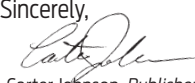


Dear reader,
Congratulations to our Spring 2020 Subscriber Campaign winners Duane & Denise Carlson! They will receive \$250 in local gift cards. Thank you to all of our subscribers and the tremendous outpouring of support that we received with this year's campaign. See page 2 for more information.
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Carter Johnson, Publisher

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KIDS CLUB C.A.M.P.: Given green light for summer PAGE 6



Coping with assault: Virtual help offered

BY SHANNON GRANHOLM
LEAD EDITOR

Editor's note: The Quad Community Press does not name victims of sexual assaults. The survivor will be referred to as "Jane."

May 8, 2015 will forever be the worst day of Jane's life. That's the day everything changed.

The assault

On the Friday following Cinco de Mayo, Jane, 25, went to a bar with some friends for a birthday celebration. They ran into a group of four men. One of the men introduced himself as "Hugo."

"I thought he was creepy but I did think one of his friends was cute, so I continued talking to his friend," she recalled. Hugo became irate and began calling Jane vulgar names when she started to pay more attention to his friend.

Jane, who was sober, decided to leave the bar and drive the 10 minutes back to her apartment. Once she got home, she was trying to lock the door when she felt resistance and before she knew it there was a man in her apartment. She quickly recognized him as Hugo. He said, "We are going to get to know each other very well."

Jane tried to make it to her bedroom, where she had a 9 mm gun in her nightstand. "When I opened my bedroom door, my dogs rushed out.

They believed we had a visitor and wanted attention. Scared for my dogs and knowing I couldn't protect them and go for my gun, I froze," she recalled. "Before I could get any further into my bedroom, he rushed me and slammed the door behind him. He grabbed me by the hair on the back of my head and shoved me on my bed.

I remember thinking God, please don't let him rape me."

When the assault was over and Hugo had left, Jane did the one thing you are not supposed to do after a sexual assault: she showered.

"I felt so gross and sticky. I felt like I smelt like this rancid smell that I could smell coming from him. I felt so disgusting that my first reaction was to get into the shower," she said. Jane works in criminal law, so she knew once the evidence was gone, there was a very slim-to-no chance that the perpetrator would ever be caught.

"I also felt a lot of shame and guilt. I thought it was my fault and that I was going to be blamed for this," she said. "They won't see me as a victim, they will just see me as a slut."

Alexandra House Executive Director Connie Moore said, "A lot of times victims won't report because they are feeling like — somehow — they are responsible for what happened. They feel that if they had done something different it wouldn't have happened to them, so it is their fault."

SEE COPING WITH ASSAULT, PAGE 11



District steps up to honor class of 2020

BY SHANNON GRANHOLM
LEAD EDITOR

The class of 2020 has missed out on a lot. That's why the Centennial School District is doing all it can to celebrate seniors and give them a memory they can cherish.

After Gov. Tim Walz announced that districts would not be able to have an in-person graduation this year, district staff had to put their heads together and explore ideas for the best way to send off its seniors.

"The end of the school year is nothing that I could have ever imagined. For our graduating seniors, it's been especially difficult, and we acknowledge that," said Superintendent Brian Dietz. "Although our graduation ceremony will look very different, we will celebrate and honor the class of 2020 in new ways. We are proud to have these young people in our community and know they will be successful in all of their future endeavors."

"At this time, our hall should be full of kids ... I've seen the kids through Google Meets, but it is not the same as seeing them in classrooms or in the hallways," High School Principal Tom Breuning reflected. "Not having activities, not being able to do the musical, not having a sports season ... those are the things we love to see. That has been really tough."

Everything will all kick off with a celebration video May 26. The video will highlight the activities and events held earlier in the school year that the seniors did not miss out on. Watch the high school's website (isd12.org/schools/high-school/centennial-high-school) for a link to the video.

SEE CLASS OF 2020, PAGE 7

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COPING WITH ASSAULT: ‘You are not alone’

FROM PAGE 1

Aftermath

Jane was not able to tell her family or friends about the assault for well over a month after it happened. Anxiety and depression set in and she decided she needed to reach out to her primary physician.

“I remember driving in my car — I was going to meet with a client for work — when the doctor called for my appointment, and I just vomited everything that happened out to her. She was the first person I told,” she said. “She was super kind, she told me how sorry she was and that it wasn’t my fault.”

Jane began seeing a therapist and psychiatrist in July 2015. After only three appointments with her therapist, she stopped going to appointments because she found she just wasn’t ready to talk about it.

