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## Who make a difference

### Outstanding Service for a Better Community

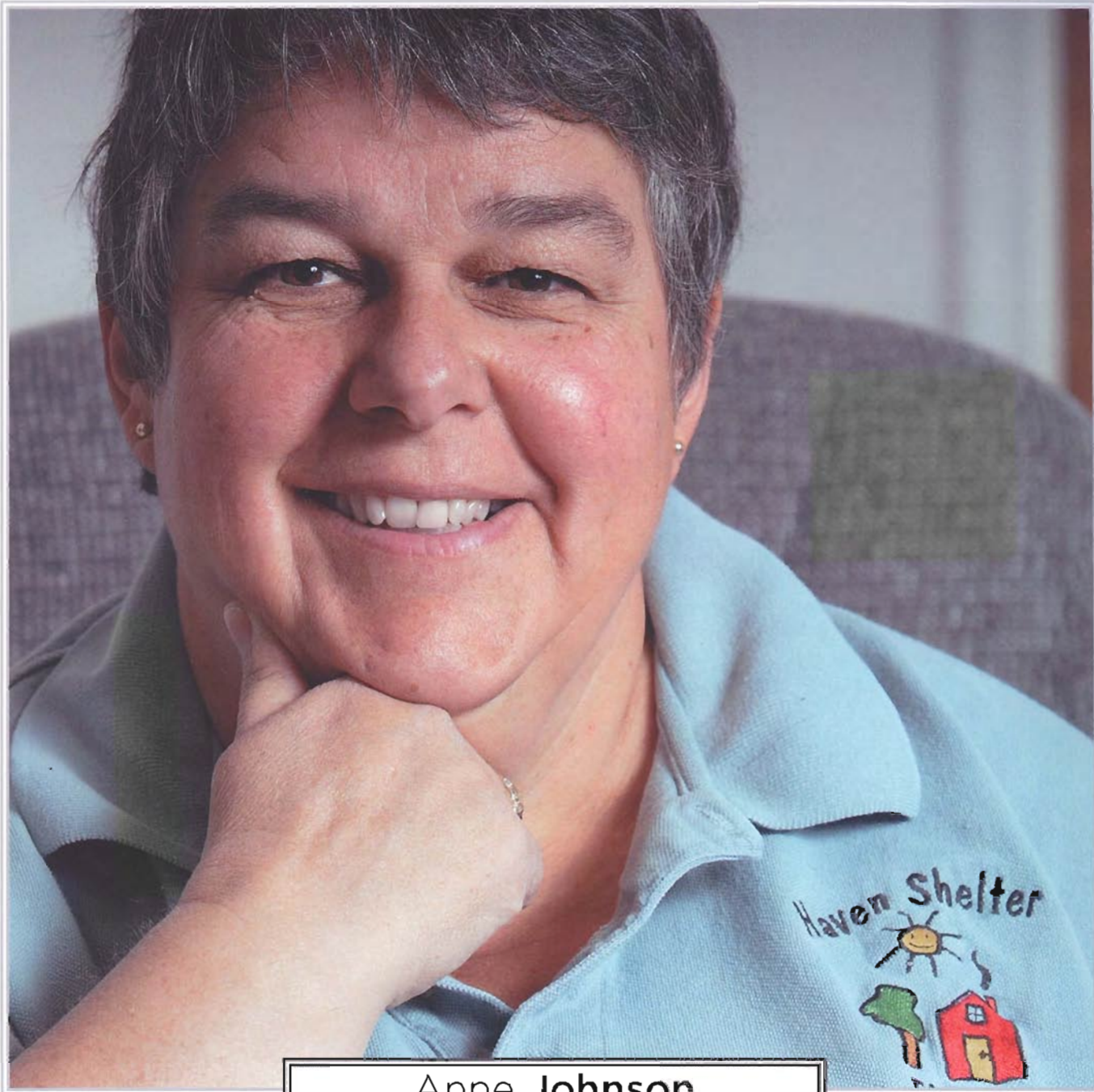
BY NANCY I. BUTLER | PHOTOS BY KORT DUCE

**HAVE YOU CONSIDERED** making a difference in your community? Here are some excellent examples of individuals who choose to make positive differences in many lives including their own.

With the support of family, friends and the community, you too can find some avenue to improve a life, perhaps your own.

All you have to do is reach out and help someone and your heart will soar. The old saying, "helping others helps yourself," has been proven over and over. Just visit with any of these people who love to help others and you will see and feel the compassion and genuine love ooze from them.

Go on, take a chance and lend a helping hand.



Anne Johnson

## Providing Safe Haven | Compassionate soccer mom brings people back from the edge

**ANNE JOHNSON IMMIGRATED TO AMERICA** from France when she was 4 years old. She met her husband of 29 years while enlisted in the U.S. Navy stationed in Hawaii. They were both working as computer intelligence technicians and later ended up in Idaho Falls.

For the past 11 years Johnson has been the director for The Haven Shelter which is a temporary housing facility for families and single women in crisis.

The Haven is a division of Eastern Idaho Community Action Partnership and aids families and single women who want to live productive lives. Those staying at the shelter come from dire situations where addictions like drugs and alcohol are the norm.

Helping them is Johnson's greatest accomplishment.

"You have to have compassion here and you can't take any crap," she said.

The Haven has taken on cutting-edge training called Moral Recognition Therapy or cognitive self-change.

"These new training principles are reinforcing the theories we already knew," Johnson said. Interestingly, the idea that behavior modification is a new theory baffles those who have been using it for years, including Anne.

"It's a hard row and you can't enable them, but they deserve a life as a human being." It might be considered a tough love concept, and it is working.