

she

Shines™

SUMMER 2009 ● FREE

celebrating the aspirations and accomplishments of women



eliminating racism  
empowering women  
**ywca**

share it  
trust it  
smile

**GIRLS THRIVE**

award winning *She Shines*, 2009 Metcalf Award for diversity in the media

published by YWCA Northern Rhode Island ● volume 5, number 2 ● [www.sheshines.org](http://www.sheshines.org)

# she Shines calendar.....

Mollie and Lola!



## june

Events are listed on the calendar as space allows. Submissions may be e-mailed to [info@sheshines.org](mailto:info@sheshines.org), faxed to 401-769-7454, or mailed to *She Shines*, c/o YWCA Northern Rhode Island, 514 Blackstone Street, Woonsocket, RI 02895.

● **June - August, Roger Williams Park Zoo Camp:** For kids ages 4-17, includes arts/crafts, nature games, environmental activities and animal encounters. Call to register, 401-785-3510. [www.rwpzoo.org](http://www.rwpzoo.org)

● **June 8 - August 21, YWCA Summer Camps:** Doodle Bugs for ages 2 1/2 - 3 1/2. Busy Bee for ages 3-5. Kids Sports Club for ages 4-6. Adventure Camp for ages 6-12. Junior Leadership for student entering grades 7, 8 and 9. A sampling of themes: Bubbles & Boats, Catch the Beat, Teddy Bear Tumbling and Ancient Mysteries. Call 401-769-7450 for details on activities, days, times, prices. Located at 514 Blackstone Street in Woonsocket.

● **June 11, Before the Violence Starts:** Learn about the public health approach to primary prevention of domestic violence and sexual assault. Participants will get an overview of risk and protective factors for sexual assault and domestic violence as well

## july

as evidence based primary prevention strategies for community groups to consider. 10am-noon. Cost: \$20. Contact Anayra Garcia, 401-467-9940. [www.ricadv.org](http://www.ricadv.org)

● **June 22, Safe Sitter Courses:** From 9am to 4pm. Teaches essential skills for babysitters age 11-14, and advocates for safe child care, good parenting skills and responsible adolescents. Fee \$40 and includes all materials. At Rhode Island Hospital Gerry House, 593 Eddy Street in Providence. To register call Robin Zaman, 401-431-5410. Call for another course option in July. [www.lifespan.org](http://www.lifespan.org)

● **June 27 - July 2, RICJ Youth Leadership Program:** Summer Camp at Camp Aldersgate for youth ages 15-19. Communication skills, leadership abilities, inter-group understanding, conflict resolution, self-awareness, community involvement and community learning. Call 401-467-1717 x103 for an application. [www.ricj.org](http://www.ricj.org)

● **June 29 - July 10, Future Leader's Buddy Up:** A day program for girls entering grade 9 and up. Girls learn or improve basic camp skills: fire building, lashing, arts/crafts, orienteering, songs and games. Attend four days of training at Camp Cookie, Camp Green Forest or Camp Promising Acres followed by an apprenticeship at a Girl Scouts Rhode Island day camp. Cost \$165. Call 401-331-

4500 x1401. [www.gsri.org](http://www.gsri.org)

● **July 6 - August 14, All Children's Theatre (ACT) Summer Academy:** ACT camps, for ages 4-17, develop acting, singing, and performing skills while providing a place to express creativity, meet new friends, gain self-confidence and explore imaginations. Directed by Heather Kiely, 401-728-1222. [www.actinri.org](http://www.actinri.org)

● **July 18 and 19, Go Fly a Kite:** At the Providence Children's Museum, 100 South Street. Kids create paper kites. For ages 5-11. Free program with Museum admission of \$7.50 per person. Call 401-273-KIDS. [www.childrensmuseum.org](http://www.childrensmuseum.org)

● **July 20 - 31, Camp Metalhead:** Free metalworking and public art program for ages 14-18. An introduction to different career opportunities through hands on projects and tours to museums, studios, and related industries. Register by June 15. Call 401-273-7101. [www.theesteelyard.org](http://www.theesteelyard.org)

● **July 23, Toe Jam Puppet Band:** From 10-11am at Ballard Park in Newport. Free. Children's entertainment encourages singing and dancing with unique combination of original songs, shadow puppetry and story telling. Concert is in the nature preserve's Quarry

## august

Meadow. Seating is on the grass. Plan to arrive early to ensure parking and time to make your way to the meadow.

On Hazard Road in Newport. Call 401-619-3377. [www.ballardpark.org](http://www.ballardpark.org)

● **August 2, Under the Mystic Sea:** Children's songwriter Maria Sangiolo performs her latest album, a compilation of songs that teach us about celebrating the sea and protecting the

creatures that live there. Free family concert begins at 4pm, arrive early with blanket, snacks and relax in Lippitt garden. Rain date: August 16. Part of the Hunter Music Series at Governor Henry Lippitt House Museum, 199 Hope Street in Providence. Call 401-272-5101. [www.preserveri.org](http://www.preserveri.org)

● **August 16-21, Camp Hope:** The American Cancer Society recognizes that kids with cancer or who had cancer, ages 7-17, need space and time to just be kids. Free residential camp in North Scituate. Siblings are also welcome. Activities: arts/crafts, fishing, canoeing, dance party, sporting events and overnight movie campout. Medical needs can be met while at camp by a nurse practitioner and pediatric oncologist. Call 401-243-2628.

august 26

WOMEN'S  
EQUALITY  
DAY



**publisher**  
Deborah L. Perry



**editor**  
Lisa Piscatelli



**website administrator**  
Meaghan Lamarre

**contributors:**

*writers*

Kalyana Champlain, Michelle Cruz, Karen Gager, Girls of the Future, Nicole Kelly, Ivette Luna, Stump Olsen, Carole Patriquin, Isabel Rodriguez and cartoonist Betsy Streeter

*photographer*

Agapao Productions

*cover artist*

Jee Yoon Choi

*She Shines*

c/o YWCA Northern Rhode Island

514 Blackstone Street

Woonsocket, RI 02895

p 401 769 7450, f 401 769 7454

www.sheshines.org, info@sheshines.org

*She Shines* is published four times a year and distributed free throughout Rhode Island and southeastern Massachusetts. All stated opinions are those of the individual authors and not of the publication as a whole. All magazine content, including articles, advertisements, art, photographs and design is copyright © 2009, *She Shines*, all rights reserved. No portion of this magazine may be copied or reprinted without the written permission of the publisher. *She Shines* is a trademark of YWCA Northern Rhode Island. The circulation for this summer edition is 8,000.

**how to:**

**contribute.** *She Shines* welcomes letters to the editor, articles, poetry, stories, graphics, photos and calendar events. Contact us if you have an inspiring story to tell or have a suggestion of someone to be featured. Only original contributions will be considered and may be edited due to space limitations. Include contact information including name, e-mail, address and phone number. Images provided electronically must be high-resolution.

**submit cover art.** The cover is reserved as a gallery of art in keeping with the *She Shines* theme. For consideration, send in a photo by e-mail attachment or mail. This is a wonderful opportunity for local artists to show their work. A biography is published in conjunction with the "Artist Canvas" section of *She Shines*.

**advertise.** Visit sheshines.org to view the advertising media kit. *She Shines* reserves the right to refuse to sell space for any advertisement the staff deems inappropriate for the publication.

**receive the magazine.** *She Shines* is a free publication mailed to members and friends of YWCA Northern Rhode Island. To be added to the mailing list, send in the subscription form - available online or on page 4. The magazine is also available at YWCA Northern Rhode Island and at various special events.

*opportunities and environments for girls to thrive*  
**contents**

2 **calendar:** summer camps and events

3 **artist canvas:** "Inside the Fish Bowl"  
Jee Yoon Choi

**express yourself:** Women of Achievement  
Visit [www.womenofachievementri.org](http://www.womenofachievementri.org) for details:  
nominating, luncheon tickets and underwriting opportunities. Theme for 2009 announced soon!

4 **from the editor:** thumbs up to women and girls  
share it, trust it, smile

**sense ability:** girls do play baseball

5 **to the editor:** fight epidemic of underage drinking  
Carole Patriquin

6 **students speak:** young voices from Central Falls  
Girls of the Future

7 **just sayin':** how much is beauty worth?  
YWCA asks

8 **health for her:** Youth Risk Behavior Survey  
insight from the health care community

9 **quotes from herstory:** "I ran for office . . ."  
female elected officials

13 **she spirit:** rock n' roll camp for girls  
Michelle Cruz

14 **interview:** the value of mentoring  
Latina Leadership Institute

18 **on the rhode:** YWCA Gymnastics Academy  
at home

19 **shining with:** "I do it from the heart."  
legacy of Jackie Court

**She Shines interviews:**

10 champion Katelyn Bouyssou  
Judo/wrestling

11 Olympian Elizabeth Beisel  
swimming

12 PIP graduate Casandra Lewis  
a woman with goals

**in her words:**

15 Stump Olsen and Isabel Rodriguez  
Youth Pride's OUTspoken Playaz

16 Karen Gager  
Big Sisters of Rhode Island's Amachi program

17 Nicole Kelly  
Girl Scout Troop 73

❖❖❖ **special:** ywca summer programs



*artist canvas*

**Jee Yoon Choi receives gold key in painting**

**J**ee Yoon Choi is a student at St. Mary Academy - Bay View. She won a 2009 Gold Key from Rhode Island Scholastic Art Awards for this self-portrait entitled "Inside the Fish Bowl." The painting was done in acrylic paint and is 40" wide by 8" tall. The assignment was given in her Advanced Studio class taught by Mary Jane Andreozzi.

