



April 2010

Board Member Highlight

Special points of interest:

- Janell Grant
- Randy Meininger
- Chatroulette
- April is National Child Abuse Prevention Month
- Tiles of Hope
- Sidney OPEN HOUSE
- Training Opportunities

We are now on Facebook please check it out and become a fan.

**Janell Grant**

Janell joined the Capstone Board of Directors in 2008. Janell has had training in the SANE program and has done multiple assault exams since the initial training in February 2007.

Janell has been a registered nurse since 1976. She worked at Box Butte General Hospital for 13 years then at Regional West Medical Center for 8 years. She finished her Master's degree in Family Nurse Practitioner in 1998 and then began employment at the Pediatric office in Scottsbluff for 9 1/2 years. She currently owns her own practice (Alliance Children's and Allied Health, Inc.). Janell is board certified as a Family Nurse Practitioner and Pediatric Nurse Practitioner. She is also a PALS (Pediatric Advanced Life Support) instructor.

Other Community involvement:

Board Member Team Mates

Board Member Golden Halo

In her "spare" time, she and her husband of 19 years enjoy spending time with their 6 children and their 5 grandchildren, camping, and she enjoys riding her motorcycle.

Randy Meininger

Randy is a native of the Scottsbluff/Gering area. He is a graduate of Gering High School and attended Western Nebraska Community College and Chadron State receiving his license as a Nationally Registered Paramedic. He received his Ambulance Service Management Certification in 2005. Randy has been the owner of Valley Ambulance Services Inc. since 1979 and is the manager of Emergency Response Care in Sidney, Nebraska for Regional West Medical Center. He currently serves on the State of Nebraska Region Four Trauma Board, the local CAPstone Board and is a member of the steering committee for the Rural Nebraska Regional Ambulance Network. He has also served on the Governor's Blue Ribbon Committee to improve health care in Nebraska.

Randy has received awards for Employer of the Year from the City of Scottsbluff, Who's Who in Leading American Executives., The Presidential Award of Excellence from the Cheyenne County Chamber of Commerce in Sidney, and in 2003 he received the Lloyd M Westerbuhr Award for Vision, Dedication and Service toward the delivery of trauma care in the region. Randy was elected to the Scottsbluff City Council and has served as Mayor since 2006.

Randy's wife Kim is a Certified Orthopedic Nurse at Regional West Medical Center. They fill their spare time keeping up with three active boys. Jordan works as a Registered Paramedic. Kyle is a sophomore at Scottsbluff High School and Kaldon is in the 7th grade at Community Christian School.

Chatroulette

<http://www.chatroulette.com>

What Parents Need to Know

This review of *Chatroulette* was written by [Jacqueline Rupp](#)

Parents need to know that Chatroulette allows anyone with a webcam and Internet connection to instantly video chat with any other visitor anywhere in the world. Even if you don't have a web cam, you can still use the site and view the other people using it. All you do is go to the site's homepage, click a button to sync your webcam, and you are instantly connected randomly with other users. The roulette part comes in because if you don't want to chat with the person you are paired with, you just click Next and another person randomly appears. You can continue to click Next -- and so can the other user -- until you find someone you want to chat with. The site requires no registration or age verification. In our visits, and in news coverage about the site, most of the people using the site appear to be masturbating men -- often with the webcam focused on their genitals. The randomness of the site means that you just never know and can't control who you are going to interact with next. Besides the sex, there's also the danger of impressionable teens meeting total strangers -- and since there is no content filter on the site, you have no idea where the conversation could lead. Besides these risks there's also the ease with which rejection occurs. Anyone who visits will inevitably get passed aside for someone else. Finally, adding insult to injury, there are the people who visit just to mock other users.

Families Can Talk About

Talk to your kids about the media in their life. We have more [tools and tips that can help](#)

Families can talk about why this site poses so many risks to teens. What [basic internet safety rules](#) does the site violate?

Families can talk about why people would choose to visit a site like this to talk to random people. Would there be a way to make this intriguing concept more safe? Do you think this site will remain completely anonymous and will it become regulated?