Moore said, “The more that we don’t deal with those things, the harder it is when you start to actually address them.”

It took Jane two years to work up the courage to see a therapist again. This time, she saw a trauma therapist.

“That is a really big turning point for the healing process for victims, to realize that it is not their fault,” Moore explained. “I think our society reinforces victim blaming. It is built into our society that somehow the victim of these crimes somehow had some responsibility in it.”

Jane was diagnosed with complex post-traumatic stress disorder (CPTSD), which is caused by repeated trauma over months or years, rather than a single event. Jane disclosed that she was also abused and neglected as a child.

“It (the assault) affects my everyday life greatly. I don’t have a break from it ever, but that is normal when you are going through trauma therapy and you are working on it,” Jane said. “I have flashbacks every day, and I relive the event several times a day.”

Five years after the assault, Jane has night terrors and trouble sleeping. She is on a handful of medications, doesn’t go to bars, is cautious of her surroundings and cannot go outside at night. She is still not able to talk about the assault in detail with her friends. She has been in a relationship with her partner of almost five years and requires very strict boundaries.

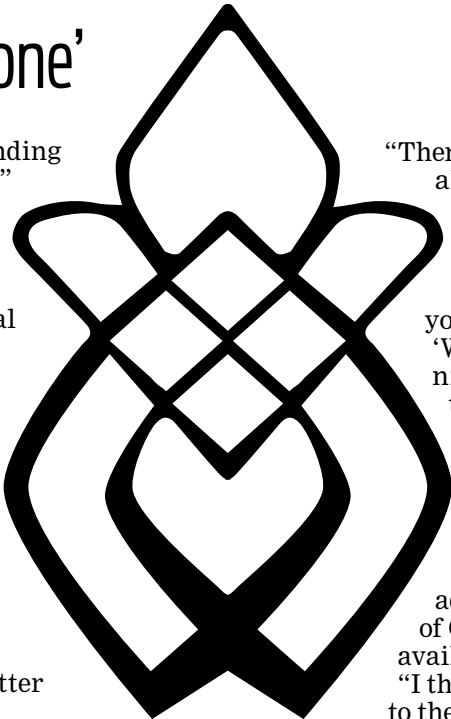
“Luckily, I have a very understanding partner who respects me on that.”

Advice

Jane wants survivors who may find themselves in a similar situation to know that it is normal to feel guilty if you choose to not report the assault. “The guilt that you feel, and hoping that it doesn’t happen to another person, is normal,” she said. “It hurts and sucks knowing that you didn’t report it and somebody else could get hurt. That doesn’t have anything to do with you; that has everything to do with the perpetrator.”

Jane added, “It is not and will never, ever be your fault, no matter how much you feel like it is, no matter what you were wearing or if you weren’t careful enough, it is never going to be your fault.” She also recommends that victims seek help from a trauma therapist.

Moore said Alexandra House advocates and advocates of other organizations are there to listen, walk you through the options available and support you in whatever option you choose.



California-based illustrator Jacqueline Lin created this Fire Rose Unity symbol, which many survivors of sexual assault, including Lady Gaga, have now permanently inked on their bodies as a tattoo.

“There is help out there, and you are not alone. If you call Alexandra House, there is no judgment there, it is all confidential ... Just know that there are people there to listen,” she said. “Nobody is going to say, ‘Why were you in that restaurant or bar?’ ‘Why did you walk down that street at night by yourself?’ That is not going to happen.”

Tina Bronson, marketing director, explained that advocates can be there with you if you decide to report the assault or go to the hospital for injuries or a rape kit. Many hospitals are not allowing advocates inside right now because of COVID-19; however, advocates are available by phone 24/7.

“I think a lot of people are afraid to go to the hospital right now. The police are still seeing the crimes, but victims and survivors are not reaching out like they would have,” Moore said.

“There is a lot of fear not only for themselves, thinking they might get sick, but when they call the police and get their perpetrator in jail, that person might get sick.”

Lead Editor Shannon Granholm can be reached at 651-407-1227 or quadnews@presspubs.com.



ONLINE SUPPORT GROUPS:

Alexandra House is initiating virtual support groups to support survivors of domestic, sexual and relationship violence and elder abuse. These groups provide an opportunity to connect and share personal experiences and feelings, discuss coping strategies and find comfort and support during the COVID-19 crisis and the recovery that follows.

Virtual support groups will be available via live Doxy.me video calls and will be led by trained support group facilitators. Alexandra House currently has three groups: Support and Healing for Survivors of Sexual Violence; On Our Way – For Women 50-plus; Support and Healing For Survivors of Domestic Violence.