"Jee is very skilled technically and creatively . . . I have been teaching art at St. Mary Academy - Bay View for 21 years. I'm still impressed and inspired by what my students achieve. I enjoy teaching here . . . the all girl environment is a huge plus. It creates an

environment that nurtures leadership qualities in women and encourages them to set their standards high," Andreozzi says.

Choi enjoys art and history. She likes to draw, read, and hang out with friends.

She transferred to St. Mary Academy - Bay View a year ago, the class of 2010. "The teachers really care about how you are doing," Choi says. "It's really supportive."

As for Choi's future aspirations, "I'd like to do something with art." ❖❖❖

- *She Shines*

share  
it

from the  
editor

## thumbs up to women and girls

There is much to celebrate in the summer edition of *She Shines*. For starters, congratulations to the program partners of the Girls Nontraditional Trades Forum, Judge O. Rogeriee Thompson, and our own boast – YWCA Northern Rhode Island.

Inside you will find more individuals and organizations investing their time and resources to provide opportunities and environments for girls to thrive. Thank you for your ongoing efforts – our elected female officials, the health care community, Northeastern Girls Collaborative, and specifically Mary Jane Andreozzi, Jackie Court, Michelle Cruz, Lynn Davignon, Elizabeth Anne Keiser, Stump Olsen, Carole Patriquin, Sandy Riojas, and Jessica Vincent.

You will also see shining examples of inspiration within our community's youth: swimmer Elizabeth Beisel; Judo/wrestler Katelyn Bouyssou; artist Jee Yoon Choi; little sister Xyrie; girl scouts Becky, Casey, Jessica and Leann; educator Isabel Rodriguez; graduate Casandra Lewis; and Girls of the Future Club participants Jarnee Xavier, Elizabeth Obedus, Nicaury, Nunez, Ariannah Veiera, Janeth Anaya, Arianna Carter, and Bianca Vega.

You all shine! ✨

Lisa

Your comments are welcome; e-mail [sheshines@mac.com](mailto:sheshines@mac.com).

eliminating racism  
empowering women

**ywca**

northern rhode island



**YWCA Northern Rhode Island** receives a 2009 Metcalf Award, a premiere award given in Rhode Island to recognize professional journalists for creating stories that promote diversity. The YWCA was honored for *She Shines* magazine, a series of articles themed around minority health and nontraditional occupations for women in Rhode Island.

**The Honorable Judge O. Rogeriee Thompson** is nominated for 1st U.S. Circuit Court of Appeals.

**Girls Nontraditional Trades Forum** held eight workshops in 2009 on carpentry, electrical, lead abatement, oxy-acetylene torch, tapping a water main, reading blueprints, crane simulator, educational/apprenticeship expo. Pre-event, 18.2% of girls considered entering a nontraditional trade. Post-event, 80.7% of girls would consider entering a nontraditional trade. "Girls can do anything boys can do." [www.ricw.ri.gov](http://www.ricw.ri.gov)

photos from middle:  
by *She Shines* and Robert Micallef

## subscription form

*She Shines* is a free local publication. For a subscription, send us your name, title, organization/company, address, e-mail, phone and any comments. E-mail to [info@sheshines.org](mailto:info@sheshines.org) or mail to *She Shines*, c/o YWCA Northern Rhode Island, 514 Blackstone Street, Woonsocket, RI 02895. Donations are optional. All donations to YWCA Northern Rhode Island are appreciated. They help support programming and *She Shines*, a local magazine of women's issues. Thank you!

trust  
it

## expanding STEM opportunities for girls

Science, Technology, Engineering and Mathematics

The Northeastern Girls Collaborative brings together organizations throughout Massachusetts, New Hampshire, Rhode Island and Vermont that are committed to informing and motivating girls to pursue careers in science, technology, engineering and mathematics (STEM). Network, share resources, and collaborate on STEM related projects for girls. Call Shanna Wells at 401-222-6105 or visit [www.ngcproject.org](http://www.ngcproject.org) to enter your organization in the directory.



"We need to prepare our young women for the knowledge economy."

- Trudy Mandeville

CEO/president, Techcomm-Partners



photos by *She Shines*

sense ability

smile



Copyright © 2009. All rights reserved.  
Printed with permission - Betsy Streeter, cartoonist.  
Visit Brainwaves at [www.betsystreeter.com](http://www.betsystreeter.com).

## underage drinking derails youth

educate yourself and the youth around you

There is an epidemic sweeping our homes and it has the power of destruction. Its name is underage drinking. It fools our youth with a false perception of acceptance, it tells them they are invincible, makes them momentarily brave, and as long as they don't get behind the wheel, they think nothing can touch them.

Did you know that alcohol use has become a staple in our youth's lives? Oh they may not drink yet but it surrounds them everyday. Bulletins and pictures are posted on Myspace and Facebook sites, they see teens drinking on MTV reality shows and on teen soaps like "Gossip Girl", "One Tree Hill" and in shows such as "Friday Night Lights." It's all over the big screen and some of the most popular movies in this generation are centered on kids at parties drinking with no consequences. For example the movie "Superbad" portrays heavy teen drinking and it is the number one top rated high school comedy of all time, grossing \$121,463,226.00 throughout its duration in theaters. Alcohol ads are plastered in TV commercials, billboards, and magazines and we have yet to mention the music that teens listen to because a certain song has a catchy beat and then sooner or

later they are singing along to the lyrics. One particular song that is out right now is "Blame it" by Jamie Foxx. One of the verses is as follows . . . "Blame it on the goose, gotcha feeling loose. Blame it on the 'tron gotcha panties off. Blame it on the ah-ah-ah-alcohol, blame it on the ah-ah-ah-alcohol. Blame it on the vodka, blame it on the henny. Blame it on the blue tap got you feeling dizzy. Blame it on the ah-ah-ah-alcohol." This song continues on as he persists to get the female drunk and her guard comes down until they have become intimate. The message the youth are getting is that it's ok to be promiscuous at a party because it was really just the alcohol.

Nationally, approximately 1 in 6 girls become sexually active after consuming alcohol. Teen girls who binge drink are 63% more likely to also become teen mothers, and 1 in 4 girls reported to have driven under the influence or had gotten in a car with someone who had been drinking.

Today's youth are falling victim to underage drinking. Educate yourselves and the youth around you. Set guidelines and standards on the influential aspects of your children's lives. Underage drinking does not just impair their ability to drive; it also low-

ers their inhibitions, thus putting them in danger of violence and risky sexual behavior. Deadly combinations with other substances including prescription drugs and a prevalence to drink faster and more aggressively put youth at a huge risks for alcohol poisoning, which can be fatal.

In terms of development, the human brain is more fragile and vulnerable between ages 10-20 years old as it is still developing social and emotional interactions, cognitive skills, and complex thinking skills, judgement, multi tasking and memory. Therefore exposing brain cells to alcohol at this level of growth can cause devastating effects. So ask yourself, what will I do to help fight this epidemic?

To learn more about underage drinking and drunk driving you can go to [www.madd.org](http://www.madd.org) or contact the Woonsocket Prevention Coalition at 401-766-3342. Don't wait. Act now.

Carole Patriquin, youth coordinator  
Woonsocket Prevention Coalition  
*photo by Agapao Productions*



# Experience

## Little Moments. Big Magic. Huge Impact!



## Become a Big Sister mentor

Big Sisters is seeking diverse women throughout Rhode Island for our Hermana a Hermana, Amachi and Traditional programs.



**Big Sisters**  
of Rhode Island

[www.bigsistersri.org](http://www.bigsistersri.org) • Call (401) 921-2434 ext 101 or Email: [mentoring@bigsistersri.org](mailto:mentoring@bigsistersri.org)

Elizabeth Anne Keiser is artistic director of TALL University (Transitions through ArtsLiteracy Learning University). She was a RISCA merit playwright, and has worked in film and television (SAG) on Lifetime, PBS, and AMC channels. She performs in Rhode Island, particularly at Providence Black Repertory Company, and in collaboration with Everett Dance Theatre and Carriage House. *photo courtesy of Keiser*



# Girls of the Future!

TALL University, Central Falls, Rhode Island, 02863

There is a lot of TALL (University) thinking going on in Central Falls, Rhode Island. Students leaders of all ages have a lot of fun reading and writing and using literacy as a key to success. The Girls of the Future, of TALL University, speak to She Shines Magazine about why they are so successful as girls in 2009.

What kinds of things do the Girls of the Future do to make Rhode Island a better place? We make movies about bullying and other problems that students face. We dance and perform theater, film, and comedy based on tough decisions and lessons that we learn as we grow up. We are working on a newspaper, and we're turning our Saturday program into a television show. We help students by teaching them the kinesthetic teaching approaches we use to help us communicate as a group. We have done workshops at the Providence Country Day School, William R. Dutemple in Cranston, Bryant University Early Childhood Conference, RI-TELL Conference at Rhode Island College, the RISD Creature Creation Camp at Big Nazo, as well as the Big Sisters of Rhode Island Creature Creation Sunday workshops. Next week, we're going to the Pedagogy of the Theatre of the Oppressed Workshop in Minneapolis, Minnesota!

