

# 'No woman'

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I'd tried to defend myself. I had finally decided to start fighting back. The charges were dropped against me and he just paid a fine."

The two moved back to Jacksonville and the cycle continued. Maryann would leave him, move in with her mother, go back to him, then she became pregnant again. When her son was born this past March, social services

took him - and her daughter - away from her because of the continual violence in the home. Her husband came to the hospital "acting crazy," was arrested and is now serving a year in prison. Maryann went to Quigley House again.

She said losing her kids was a wakeup call (she has since regained custody of them), and she will not go

back to him again. She doesn't want her children to grow up thinking it's OK to hit women. She stayed at Quigley House two months and they helped her find her own apartment. "They are wonderful there," she says. "They are teaching me to know the red flags so I won't ever be with another abuser. No woman deserves to be beaten."

## We Need Your Help

On September 2, a robbery and sexual battery occurred at the Winn Dixie store located at 12777 Atlantic Blvd. The pictured suspect is a black male, possibly in his mid to late 20s, 5'9" tall, 190 lbs.

If anyone recognizes the suspect or has any information about this crime, please contact CrimeStoppers at 866-845-TIPS or the JSO Sex Crimes Unit at 630.2168.



Skeletal remains of a female have been discovered in Nassau County, and this sketch shows what she may have looked like. Tests are being run that may determine her identity. If you can identify or know anything about this woman, please call Nassau County Sheriff's Office at (904) 353-7072.

## STRENGTH AND SUPPORT

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# DOMESTIC VIOLENCE

## Safety Tips For You and Your Family IF YOU ARE IN DANGER, CALL 911

or your local police emergency number  
To find out about help in your area, call  
National Domestic Violence Hotline:  
1-800-799-SAFE 1-800-787-3224 (TTY)

*Whether or not you feel able to leave an abuser, there are things you can do to make yourself and your family safer.*

### IF YOU ARE AT HOME AND YOU ARE BEING THREATENED OR ATTACKED:

- Stay away from the kitchen (the abuser can find weapons, like knives, there).
- Stay away from bathrooms, closets or small spaces where the abuser can trap you.
- Get to a room with a door or window to escape.
- Get to a room with a phone to call for help; lock the abuser outside if you can.
- Call 911 (or your local emergency number) right away for help; get the dispatcher's name.
- Think about a neighbor or friend you can run to for help.
- If a police officer comes, tell him/her what happened; get his/her name and badge number.
- Get medical help if you are hurt.
- Take pictures of bruises or injuries.
- Call a domestic violence program or shelter; ask them to help you make a safety plan.

### HOW TO PROTECT YOURSELF AT HOME

- Learn where to get help; memorize emergency phone numbers.
- Keep a phone in a room you can lock from the inside; if you can, get a cellular phone that you keep with you at all times.
- If the abuser has moved out, change the locks on your door; get locks on the windows. Plan an escape route out of your home; teach it to your children.
- Think about where you would go if you need to escape.
- Ask your neighbors to call

- the police if they see the abuser at your house; make a signal for them to call the police, for example, if the phone rings twice, a shade is pulled down or a light is on.
- Pack a bag with important things you'd need if you had to leave quickly; put it in a safe place, or give it to a friend or relative you trust.
- Include cash, car keys and important information such as: court papers, passport or birth certificates, medical records and medicines, immigration papers.
- Get an unlisted phone number.
- Block caller ID.
- Use an answering machine; screen the calls.
- Take a good self-defense course.

### HOW TO MAKE YOUR CHILDREN SAFER

- Teach them not to get in the middle of a fight, even if they want to help.
- Teach them how to get to safety, to call 911, to give your address and phone number to the police.
- Teach them who to call for help.
- Tell them to stay out of the kitchen.
- Give the principal at school or the daycare center a copy of your court order; tell them not to release your children to anyone without talking to you first; use a password so they can be sure it is you on the phone; give them a photo of the abuser.
- Make sure the children know who to tell at school if they see the abuser.
- Make sure that the school knows not to give your address or phone number to ANYONE.



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