Advance registration is required for all support groups: call 763-780-2330 or email supportgroups@alexandrahouse.org for more information. All services are confidential and group sessions will not be recorded. For more information, visit alexandrahouse.org/virtual-support-groups-are-now-available/#

24-hour help line: 763-780-2330

POLICE REPORTS

The Lino Lakes Police Department reported the following incidents:

- An officer responded to a report of ducklings stuck inside a sewer drain in the 200 block of Century Trail May 12. Officers were able to successfully reunite the ducklings with their mother.
- An officer took a theft report of street signs in the 8200 block of Rondeau Lake Road E. May 12. There are no suspects at this time.
- A community service officer (CSO) responded to a dog bite complaint in the 700 block of Oak Lane May 12. The CSO spoke to the victim and another party and the investigation is ongoing.
- Officers responded to a grass fire in the 8000 block of Rondeau Lake Road E. May 12. The fire was extinguished upon police arrival, and the fire department is investigating the incident.
- An officer received a call about juveniles

lighting off fireworks in the 500 block of Lonesome Pine Trail May 13. The officer was unable to locate the juveniles.

- The police department received multiple calls about coyotes and passed along information for the conservation officer in the area. The officer also advised residents of options to keep the coyotes away.
- Officers responded to a business in the 7000 block of 21st Avenue May 14 on a report of an unknown suspect stealing cigarettes. The case remains under investigation.
- An officer received two noise complaints May 15 in the area of Lake Drive and Pine Street. The officer made contact with the resident and advised him to keep his music volume down.
- Officers were dispatched to a report of a lost dog in the 200 block of Baldwin Circle May 16. Upon investigation, an adult

female was arrested for an unrelated offense from another jurisdiction and booked into jail.

- Officers responded to the 700 block of Apollo Drive May 18 on a shoplifting report. The offender was subsequently trespassed from the business and arrested.

The Centennial Lakes Police Department reported the following incidents:

- Officers responded to the 9000 block of North Highway Drive in Lexington May 13 on report of a burglary. Multiple suspects were located and charged.
- Officers were dispatched to the 3800 block of Woodland Road in Lexington May 14 on a burglary report. Information was collected.
- A theft was reported in the 7000 block of Goiffon Road in Centerville May 15. Information was collected.

- Officers responded to the 0 block of Shady Way in Circle Pines May 16 on report of suspicious activity. A female suspect was located at an unoccupied townhome and was issued a citation.
- Offices located a suspicious vehicle in the 1800 block of Main Street May 17. A juvenile passenger was subsequently arrested on a warrant.
- Police were dispatched to the area of Main Street and 20th Avenue in Centerville May 17 on report of a slumper. The male was subsequently arrested for third-degree DWI.
- Officers responded to a phone call report of a theft from motor vehicle in the 30 block of Village Parkway in Circle Pines May 19. The caller said an unknown suspect had entered his locked vehicle in the garage and removed a laptop.

PUBLIC SAFETY BRIEF

Two men OK after plane crash in Lino Lakes

Around 9:45 a.m. Wednesday, May 20, the Lino Lakes Public Safety Department was dispatched to Rice Lake, within the 6900 block of Lake Drive, for a seaplane that crashed into the water. Upon initial investigation, the department found two adult male occupants of the airplane to be uninjured and out of the plane. A nearby resident navigated a small boat to the capsized plane and brought both of the occupants to shore. The Federal Aviation Administration, Anoka County Sheriff’s Department and the Lino Lakes Public Safety Department are investigating the incident.

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PUBLIC NOTICE

CITY OF LINO LAKES NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Planning and Zoning Board of the City of Lino Lakes, Minnesota will hold a public hearing on June 10, 2020 at 6:30 p.m. in the Council Chambers at Lino Lakes City Hall, 600 Town Center Parkway, Lino Lakes, Minnesota, to consider the following:

Applicant: Laborers Training Center
Property Address: 2350 Main Street
PIN#: #24-31-22-14-0003
Land Use Application: Conditional Use Permit for 2 or more buildings on the same lot
Proposed Project: The applicant proposes to construct a 37,284 sf training facility to the east of the existing facility.

For further information regarding the above item, contact City Planner, Katie Larsen, at 651-982- 2426.

Anyone wishing to be heard regarding these items will be given the opportunity at the time of the hearing. If you have any questions or need special accommodations, please call 651-982-2400.

Julie Bartell City Clerk
Published one time in the Quad Community Press on May 26, 2020.