## OUR DREAMS, by Maria Naranjo and Elizabeth Obdeus

Elizabeth wants to be a Vet and a Brain Surgeon or a Nurse! Maria wants to become a Singer or a Doctor! Read more here:

**ELIZABETH, WHY DID YOU DECIDE TO BE A VET OR BRAIN SURGEON?**  
I want to be a vet because I love animals and people and my favorite animal is the cheetah because it is the fastest animal on Earth and a brain surgeon is important because they can help people with a problem, like my cousin.

**DO YOU WANT TO GRADUATE FROM A SPECIAL COLLEGE?**  
Yes, I want to graduate from a special Vet college in California.

**IF YOU DON'T GET THE CHANCE TO BE A VET OR BRAIN SURGEON, WHAT ELSE WILL YOU BE?**  
I would work at Stop and Shop and then go back to college so I can start all over again so I can be a successful vet.

**MARIA, WHY DO YOU WANT TO BE A SINGER OR A DOCTOR?**  
I want to be a singer because when I sing I give all my soul and heart and I think singing is a way to have fun. I want to be a doctor because I like to help people and save lives.

**WHAT KIND OF COLLEGE DO YOU WANT TO GO TO?**  
I want to go the best college in France because I really want to learn to speak French.

**ARE YOU GOING TO BE HAPPY AS A SINGER OR AS A DOCTOR? YES,** because those are my dreams. I will be really happy!



Elizabeth O. performs with TALL University and the Girls of the Future at Central Falls High School

## 20 PIECES OF GOOD ADVICE!

(from your TALL friends)

1. Make good choices.
2. Have fun.
3. Always say "Yes."
4. Face the audience.
5. Speak loud.
6. Always bring your script.
7. Focus: be ready for anything!
8. Don't judge people.
9. Don't join people that do bad things.
10. No bullying.
11. Take care of your friends.
12. Always try to make new friends.
13. Treat people how you want to be treated.
14. Don't leave without asking permission.
15. Be the best you can be.
16. Don't talk on stage when it's not your turn.
17. Don't be rude to the teachers.
18. Do your job.
19. Don't take lines from people.
20. Use your manners.

## THE 5 MOST IMPORTANT TALL WORDS

- |              |                   |
|--------------|-------------------|
| 1. LITERACY  | LEER Y ESCRIBIR   |
| 2. DEMOCRACY | DEMOCRACIA        |
| 3. COMMUNITY | COMUNIDAD         |
| 4. FOCUS     | ATENCIÓN          |
| 5. TEAMWORK  | TRABAJO DE EQUIPO |

Join us for the  
Central Falls School District and the Girls of the Future  
TALL University PARADE!

**Date:** June 6, 2009  
**Start Time:** 2PM  
**Start Place:** Central Falls High School



photo by Pamela Lambert

Students clockwise: Jarnee Xavier, Elizabeth Obdeus, Nicaury Nunez, Ariannah Veiera, Janeth Anaya, Arianna Carter, and Bianca Vega (tutu).

The Girls of the Future are supported by the RHODE ISLAND FOUNDATION and the CENTRAL FALLS SCHOOL DISTRICT.

Central Falls School District Superintendent Dr. Galla once said to the girls:

*I want to just tell you how very proud I am of each and every one of you. I talked to the little kindergartners when they were leaving your performance and one of them said to me, "I won't lie!" and I thought "That's it! That's what we want to do! Carry a message back home!" And you did that. When they hear it from you and see it the way you did it, it makes a big difference. So thank you, thank you deeply, for your great work. You make us so proud all the time.*

Thanks Rhode Island Foundation and Dr. Galla!

# how much is beauty worth?

the consequences of America's beauty obsession on women & girls



Every woman in the United States participates in a daily beauty pageant, whether she likes it or not. Engulfed by a popular culture saturated with images of idealized, air-brushed and unattainable female physical beauty, women and girls cannot escape feeling judged on the basis of their appearance. As a result, many women feel chronically insecure, overweight and inadequate, as these beauty images apply to an ever-shrinking pool of women. Moreover, the diet, cosmetic and fashion industries are often too willing to exploit these narrow beauty standards so women and girls will become cradle-to-grave consumers of beauty products, cosmetic surgery and diet programs.

The issue is not new, but the extent to which it is invading the lives of younger girls and women of color, and the lengths to which women will go to achieve an unattainable look, is an increasing problem. The pressure to achieve unrealistic physical beauty is an undercurrent in the lives of virtually all women in the United States, and its steady drumbeat is wreaking havoc on women in ways that far exceed the bounds of their physical selves. From new levels of spending on cosmetic alteration to health risks and to the emergence of a "mean girls" culture, the lifelong burden of an unattainable beauty and body image is taking a terrible toll in all areas of women's lives, from economic well-being to health to interpersonal relationships.

**HOW MUCH EDUCATION?** One full year of tuition and fees at an in-state public college is equal to almost five years of saving \$100 a month normally spent on cosmetics and beauty products.<sup>7</sup>



One year of tuition and fees is \$6,185; five years of beauty products savings is \$6,423.

**OVER 1/2** of teenage girls use unhealthy weight control behaviors such as skipping meals, fasting, smoking cigarettes, vomiting, and taking laxatives.<sup>16</sup>



Source: YWCA USA

Visit [www.ywca.org](http://www.ywca.org) for the YWCA Report on the Consequences of America's Beauty Obsession on Women & Girls.

**We care. We listen. We help.**  
**401-272-4044**

**THE SAMARITANS**  
 Of Rhode Island

**SUICIDE PREVENTION AND RESOURCE CENTER**

**WWW.SAMARITANSRI.ORG**

health for her

# health and learning are linked

findings from the 2007 Youth Risk Behavior Survey

The Rhode Island Youth Risk Behavior Survey looks at health risks among public high school and middle school students. The Center for Health Data and Analysis asks questions around personal safety, violence, sad feelings and suicide; tobacco, alcohol and other drug use; sexual behaviors; body weight, weight control and dietary behaviors; physical activity; and other health issues. While the data shows improving trends, worsening trends, and also indicates areas of unchanged rates. The summary results conclude that children who are healthy are better prepared to learn in school.

If we take a look at gender differences, several areas seem to indicate possible increases in female risks. These areas include sad feelings, body weight/weight control/dietary behaviors, feelings of sadness/suicide, and violence. The health care community has contributed some insight, suggestions, and local resources on these issues.

- She Shines

photos courtesy of Bennett-Lewis, Mehlenbeck, Nasin, Panichas, and Rios

**Bridget Bennett-Lewis, LICSW**  
**Vice President of Child and Family Services**  
**NRI Community Services**



Bennett-Lewis suggests parents of teenagers: 1) talk to kids frequently; 2) look for changes in behavior outside of norm including changes in friends; 3) pay attention to isolation – youth living in cyber space; and 4) monitor social networking.

“Involvement [in community] is huge.” The teen years are challenging with changes in body image and establishing identity. Bennett-Lewis encourages youth to stay connected to community. Social activities and projects do much for one’s own self-worth.

**Robyn Mehlenbeck, PhD**  
**Staff Psychologist, Rhode Island Hospital**



Mehlenbeck suggests “healthy habits for everyone”: 1) don’t use the word diet – instead make healthy food choices; 2) you may have anything in moderation; and 3) encourage healthy exercise – for the teenage group the recommendation is one hour of exercise six days a week.

Red flag weight issues indicators: 1) persistent dieting; 2) never eating in front of you; 3) going to bathroom repeatedly after meals; 4) excessive exercising - note high risk sports include dance, gymnastics, and wrestling; 5) idealizing skinny; 6) mood changes; and 7) social withdrawal. To obtain help, a good starting point is your family’s pediatrician.

**Marjorie C. Nasin, MD**  
**Memorial Hospital of Rhode Island**



“Girls have historically given a more critical self-assessment than boys in a wide range of areas, from health and weight to emotional stability, to IQ and school performance! Of course girls do not trail behind our male counterparts – so do we compare ourselves to a higher ‘standard’ or just buy into social disparity myths that tell us that we’re less capable?” “High school girls have recently shown a decline in physical activity in excess of the decline for boys . . . I think that when we are less active and less fit, we are more apt to consider ourselves overweight. Likewise, the slightly overweight boy that plays baseball or football is much less likely to think he needs to lose weight because he considers himself an athlete.”

**Denise Panichas, Executive Director**  
**The Samaritans of Rhode Island**



“Depression is treatable and suicide is preventable but you have to ask for help. Find a trusted adult you can talk to about how you are feeling and what is bothering you most. If you have a friend who is depressed or suicidal, please ask for help. Find a trusted adult you can talk to about your concerns. Encourage your friend to seek the help of a trusted adult. Offer to go with her. Let her know she is not alone and that you care.” “Can I tell someone? The idea that suicide may be preventable with the right help should guide your decision to break the confidence . . . a good friend would always tell a trusted adult when another friend shares the fact that he or she is contemplating suicide.”

**Lucy Rios, Director of Prevention**  
**RI Coalition Against Domestic Violence**



*Percentage of students who had ever been physically forced to have sexual intercourse when they did not want to: 12.2% girls and 7.9% boys. Percentage of students who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months: 13.4% girls and 14.4% boys.*

Source: YRBS RI High School Summary Table

“Statistics like these are so important to discuss because they highlight the need for us to address teen dating violence as a serious issue in our community . . . We need to educate our youth not only about the warning signs of dating violence, but also about healthy relationships and gender norms.”