Families can talk about the changing ways we interact as a society. How does it change how you socialize if you can simply click "Next" and move on to the next person, without the need for an explanation or even a goodbye. Do you think being anonymous like this gives you the chance to behave in ways you wouldn't with someone you knew. Will this make it easier for [people to be mean to one another](#)? If you'll never see someone again, is it easier to not think of their feelings?

These webcam interactions are set up as private anonymous chats between one cam and another. This sometimes leads users to do things they normally wouldn't do online, like [appear naked](#) or do something sexual. Is this a good idea even for adults? Are these interactions really private? Is there the potential for these images and videos to be spread all over the internet via screen grabs and video recordings. Can a site like this be just as dangerous as [sexting](#)?

Cheyenne County 1184 Teams

This team is represented by:
County Attorney, Paul Schaub
Health and Human Services
Law Enforcement
Sidney Public Schools
Mental Health

The Cheyenne County Investigation Team and The Treatment Team meet on a monthly basis under the leadership of County Attorney Paul Schaub.

Capstone has a satellite office in Sidney.

April is National Child Abuse Prevention Month

capstonescbf@embarqmail.com

www.capstonenebraska.com



Scottsbluff, NE - April 2010 - CAPstone Child Advocacy Center would like to remind everyone that April is Child Abuse Prevention Month. CAPstone uses pinwheels to symbolize the need for Child Abuse Prevention.

Scottsbluff (our office), we will “plant” one pinwheel for every abused child who has been interviewed at CAPstone since we opened our doors in 2000. We have 1156 pinwheels (each representing one child interviewed) to “plant” this year. In addition, we are selling 1156 pinwheels to businesses, individuals and organizations who want to support our program and our efforts at Child Abuse Prevention.

Please Join us on April 1st at 1:30 p.m. at 513 West 24th Street to help us plant our pinwheels, and to view our pinwheel garden.



Thank You

Midwest Theatre

For \$130 - percentage of proceeds
from the movie “Precious”



TILES OF HOPE

CAPstone Fundraiser @

Create Away 1717 Broadway, Scottsbluff

\$25 tile (proceeds go to CAPstone)

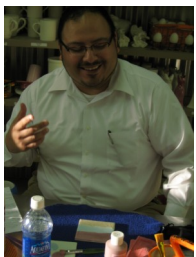
~HELP BRIGHTEN A CHILD'S MOMENT~

~HELP DECORATE THE NEW

CAPSTONE CENTER~

Please call CAPstone Child Advocacy Center (308) 632-7274, Create Away owner-Heather Mueller (308) 635-2929, or CAPstone Board of Director Member-Dr. Kate Painter (308) 641-2366 with any questions!

Community Party: April 10th (10 a.m.—2 p.m.) @ Create Away





CAPstone Sidney Office
1240 Jackson
Sidney, NE 69162



SIDNEY

CAPstone Child Advocacy Center

OPEN HOUSE

*You are invited to our Open House, celebrating
the opening of our Sidney Office.
Please come enjoy some punch and cookies with
us, view our office and learn about CAPstone.*

DATE: Monday, April 5, 2010

Time: 2:00 p.m. - 4:00 p.m.



Training Opportunities

Multidisciplinary Team Training

Thursday, April 15th or Friday, April 16th

(Depending on your County)

8:30 a.m. - 3:00 p.m.

Harms Advanced Technology Center

Who: County Attorneys, Law Enforcement, DHHS
Caseworkers, Mental Health & Medical Professionals,
All Members of your 1184 Investigative Team

What: Overview of MDT's, protocols, Challenges
of the Team Approach, Personalities and Politics,
Conflict Resolution

Why: Free Lunch, Free Training, Free CEU's

To register call CAPstone at (308) 632-7274

Bridges Out Of Poverty

April 21, 2010

8:30 a.m. - 3:30 p.m.

To Register:

www.panhandlepartnership.com

Pediatric Sexual Assault Nurse Examiner Training

May 10 - 14, 2010

8:00 a.m. - 4:00 p.m. daily

Harms Advanced Technology Center

2620 College Drive, Scottsbluff, NE

Registration Fee: \$150

*****Registration fee will be reduced to
\$100 if you agree to be a provider for
CAPstone, and agree to attend peer re-
view.**

**Can be used for non-peer reviewed licen-
sure hours.**

For more information contact:

CAPstone at (308) 632-7274