

Author Honored for Her Work Helping Abused Women



(Sturgeon Bay, WI) Jan Goff LaFontaine is being honored by HELP of Door County, Inc. with the 2006 “Friend of Victims” award. Jan is being recognized for her efforts with her ‘Out of the Shadows’ photo exhibit and the resulting book *Women in Shadow and Light: Journeys from Abuse to Healing*. “These projects are more than another abuse story, Jan has been instrumental in bringing attention to the healing process of victims of abuse,” says Barb Maskell, Program Director for HELP.

HELP of Door County, (Wisconsin) Inc is a nonprofit agency working with victims/survivors of domestic abuse. The meeting and award ceremony will take place on April 20, 2006 at Leathem Smith Lodge in Sturgeon Bay, WI, 8:30 a.m. The award is given every year during April, Sexual Assault Awareness Month

Begun as a photography exhibit, *Out of the Shadows*, the project started in rural Door County, Wisconsin, but eventually led Goff-LaFontaine to subjects across the nation as she sought to complete *Women in Shadow and Light* (ISBN: 0974961051; \$35.; Women's Issues / Photography; Creative Minds Press; 160 pages; website: <http://www.janlafontaine.com>) . The subjects are women who have experienced every economic situation from homelessness to the champagne lifestyle; they span many ethnicities and ages; they are the famous—such as Laura Davis, co-author of *Courage to Heal*—to the “ordinary”—such as the 62-year-old farm wife who left her abusive marriage. Each woman helped create her portrait as a personal symbol of healing, often focusing on one aspect of her body she felt was most affected in the healing process.

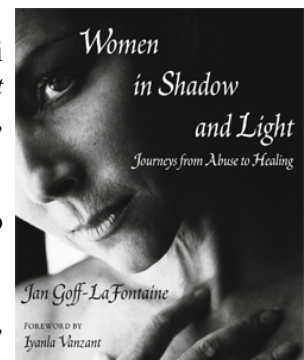
“[A] compilation of powerful words and images that hit the reader *kapow*—right where they should—in the spirit. It’s enough to send a person soaring.—Connie Gotsch, host of “Write On Four Corners,” KSJE

“An inspiring book.”—Ellen Bass, co-author of *The Courage to Heal*

“Whether it is at a kitchen table, on a park bench or from the driver’s seat in a mini van, women tell stories about themselves and their lives. *Women In Shadow and Light* tells their stories so that we may all learn the lessons of healing.” —Iyanla Vanzant, author/ founder of Inner Visions Worldwide, from the foreword.

“This work, I believe, will give hope to thousands of women to take that first step to freedom.”—*Book Review Café*

James Auer, art critic for the Milwaukee Journal Sentinel said of *Out of the Shadows*, “The pain is palpable, the healing implicit in the photographic images.”



Jan Goff-LaFontaine is a photographer and author whose ongoing work is dedicated to bringing awareness and healing through art. Her photos have been exhibited in galleries and museums throughout the United States and are included in many private and public collections. *Out of the Shadows* is on a national tour through 2007, and was the genesis for *Women in Shadow and Light*. Goff-LaFontaine's previous book *Reflections—Between the Lines* (2000) focused on Vietnam veterans. She is on the faculty of Peninsula Art School in Wisconsin, teaches privately from her home studio in Aptos, CA and continues to do freelance photography.

####

For more information; author or cover jpegs, a media copy or to schedule an interview with Jan, contact Jacqueline Church Simonds 775.827.8654; 775.827.8633 (fax); jcsimonds@beaglebay.com