## community health resources

**Rhode Island’s Center for Health Data and Analysis:**

- Youth Risk Behavior Survey (YRBS)  
[www.health.ri.gov/chic/statistics/yrbs.php](http://www.health.ri.gov/chic/statistics/yrbs.php)

**Rhode Island’s Coordinated School Health Program: thrive**

- nutrition, physical activity, tobacco, HIV/AIDS & sexuality, food safety and mental health  
 - components of a healthy school include health education, physical education, health services, nutrition services, counseling psychological services, physical environment in school, social environment in school, health promotion for staff, and family/community involvement  
[www.thriveri.org](http://www.thriveri.org)

**NRI Community Services:**

- provider of mental health and substance abuse treatment  
 - 24/7 emergency line, 401-235-7120  
[www.nricommunityservices.org](http://www.nricommunityservices.org) or 401-235-7000

**Kids Link RI:**

- Rhode Island’s first children’s emergency services hotline  
 - confidential, free, 24 hours, 1-866-429-3979  
[www.gatewayhealth.org/KidsLinkRI.asp](http://www.gatewayhealth.org/KidsLinkRI.asp)

**Hasbro Children’s Hospital Nutrition Clinic:**

- suggested diagnoses for nutrition counseling includes obesity/overweight, disordered eating, failure to thrive, picky eaters, constipation, food allergies/intolerance, high risk infants, tube fed infant/child/teen, and general nutrition.  
[www.lifespan.org/hch/services/nutrition](http://www.lifespan.org/hch/services/nutrition) or 401-444-7152

**Memorial Hospital’s Youth Fit (Youth Fitness & Weight Management Program):**

- offers methods to enhance childhood fitness and nutrition  
 - refer by primary care provider, school nurse, or parents (401-729-2582)  
[www.mhri.org](http://www.mhri.org)

**The Samaritans Rhode Island’s Suicide Prevention Resource Center:**

- Crisis Hotline/Listening Line (1-800-365-4044 or 401-272-4044)  
 - Teen Pages, resources to help educate teenagers about suicide prevention  
 - Safe Place, a peer support group for the survivors of suicide  
[www.samaritansri.org](http://www.samaritansri.org)

**RI Coalition Against Domestic Violence:**

- advocacy, safety, planning, and support services for victims of domestic violence  
 - contact for warning signs of an abusive relationship  
 - contact for suggestions on supporting a friend who may be experiencing violence  
[www.ricadv.org](http://www.ricadv.org) or 1-800-494-8100



### Female Elected Officials Gather:

Mia Ackerman, Cumberland Town Council; Denise Arsenault, Bristol/Warren School Committee; Linda Beaulieu, Cumberland School Committee; Elizabeth Burns Brunero, West Warwick School Committee; Anna Cano-Morales, Central Falls School Board; Kim Casci, East Providence City Clerk; Elizabeth Dennigan, Representative; Kristine Donabedian, Lincoln School Committee; Anne Ejnes, Gloucester School Committee; Laura Flanagan, Coventry Town Council; Virginia Hanois, Smithfield School Committee; Joy Hearn, Representative; Kelley Nickson Morris, Cumberland Town Council; Allison Nugent, Scituate Director of Public Welfare; Lindagay Palazzo, West Warwick School Committee; Mary Parella, Bristol Town Council; Katherine Patenaude, Coventry School Committee; Valerie Perry, East Providence City Council; Elizabeth Roberts, Lt. Governor; Deborah Ruggiero, Representative; Mary Anne Shallcross Smith, Representative; Loren Spears, Narragansett Tribal Council; Nancy Sprengelmeyer, Coventry School Committee; Helen Taylor, Warwick City Council; Donna Travis, Warwick City Council; Mary Varr, Lincoln School Committee; and Amy Breault Zolt, Pawtucket School Committee.



## YWCA honors RI women holding office

Twenty-seven of Rhode Island's WHO (Women Holding Office) attended YWCA's 2009 celebration honoring women's achievements in politics, see list on left. The keynote speaker was Victoria Budson, founding executive director of The Women and Public Policy Program at Harvard's Kennedy School, center left.

"Without women in politics and government, someone else will always be speaking for us, if anyone speaks up at all. Thank you for your voice, courage, vision and leadership," Deborah L. Perry, executive director of YWCA Northern Rhode Island said.

Journalist Reza Clifton was the event emcee. The Honorable Lt. Governor Elizabeth Roberts gave opening remarks. Spoken word and rap artist Hannah Claire Resseger performed her original piece "Matriarch." Community activist Sandy Riojas assisted with roll call. Program partners were League of Women Voters of Rhode Island, Center for Women & Enterprise, and RI Commission on Women.

*Brunero, Dennigan, group photos by Agapao Productions; others courtesy of Nugent, Rice, Ruggiero.*

## quotes from herstory

### Elizabeth Brunero School Committee, West Warwick

"I love children and watching them learn. With my interest in educational issues and as a former kindergarten teacher, I believed if I was on the school committee I could have a stronger voice for better education."



### Elizabeth Dennigan Rep., District 62

"I first ran for elective office because my city wanted to close a local library; I was on the board of Common Cause at the time and wanted to work in the legislature on good government issues; and the incumbent had just voted against a bill that would have prohibited discrimination in jobs and housing. My family was excited about helping me get elected."



### Allison Nugent Director of Public Welfare, Scituate

"I have a lifetime of experience in finding ways to keep household and personal expenses down to a minimum, and at finding resources . . . I look forward to working with the community in growing our food pantry and teaching our children that kindness and charity begin at home – and with our neighbors!"



### Amy G. Rice Rep., District 72

"I ran for office because I care deeply about improving our educational system, our taxes, healthcare and our environment." "Rhode Island just met the national average of 22% of women legislators, up from 17% last year. So while we may have come a long way it is not long enough and we need more women."



### Deb Ruggiero Rep., District 74

"I ran for office because I wanted to make a difference. Politics is about policy. Policy is about making a difference. You can only make a difference when you have a voice at the table. We need more diverse voices; we need collaboration, inclusiveness and openness in government, and we need more women!"



## CLINICAL RESEARCH VOLUNTEERS WANTED!!!

Omega Medical Research is currently seeking volunteers to participate in the following Research Studies:

- Post herpetic Neuralgia (pain after shingles)
- Hypoactive Sexual Desire for Menopausal Females
- Atherosclerosis \* Insomnia
- Claudication (decreased blood flow in legs)
- Acne (ages 9-11) \* Arthritis of the Knee or Hip
- Pneumonia Vaccine Study (ages 18-49)

#### Upcoming Studies:

- Acne (ages 13+) \* Birth Control Patch
- Chronic Low Back Pain \* Diabetic Neuropathy
- Erectile Dysfunction \* Migraine
- Overactive Bladder \* Prevention of Osteoporosis

Qualified participants may receive *compensation* for their time and travel, along with study medication and study-related medical care at *no cost*.



400 Bald Hill Road, Warwick, RI 02886  
www.omegastudies.com

Call today to find out  
more information:  
**OMEGA MEDICAL RESEARCH**  
401-739-3573

# Katelyn Bouyssou is driven to succeed

youngest U.S. Judo athlete to qualify for Senior World Championships

**Name:** Katelyn Bouyssou  
**Sport:** Judo/Wrestling, 8 years  
**Age:** 14-years-old  
**Coach:** Serge Bouyssou  
**Parents:** Serge and Elizabeth Bouyssou

**Judo/Wrestling Accomplishments:**  
Youngest U.S. player to qualify for Senior World Team. Won Senior National Championships and World Team Trials. Able to participate in three divisions: 14-15 girls, 16-19 girls and women's 48 kg.



photo by Agapao Productions

by Kalyana Champlain

“I always wanted to step on the mat when I was younger, but dad made me wait till I was old enough,” she said in a very matter of fact yet sure tone – a tone that reflects her own strength of character that is an inspiration whether you are 14, 41, or 94. Those are the words of 14-year-old Katelyn Bouyssou, currently the youngest U.S. player to go to the Senior World Championships.

How did Bouyssou manage to get as far as she has in a sport like Judo? Two things are a definite: dedicated parents and staunch determination.

Bouyssou's parents have been supportive to her not only financially but also in the amount of time that they spend with her athletic career. Each weekend they drive her to competitions and help her through training. Her father as coach also helps the situation. Most may think it difficult having your father for your coach, but not Bouyssou who shares a very close relationship with her father – a relationship that has undoubtedly fed her success and helped with her self-confidence. “It's very helpful, I always get a lot of attention at home and [I'm] reminded to do things I need to do to become better.”

A strong will has aided Bouyssou in Judo and in school as she consistently makes honor roll. Currently in 9th grade, Bouyssou has been committed since age six when she began her goal of one thousand push-ups daily until the age of 12. Her drive stems from staying diligent in remembering that “there is someone always out there training harder than you” and that “it will all make sense and be worth it once you accomplish your goal.”

Sacrificing weekends and dealing with challenges from seniors who often underestimate her abilities, Bouyssou forges on with a fire in her spirit to one day be the first American to win the Olympics for Judo.

To those who may want to take on these challenges and reap the benefits, Bouyssou has this advice: “Do what is best for you and what is going to make you happy, and that usually goes toward working hard and training, and in the end it is all worth it. Even if you are not number one in the country, you will be number one in your heart . . . keep going and do what you know is best for you.”

