.”

As the relationship progressed, she admitted there were good days and the couple had a good time together.

“Sober, he was a lot of fun,” she said. “But it wasn't very often he was sober.”

Having never experimented with drugs or alcohol herself, she admitted she was naive when it came to understanding how substance abuse could change a person. “My (biological) father

was a drunk, too,” she said, “I guess I maybe thought that was just normal.”

The beatings continued on a regular basis and she said she mustered up the courage to escape the situation several times. Each time, however, ended in him finding her and convincing her things would change.

“They would change for awhile,” she said. “But never for long. I think I was too scared of what he would do to me if I didn't go back to him.”

Meer said the woman's situation is common.

“The most dangerous time for people, especially women, is when they leave – that is when most murders occur,” she said.

Through the years, the couple had children together and as they got older, she said they began to understand the harmful situation they were living in.

“My (child) would sleep with clothes on and keep a bag packed in case we had to escape in the middle of the night,” she said. “There were times we would just sleep in the car and hide from (my boyfriend).”

Even after the couple split, the boyfriend would work his way around the legal system to get close to and threaten his family. The woman said she almost always slept with a light on – on the nights she didn't, he would break down the door.

“There were multiple times I thought he was going to kill me,” she said. “I was always scared. I am still always scared.”

Meer said one of the goals of Friends Against Abuse is to increase domestic violence response so abusers face more accountability.

“We do believe we can put an end to this violence, but we're nowhere near that point,” she said. “However, Minnesota is on the cutting edge of the response, understanding and training on domestic violence. We are way ahead of the pack, but we have a long way to go. These crimes shouldn't be happening. When society stands up with the message that (domestic violence) can't happen and it needs to stop, then is when we'll start to see an end.”

As she nears the end of reliving her experience, the woman said she has mended the relationship with her parents, her kids are doing well in school, and she said she thinks she is a better person.

Still, even though the physical scars are faded, the emotional distress continues to haunt her.

“I know I'm hard to love,” she said. “I don't trust anybody. I don't know if that'll ever change.”



This is Ken Lupelow and Bernice Lamb

Ken has been diagnosed with Malignant Non-Small Cell Carcinoma

Ken has had a long, hard road with the treatment and travel he and his family have already endured. Ken recently underwent a second operation and again pulled through! A second round of chemotherapy and radiation will begin on October 22, 2013 in an attempt to treat his cancer. Their long and difficult journey continues and we attempt to continue to provide support for medical and travel expenses. Please join us for a Benefit for Ken and Bernie on October 17, 2013 at the Dairy Queen. Dairy Queen has agreed to donate a percentage of the daily sales to Ken and Bernice to help with medical and travel expenses. All donations are greatly appreciated.

Thank you in advance,
Friends and Family of Ken Lupelow and Bernice Lamb

Walk a Mile
in Her
Shoes



International
March to Stop Gender Violence

A great opportunity for our community to raise awareness about the serious causes and effects of gender abuse.


Please join
Friends Against Abuse
October 23rd • 4-6 p.m.
At Backus Community Center


Dinner served after the walk!
Everyone of all ages welcome!

It's Shack Season

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