With wisdom that seems beyond her years, Bouyssou not only demonstrates the importance of a supportive home, but also inspires us each to challenge our own limitations. “I've heard so many people when they are older say ‘oh I wish I could have put more time into this, I wish I could have put more work into that,’ you never hear anyone say I did too many pushups or I worked too hard. I never want to live with regret I always want to know I did everything I could to be who I want to be.” ❖❖❖

Kalyana Champlain, right, is a freelance writer, spoken word poet, and independent recording artist. She is a graduate student at URI where she serves as instructor for the Communication Studies Department. You can read her poetry and freelance work at [www.SheShines.org](http://www.SheShines.org), [www.ThruTheMuck.com](http://www.ThruTheMuck.com) and [www.RezaRitesRi.com](http://www.RezaRitesRi.com).



photo courtesy of Champlain

eliminating racism  
empowering women

ywca

YEARS OF EXCELLENCE  
1923-2009

86

summer session 2009 northern rhode island



## REGISTRATION BEGINS JUNE 15

Summer Session I: 4 weeks 6/28 - 7/25.  
Summer Session II: 4 weeks 7/26 - 8/22.  
Closed for holidays: 7/4 and 8/10.

## SUMMER CAMPS

Registration and deposit required. \$5/wk members. \$10/wk nonmembers. Summer camps end 8/21 for Kids Sports, Adventure, and Jr. Leadership. Doodle Bugs and Busy Bee held week of 8/31 - 9/4.

## DOODLE BUGS

Mon.-Fri., 9am-1pm, \$100/wk, \$20/day  
Early Birds and/or after camp options for an additional \$6/day (each program).  
Families needing full time care, speak with receptionist regarding childcare options.  
For children ages 2 1/2 to 3 1/2.

## BUSY BEE

Mon.-Fri., 9am-1pm, \$75/wk, \$15/day  
Mon.-Fri., 1-5pm, \$75/wk, \$15/day  
Early Birds and/or after camp options for an additional \$6/day (each program).  
Families needing full time care, speak with receptionist regarding childcare options.  
Children must be ages 3 to 5 and fully toilet trained to participate.

## KIDS SPORTS CLUB and TWO-RIFFIC DAYS

Mon., Tues., Wed., 9am-1pm, \$60/wk  
Thurs. and Fri., 9am-1pm, \$40/wk  
Early Birds option from 8-9am for an additional \$6/day. For ages 4 to 6.

## ADVENTURE CAMP

Mon.-Fri., 7:45am-5:45pm, \$142/wk, \$29/day. For ages 6 to 12. Half days available, \$15 for a 4 hour day. Groups divided by age. Field trips, guest speakers, cooking, outdoor recreation, sports, arts/crafts, movie making, plays, face painting, scary stories, time in new YWCA computer lab, and visits to the Woonsocket Harris Public Library.

## JUNIOR LEADERSHIP

Wed. - Fri., 7:45am-5:45pm, \$60/wk  
For students entering grades 7, 8 and 9. Additional days at \$20/day. Half days also available, \$10 for a 4 hour day. As Junior Leaders, in conjunction with staff, campers will monitor children's safety and coordinate activities. Students learn personal responsibility in an intellectually and physically stimulating environment.

## EARLY CHILDHOOD LEARNING CENTER

For an appointment or more details on child care, pre-preschool, or preschool call Mary Anne Deslauriers, Director of Early Childhood Learning Center, at 769-7450. Now open for child care at 6:30am for ages 6 and under.

## CHILD CARE

### INFANT/TODDLER

Our philosophy is to provide a developmentally appropriate program for children 8 weeks (6 weeks with pediatrician consent) to 3 years that focuses on a child's individual needs. We provide a safe and nurturing program, parents can rely upon throughout the year. The Early Childhood Learning Center encourages healthy social, emotional, physical, and cognitive development. Licensed by the Rhode Island Department of Children, Youth, and Families.

### PRE-PRESCHOOL

### LITTLE LEARNERS

Pre-preschool for children 2 1/2 to 3 1/2 years of age. With a consistent daily schedule modeled after our existing preschool program, children will be offered opportunities for socialization, creativity, and toilet training. Daily schedule includes circle time, songs, storytime, snack, play, and creative projects. 9am-noon. Two, three, or five day options available. Early Birds and Lunch Bunch available. Child care option also available for the afternoon.

### PRESCHOOL

### PRESCHOOL

The YWCA preschool is a developmental program for children age 3 to 5. Our philosophy is reflected in a "hands on" approach to learning through interactive experiences with peers, the environment, and adults. Our most important function at the YWCA preschool is to ensure that each child's first school experience is safe, joyful, and enriching. Two, three, and five-day programs with morning, afternoon, or full day options available. Licensed by the Rhode Island Department of Education.

### STEPPING STONES

Unique transitional program for children

whose parents are postponing Kindergarten entrance. YWCA Stepping Stones is a developmentally appropriate setting where children participate in a program designed to enhance growth and development socially, emotionally, cognitively, and physically. Small class size (maximum 15) allows for much individual attention and teacher/peer involvement. Program meets Mon.-Fri., 1-4pm. Licensed by the Rhode Island Department of Education.

### EXTENDED DAY PROGRAMS

The YWCA offers extended day programs to help accommodate a parent or guardians' schedule.

### EARLY BIRDS

Children enjoy morning activities in a classroom environment from 8-9am and then are escorted to their respective classrooms. \$6/day

### LUNCH BUNCH

Children eat lunch in a social environment then are offered center activities from noon-1pm. Lunches are brought from home. \$6/day

### AFTER PRESCHOOL CARE

Children are engaged in age-appropriate activities including gross motor play in playground from 4-6pm. \$6/hour/day.

## APPLE YOUTH ENRICHMENT

The APPLE curriculum includes Academics, Physical education/recreation, Prevention, Leadership, and Empowerment.

For program details call Nathan Smith, Youth Enrichment Program Coordinator, 769-7450. Inquire about tutoring services.

### YOUTH ENRICHMENT

Our philosophy is to provide a developmentally appropriate program for children in Kindergarten to age 15. Program focuses on a youth's individual needs. We provide a safe, nurturing, and enriching program, which parents can rely upon throughout the year, especially after school, school vacations, and during the summer. Program encourages healthy social, emotional, physical, and cognitive development. Licensed by Rhode Island Department of Children, Youth and Families.

### AFTER SCHOOL

For students attending any Woonsocket elementary school (public or Catholic) and the Woonsocket Middle School. Mon.-Fri., 2-6:30pm (3 day minimum), \$17/day. Children are bussed to YWCA from their schools, enjoy a free snack, participate in fun activities, offered homework help and special events. Builds on the strengths and values of youth by providing them with a supportive, safe, and culturally diverse environment in which they can develop positive qualities for school success and a productive future. Activities geared towards fostering individual creativity and imagination and the ability to implement the child's own original ideas. New computer lab and library.

## PARENTING IN PROGRESS

### PARENTING

16 to 21 years old

### PARENTING IN PROGRESS (PIP)

An alternative education program housed at YWCA in collaboration with Woonsocket Education Department, Project RIRAL, BVCAP, and Connecting for Children and Families. Eligible applicants must live in Woonsocket and be pregnant or parenting young women under 21 years old. Mon.-Fri., 9am-1pm.

### PIP/SUMMER LEARNING ACADEMY

July 13-August 21, Mon.-Fri., 9am-1pm. A program for teen parents and their children. Earn credit toward high school graduation or gain skills necessary to obtain a GED.

### PIP/YOUNG VOICES

In conjunction with Young Voices, this is a six month leadership transformation academy where youth learn advanced research, public speaking, and debating skills.

### PIP/RITA

In conjunction with Women Work!, RITA (Recruiting for the Information Technology Age) is a demand-driven workforce development approach that moves low income workers and job seekers into high-skill, high-wage employment, dramatically increasing individuals' income and employment potential.

For more details, call Deb Smith, Parenting in Progress Site Coordinator, at 769-7450.

## SUMMER CAMP THEMES

**Doodle Bugs:** Down at the Farm, Animal Bop, Let's Go to Zoo, A Camping We Will Go, Bubbles & Boats, Under the Sea, Fun at the Beach, Color My World, The Shape of Things, 1 2 3, and A B C. For ages 2 1/2 to 3 1/2.

**Busy Bee:** Fun in the Sun, All That Glitters, Camp Cruising, Island Days, Camping Out Under the Stars, Jungle Adventure, Catch the Beat, Going on a Safari, Under the Big Top, and Animal Antics. For ages 3 to 5.

**Kids Sports Club / Two-Riffic Days:** T-Rex T-Ball, Bugs Bugs Sports and Bugs, Under the Sea

Floor Hockey, Chef Combos Fantastic Fitness Fun, Bob the Builder Basketball Yes We Can, Scooby Doo Soccer, Teddy Bear Tumbling, Transportation Track and Field, and Summer Surprise. For ages 4 to 6.

**Adventure:** Getting to Know You, Safety, Animals, Ancient Mysteries, Oceans of Adventure, Sports Week, Performance Arts, Imagination Station, Science Week, and Our World. For ages 6 to 12.

See brochure page 1 for more details on YWCA Summer Camp or call 769-7450.



Appropriate for a range of experience levels from those just beginning to explore art to advanced students building a portfolio. Combines theory and hand-on projects with a relaxed and social atmosphere. Each class is divided into two sections. In the first, a lesson plan that incorporates art theory, history, new materials and/or technique. During the second half, student work on guided projects of their own choice. Come join us, make new friends and add a little art to your vacation. An art material fee is included in the session fee. Missie St. Sauveur Mon. 5:15-6:45pm \$36/4wks, Session I

Adults and Teens\*

### FEARLESS ART FOR ADULT BEGINNERS

Have you always itched to try painting, sketching, or sculpting? Wish you knew the difference between Manet and Monet? In this class, you get an introduction to art-making, as well as a little art history, in a relaxed, non-judgmental atmosphere. No talent or experience required. Come have fun with us. You may be surprised by what you can create. An art material fee is included in the session fee. \*Teens welcome if attending with adult. Missie St. Sauveur Mon. 7-8:30pm \$36/4wks, Session I

## PHYSICAL ACTIVITIES

### GYM PROGRAMS

All physical education classes are under the direction of Debbie Fay.

### DESIGN YOUR OWN CLASS!

Any age group. Learn T-ball, floor hockey, golf, tennis, etc. Call Debbie Fay, Physical Education Director, 769-7450. Subject to time and space availability. Prices set by usage.

### BIRTHDAY PARTIES DURING THE WEEK

Let Debbie Fay set up and run a party for your child. Themes: gymnastics, soccer, golf, etc. Call 769-7450 to schedule. Subject to time and space availability. Price set by usage.

### Walking to 3 years old

#### JUMPING BEANS

Gymnastics play with parent. Thurs. 9-10am \$24/4wks: Sessions I, II

### 2 1/2 to 3 1/2 years old

Independent classes for your child (do not have to be toilet trained).

#### IDDY BIDDY SNACK ATTACKERS

Come run, have a snack, make a craft, and run some more. Thur. 10am-noon \$40/4wks: Sessions I, II

#### SMALL WORLD

Children offered opportunities for socialization, creativity and toilet training. Includes storytime, songs, crafts, playtime, and snack. Fri. 9am-noon \$36/4wks: Sessions I, II

#### LITTLE LEARNERS

Pre-preschool for children 2 1/2 to 3 1/2 years of age. Two, three, four or five days available. See brochure page 1 for details.

### 3 years old

#### CLUB 3

A Fantastic activity packed class for 3 year olds only. You must be "3" to join this club. Sports, running, jumping, playtime, arts and crafts all followed by a light snack. Tues. 1:30-3:30pm \$40/4wks: Sessions I, II

### 3 to 5 years old

#### INSIDE/OUTSIDE ADVENTURES

Nice weather we will spend time outside on playground collecting bugs, bird watching, and more. Bad weather we will play games in the gym. All activities followed by a snack. Mon. 1:30-3:30pm \$40/4wks: Session I \$30/3wks: Session II

#### TUMBLING CRAFTY SNACK ATTACKERS

Combination of crafts, gymnastics, games and a light snack. Non stop action. Wed. 1:30-3:30pm \$40/4wks: Sessions I, II

#### TUMBLING CRAFTY COOKS

Beginner gymnastics skills training combined with cooking and eating. Thurs. noon-2pm \$40/4wks: Sessions I, II

#### BREAKFAST SPECIAL

Come play soccer, tennis, golf, and more. Then scramble/crack some eggs, mix up pancakes, and enjoy a full breakfast. Fri. 9-11am \$40/4wks: Sessions I, II

#### SPORTSTASTIC

A new sport every week, socialization, and lunch making for your child. Fri. 11am-1pm \$40/4wks: Sessions I, II

### 4 to 6 years old

#### CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C, and give me an A. Mon. 3-4pm \$24/4wks: Session I \$18/3wks: Session II

### 6 to 9 years old

#### CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C, and give me an A. Mon. 4-5pm \$24/4wks: Session I \$18/3wks: Session II

### 9 to 12 years old

#### CHEERLEADING AND TUMBLING

Learn some cheers and tumbling skills used in cheerleading. Give me a Y, give me a W, give me a C, and give me an A. Mon. 5-6pm \$24/4wks: Session I \$18/3wks: Session II

## GYMNASTICS ACADEMY

### GYMNASTICS - BASIC

### 3 to 5 years old

#### BEGINNER GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Preschoolers have the opportunity to advance to higher levels. Mon. 3:30-4:30pm \$24/4wks: Session I \$18/3wks: Session II

### 4 to 7 years old

#### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels. Wed. 4-5:15pm \$30/4wks: Sessions I, II

### 5 to 12 years old

#### BEGINNER/INTERMEDIATE GYMNASTICS FOR GIRLS AND BOYS

A great all around introductory gymnastics program. Students have the opportunity to advance to higher levels. Thurs. 4-5:15pm \$30/4wks: Sessions I, II



## ART STUDIO

### ART CLASSES

New and returning students welcome; every session covers new artists and projects.

### 5 to 10 years old

#### ART FOR CHILDREN

This class will introduce young students to basic Colour Theory via fun, hands on, interactive lessons and creativity games. We'll explore a variety of materials and learn about a famous artist or two. At half-length, this summer course is an affordable way to work some creativity into your child's summer vacation. An art material fee is included in the session fee. Missie St. Sauveur Fri. 5-6:30pm \$36/4wks, Session I

### 11 and 12 years old

#### ART FOR TWEENS

Call for appropriate art class placement, 769-7450. We will gladly try to accommodate.

### 13+ years old

#### ART FOR TEENS

## GYMNASTICS - CONTINUING

All classes listed below require permission from instructor for participation. Call Jennie Graham or Debbie Fay at 769-7450.

### 4 to 7 years old

#### ADVANCED PEE WEE GYMNASTICS-LEVEL I & II

Thurs. 3-4pm \$24/4wks: Sessions I, II

### 5 to 12 years old

#### ADVANCED GYMNASTICS PRE TEAM

Wed. noon-1:30pm \$36/4wks: Sessions I, II

#### COMPETITIVE TEAM

Monthly fee for all competitive teams:

One day a week \$44/month

Two days a week \$86/month

Three days a week \$100/month

Jennie Graham, Head Coach

Breonna Gentes, Assistant Coach

#### HOT SHOTS 4 to 9 years old

Wed. noon-2pm

#### TEAM A 8 to 16 years old

Fri. noon-2pm

#### TEAM B 8 to 16 years old

Mon. noon-2pm

Wed. 2-4pm

#### TEAM C 8 to 16 years old

Mon. 2-4:30pm

Wed. 3:30-7pm

#### TEAM D 9 to 18 years old

Mon. 4-7pm

Wed. 3:30-7pm

Fri. 2-5pm

## WELLNESS PROGRAMS

### EXERCISE

#### 16+ years old

#### AEROBIC DANCE

Improve your aerobic fitness. Benefits include increase in heart health, muscular endurance, mood, energy level, and a decrease in shortness of breath. Fees reflect member rates, nonmembers pay an additional \$20. Colette Doura Mon./Wed., 7:15-8:15pm \$60/9wks: begins June 15

#### BELLYDANCING I

Learn exciting moves of ancient Middle Eastern art form: snake arms, figure eights, hip circles, traveling steps, and shimmies. Class is for first time students or those wanting to continue with basics before moving on to more advanced skills. No previous dance experience required. Fun, supportive environment. Donia Tues., 6:30-7:30pm \$24/4wks, Sessions I, II

#### BELLYDANCING II

Continue to learn and evolve in the timeless beauty of the belly dance. We will perfect the basics, along with learning new steps, undulations, turns and choreographies. Class is for

returning students who are ready for some more advanced moves. Introduction to veil and music theory will be covered as the session progresses. Stay fit while feeling like a goddess! Donia Tues., 7:30-8:30pm \$24/4wks: Sessions I, II

#### YOGA

Hatha yoga, art of movement that achieves balance between body and mind. Promotes wellness through physical poses, breathing techniques, and meditation. Helps improve strength and flexibility while reducing stress. Kathy Hopkins Thurs., 7-8:30pm \$36/4wks: Sessions I, II

#### WALKING CLUB

The Walking Club begins at John Dionne Track on Cumberland Hill Road, Woonsocket. Look for Jeanne and Bev. Tues., Wed, and Fri. at 10am. Mon. and Thurs. at 6pm. Call YWCA Health Office for details, 769-7450.

### EXERCISE FACILITY

#### 17+ years old

#### WOMEN'S WORKOUT ROOM

Enjoy the privacy of a women's only facility with: a four stack universal machine, bikes, free weights, treadmills, and showers. You must pay a \$20 instruction/processing fee and attend an introductory session in order to be eligible to use room. YWCA adult female membership required.

### VOLLEYBALL LEAGUES

All volleyball leagues are under the direction of Debbie Fay, Physical Education Director. Teams picked by draft. Come prepared to play on organizational nights. Dates subject to change due to weather or other uncontrollable circumstances. To verify times/dates, call Debbie Fay at 769-7450.

Volleyball pick-up games for YWCA members. Front desk will collect names and phone number of players interested. Night and time will be decided by players availability. \$5 each week you play.

#### INTERMEDIATE MIXED CO-ED

Sundays: Organizational night will be held November 1, 6-8pm. League play begins November 8. Teams formed by draft. \$112/20 wks & playoffs/plus membership fee May pay in two installments.

#### POWER CO-ED

#### JOHN PIETROPAOLI LEAGUE

Tuesdays: Advanced players. Organizational night will be held September 8, 6:45-8:30pm. League play begins September 15. Teams formed by draft. \$56/10 wks & playoffs/plus membership fee

#### INTERMEDIATE CO-ED

Wednesdays: Intermediate or above players only. Organizational night will be held September 9, 6:45-8pm. League play begins September 16. Teams formed by draft. \$56/10 wks & playoffs/plus membership fee

### WOMEN'S CLUBS

#### Y WIVES & GIRLS

The purpose of this club is to build a fellowship of women devoted to the task of enriching each member's life by building a program around education, services for others, and recreation.

Activities include outings, special events, and service projects. Membership is open to women 30 years of age and over. Meetings are held on alternate Tuesdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

#### APRES-MIDI

This club provides opportunities for both single and married women to share activities, information, and to gain new friendships. Activities include guest speakers, outings, restaurant tours, luncheons, and demonstrations. Membership is open to women 30 years of age and over. Meetings are held on alternate Thursdays at 1:30pm from September through June. Call YWCA for details, 769-7450.

### HEALTH

#### ENCOREplus®

ENCOREplus® is a systematic approach to women's health promotion, in particular, breast and cervical cancer education. The YWCA offers community outreach, breast and cervical health education, linkage to clinical screening services and assistance in accessing and navigating diagnostic treatment services when necessary. The YWCA also offers support during diagnosis and treatment.

If you are over the age of 40 and have no health insurance, or your insurance does not cover breast and cervical screenings every year, you may qualify for free services. The Rhode Island Department of Health Women's Cancer Screening Program provides a women's health exam including clinical breast and pelvic exams, Pap smear, mammogram, and follow-up services.

For more details call Joyce Dolbec, YWCA Health Consultant, at 769-7450. If hearing/speech impaired call 1-800-745-5555 for more details on the Cancer Screening Program.

#### SMOKING CESSATION

Supportive/educational one hour meeting weekly for 8 weeks held at YWCA Northern Rhode Island. Free nicotine replacement therapy during the 8 week program. Facilitated by tobacco treatment specialists trained by UMass Medical School. Open to those with or without insurance or on Medicaid. Call YWCA Health Office to register, 769-7450.

### GOLF

#### WOMEN'S GOLF LEAGUE

Monday Tee-times starting at 4:30pm. May 4 to Aug 31 at Melody Hill Country Club. Call Debbie Fay for more information, 769-7450. YWCA membership plus \$47 league fee. All golfers must also pay weekly green fees at Melody Hill Country Club.

#### 15TH ANNUAL GOLF TOURNAMENT

Sunday, July 19 at 12:30pm, shotgun at Foster Country Club. \$110/player - golf, gas cart and dinner. Support YWCA Northern Rhode Island as a player, sponsor, or raffle prize donor. Call Debbie Fay or Holly Courtemanche for details, 769-7450.

## 15th annual ENCOREplus® golf tournament in memory of Gini Duarte

The funds support breast health awareness and outreach programs.

Sunday, July 19, 2009

Foster Country Club

12:30pm Shotgun

Entry Fee: \$110 per person (includes green fees, cart, steak dinner and prizes). Separate prizes for winners of the women's Division & Co-Ed/Male Division

Call Debbie Fay or Holly Courtemanche for details at 401-769-7450

Please make check(s) payable to YWCA Northern Rhode Island and mail with the information below to: YWCA Northern Rhode Island, 514 Blackstone Street, Woonsocket, RI 02895

Attach foursome of individual names, full addresses, and phone numbers. Dinner guests welcome at a cost of \$30 each. Limited to the first 72 paid participants (18 foursomes)

## MINORITY HEALTH PROMOTION CENTER

The YWCA has been designated by the Rhode Island Department of Health as a Minority Health Promotion Center. It is the only organization in northern Rhode Island to receive such a designation. Our Association develops and implements health information, health education, and risk reduction activities that improve the quality of life and eliminate health disparities for Woonsocket's racial and ethnic populations. Contact the YWCA Health Office for more information, 769-7450.

## CONTACT US

514 Blackstone Street  
Woonsocket, RI 02895  
T: 401-769-7450  
F: 401-769-7454  
www.ywcanri.org

## ANNUAL MEMBERSHIP

6 to 16 years \$12.00  
17 to 64 years \$22.00  
65 and over \$17.00

*Children under 6 must be covered by a parent or guardian membership. Membership fees are not refundable or deductible as a charitable contribution. Reduced rates are available in some classes for members 65 and over. All classes and activities are open to both sexes unless otherwise indicated in the class description. A member may use the membership card at all other YWCAs in the USA.*

YWCA membership, paid yearly, is required for participation in all programming except as otherwise indicated. Special non-member fees are available for some adult programs.

As a YWCA member, you have access to:

- low cost, innovative programs
- special membership events
- volunteer opportunities
- membership in the oldest, largest women's movement in the nation  
(men and boys are welcome as associates)
- use of YWCA facilities nationwide

## HOURS

Monday to Thursday, 9am-9pm  
Friday 9am-6:30pm

## STORM POLICY

Please listen to radio stations WOON 1240AM or WNRI 1380AM for YWCA cancellations, or watch Channel 10 & 12 closing announcements. School system delays, early dismissals, and professional days do not apply to YWCA schedule.

## SCHEDULE

Classes run in consecutive sessions during the school year with a new schedule for summer.

## ROOM RENTALS

Room rentals are available for events. Contact YWCA for details, 769-7450.

## BOARD OF DIRECTORS

Kim Garneau, President  
Cathy Brien, Vice President  
Susan Gershkoff, Esq., Treasurer  
Marissa Trinqué, Secretary  
Rosemary Brite  
Alessandra Borges  
Lisa Carcifero  
Gail Davis  
Susan Donahue, DC  
Vivian Godin  
Lisa Harnois  
Jeanne Lynch  
Yvette Mendez  
Stella Nared  
Deborah L. Perry, Executive Director

## EVENTS

- Enroll today, **Preschool Registration** for the 2009-10 school year is open.
- June 2-4, year end **Preschool Celebrations**
- June 3, **Spring Women's Wellness Series:** 2pm Lifespan will present Healthwise Book workshop and each participant will receive a free copy. 3pm Stress Reduction Techniques. 6:30pm Stress Reduction Techniques. Call YWCA Health Office to register, 769-7450.
- June 8 - August 21, **Summer Camps**
- June 10, 25th annual **PIP Graduation and Awards Ceremony**
- June 17, **Wellness Series Wii Game / Exercise:** Two sessions, 2-3:30pm & 6:30-8pm. Call YWCA Health Office to register, 769-7450.
- June 26, **Gymnastics Spring Show:** In YWCA Gymnasium with two performances. 6-7:30pm: Advanced Pee Wee, Intermediate, and Competitive Teams - A/B/C/D. 7:30pm: Tues. Advanced Gymnastics, Pre-Team, Competitive Teams - Hot Shots/A/B/C/D.
- July 19, 15th annual **ENCOREplus® Golf Tournament:** 12:30pm Shotgun at Foster Country Club. \$110/player - golf, gas cart and dinner. Support YWCA Northern Rhode Island as a player, sponsor or raffle prize donor. Call Debbie Fay or Holly Courtemanche for details, 769-7450. The funds support breast health awareness and outreach programs.

**New to YWCA?**  
call for more information  
schedule a tour  
**769-7450**

## SHE SHINES™

Published by YWCA Northern Rhode Island, *She Shines* is a magazine celebrating the aspirations and accomplishments of women.

A mailed publication, it has a circulation of 8,000+. To receive a free subscription or to reserve advertising space, call 769-7450.

The fall edition will celebrate the 2009 Women of Achievement. For details, visit [www.womenofachievementri.org](http://www.womenofachievementri.org). Opportunities are available for nominating, luncheon tickets, and underwriting.

*She Shines:* 2009 winner of a Metcalf Award for Diversity in the Media.

[www.sheshines.org](http://www.sheshines.org)



## YWCA MISSION

The YWCA is dedicated to  
eliminating racism, empowering women and  
promoting peace, justice, freedom and dignity for all.

**SUMMER SESSION 2009**

## ADVOCACY

### National Grant for Eye Health Awareness awarded to YWCA Northern Rhode Island



YWCA Northern Rhode Island has been awarded a \$10,000 grant from the National Eye Institute, one of the National Institutes of Health, and an agency of the US Department of Health and Human Services.

With awarded funds, the YWCA will commission the creation of a Big Nazo puppet which will be used to present information to the community regarding ways to reduce blindness and visual impairment in children and adolescents ages 17 years and younger and also to provide information about Rhode Island law, which requires eye screening for preschool age children five and under.

Presentations by a Big Nazo puppet will be geared toward children and their parents, and will be made in conjunction with eye health professionals and doctors. The program will make its debut this summer in Woonsocket.

YWCA Northern Rhode Island, was established in 1923, and has been providing programs and services to northern Rhode Island and surrounding Massachusetts communities for 86 years. "The energy and commitment placed by the YWCA in promoting health, physical fitness programs, and eliminating health disparities are natural outgrowths of our commitments to our mission: eliminating racism and empowering women," Deborah Perry, executive director says.

# Elizabeth Beisel is a champion

youngest member of the 2008 Olympic U.S. Women's Swim Team

**Name:** Elizabeth Beisel  
**Sport:** Swimming, 11 years  
**Age:** 16-years-old  
**Coach:** Charles (Chuck) Batchelor since 2005  
**Parents:** Ted and Joan and Beisel

**Swimming Accomplishments:**

On the U.S.A. National Team since 13-years-old. Competed in the Pan Pacific Championships, World Championships and 2008 Olympics. Youngest member of the 2008 Olympic team. Youngest member of the National Team. Holds 8 National Records and 6 State Records.



photo by Agapao Productions

by Kalyana Champlain

**F**rom a swim meet, Elizabeth Beisel sent an email, "I am so sorry . . . I hope this helps!" Even during ongoing competitions, Beisel was true to her word. It seems her external championships in swimming were reflective of her internal qualities as a human being.

Part of her dedication comes from the example of her parents. Beisel shared with me her gratitude for their support. "The amount that they have done for me is absolutely amazing. I practice up in Attleboro, Massachusetts and coming from North Kingstown that is a 45-minute drive every night for just one trip. Up until a few weeks ago, they were driving me but I just recently got my license so in a way me driving myself up there every night is a way my parents get to relax and enjoy time together. I can not imagine doing what they have done for me and it is incredible the amount of support and love they have for me whether I swim well or poorly."

Beisel herself has made her own sacrifices. "It is tough being a teenager and not being able to go out on Friday and Saturday with my school friends because I either have practice or a meet. Its also tough in school because sometimes I miss weeks at a time, and making up the work is definitely a struggle."

Yet even with missing school weeks at a time, Beisel's faith, zeal, and tenacity have kept her propelling forward as she successfully surrounds herself with supportive friends, and has been blessed with understanding teachers. Most importantly, her integrity keeps her responding to all work even when away. She has managed to keep a 3.5 grade point average.

Why so much sacrifice and work for this sport? "I learned to swim when I was 6 months old and my parents couldn't get me out of the water. I always had a love for water and that is what makes me love the sport." That is not to say that Beisel does not have her days of insecurity like all of us. "Having confidence is sometimes a struggle I have because I am always hard on myself. Not knowing what is going to happen in the future is scary and I definitely doubt myself when I either have a hard practice or a bad race. I just think about the amount of fun I have with teammates and how amazing it is when I swim well. It becomes worth it." However, it is her willingness to overcome that makes her a champion, a lesson we all can carry.

With uncompromising optimism and a good support infrastructure Beisel presses on. "Sometimes the going gets tough, but just knowing how well the future can turn out and how much fun I have with all of my teammates and coaches helps me get through bad swims or a bad race. I get so much support and I swim for my parents and friends who are always with me."

True to her heart and one with her passions, Beisel teaches us all to remember what is most important as we walk through our daily lives, leaving us with this final lesson that can help us all in our personal Olympics. "Stay with it as long as you love it." ❖❖❖



## a young mother pictures her future

Cassandra Lewis is focused

**C**assandra Lewis, 20, is on a mission. “I want my daughter to be able to say that her mom is a very strong, independent and hard working woman. When times were tuff my mom did not quit. She was determined to do what she needed to do for herself and for me,” she says.

A recent graduate of YWCA Northern Rhode Island Parenting in Progress program, Lewis received her GED in April and will be attending CCRI this fall. She admits that raising an 8-month-old child, working and attending school will not be an easy task.

“This summer I will have to prepare myself both physically and mentally for college,” she says.

In an effort to do this, Lewis obtained a job as the YWCA beautification coordinator and is responsible for

updating agency bulletin boards, painting murals and sprucing up the exterior of the facility. She has also been selected by the New England Regional YWCA to participate in its’ year long 30 under 30 young leadership program.

Lewis, a talented artist who works in a variety of mediums, favors sketching in charcoal. And she has set her career goal to become a professional photographer.

“I’m young to be a mom, but it’s not holding me back. Being a mom is not an excuse to say you cannot do something. Never say you can’t do it. Always say you can. I’m living proof that you can,” she says. ✨

- *She Shines*



Michelle Cruz is a music education non-profit founder, songwriter, singer, and rock lover. This Pawtucket native is founder of The Lost Chord, a collaborative effort to nurture young talent from underprivileged communities and foster a commitment to music and arts education accessibility in New England. The class of 2009 Rhode Island Foundation Fellow is gearing up for her first trip to Cape Verde for "Sounds Across Waves," a program she developed allowing children from two nations to interact through music. Cruz previously opened concerts for the likes of Judy Collins, and is known for easily blending folk, jazz, rock and blues with her vocals, guitar and songwriting chops. She is busy writing and recording her first album. [www.michellecruz.com](http://www.michellecruz.com)

photo by Agapao Productions

.....  
*sights and sounds for the she spirit*

## I love rock n' roll

by Michelle Cruz

**A**s I sat here wondering where to begin this piece, I thought back to one of my first guitar students. She was a shy 9-year-old girl who met my eyes for half a second in the first class and kept her eyes on the floor or on her guitar the whole first session. Among the rambunctious and excited students, she was the one I was drawn to. I think she reminded me of myself at that age. It was clear that she loved what we were learning throughout the classes but was hesitant to engage thoroughly. She was the one who would doubt her ability throughout our sessions even though I saw great potential. I wondered how I could reach this student or students like her. I encouraged her to write her own songs after I heard her softly singing a poem that she wrote to herself one day in class. She told me her favorite artist was Kelly Clarkson and I assured her she could play one of her songs with the chords we had learned. Her eyes widened when I told her one song had only three chords and I wanted her to use those chords to make her own song. Needless to say, I beamed with pride when she stood in front of the class confidently and sang her own composition with a bit of a rock and roll attitude on the last day of class.

What if I had gotten to her sooner? What if I showed her girls can be sound engineers or step up to the stage confidently as the head of a rock band? What if she saw the potential of women in music

besides what she always watched on MTV? There in many instances, women are in the background as entertainment or in the front as mere eye candy. What if I exposed her to artists like Memphis Minnie? Minnie was a legendary blues guitarist who broke barriers and shocked the male dominated scene with her guts, drive and amazing talent in the 1930's.

At an age when girls begin to slowly put their hands down in class, feign interest and take a role in the background, a program like a rock n' roll camp for girls could be a great catalyst to reverse the momentum of the "I'm just a girl" attitude.

Do I think separating the sexes is the way to go in education? No. I do believe we need a little more time and effort with our girls to build their self confidence, self efficiency and pride in their talents so they can step out into the world prepared for the next step in their lives.

Am I saying these girls are all going to be rock stars? No. But let us show a new generation of girls that they do not need to sit back and be the spectator in different aspects of their lives. They do not need to wear the "I'm with the band" t-shirt. Forget that. They are the band! ✨

The Lost Chord Rock n' Roll Camp for Girls will have its initial run in March 2010 at Jam Stage in Pawtucket. Stay tuned to [www.myspace.com/thelostchord](http://www.myspace.com/thelostchord) for more information.

## LISTEN TO THE STORIES OF WOMEN WHO MAKE A DIFFERENCE

### DEB RUGGIERO

Host/Creator of Award Winning Radio Show **AMAZING WOMEN**

- 2008 Associated Press Award Public Affairs
- 2007 & 2005 Metcalf Awards for Broadcast Diversity



Sunday Mornings

8:30am on 630 WPRO AM and 99.7 FM

6:30am on 92 PRO FM

6:00am on LITE ROCK 105

Online Anytime

[www.amazingwomenri.com](http://www.amazingwomenri.com)

Amazing Women who make a difference in our community in education, healthcare, business, politics, and the arts. It could be YOU or someone you know!

## There are many reasons why you need a will. She's just one.

Susan Gershkoff, Counsellor at Law

Licensed in Rhode Island and Massachusetts

401-333-3550

132 Old River Road, Suite 205  
 Lincoln, RI 02865





## OUTspoken at Youth Pride

by Stump Olsen



Stump Olsen

As many of you may know, Youth Pride, Inc. is Rhode Island's only non-profit organization dedicated to meeting the social, emotional and educational needs of lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) youth ages 13-23.

Education has been and continues to be a large part of Youth Pride's mission. In order to provide competent training to educators and direct care providers about the issues that impact LGBTQQ youth and their families, Youth Pride developed the OUTspoken Community Education program seven years ago.

The most powerful and instrumental part of the OUTspoken program is the youth speakers bureau, the OUTspoken Playaz. This group of talented young people spend countless hours training to be public educators and traveling the state to use their personal life experiences to educate and create positive social change. As their lead trainer, I have been regularly humbled by the talent, intelligence and passion these young people bring to their activism.

I was asked to write an article about leadership and though many young women ran through my mind, one young woman in particu-

lar stood out. Her name is Isabel Rodriguez.

Rodriguez came to Youth Pride five years ago as a scared 15-year-old kid with a lot of questions and troubling stories. She quickly became involved in the Playaz program and started to learn how her past could help make life a little better for future generations of young lesbians. Rodriguez has tirelessly traveled the tri-state area to speak with adults and youth alike and for many young people she has been the first openly gay teenager they have met.

I will say with pride that I started Rodriguez down this road of activism and leadership, however most of the credit belongs to her. I've witnessed her ability to walk into a classroom full of angry, close-minded students and with her passion and brutal honesty win the room over in no time. Rodriguez's leadership talents don't stop at Youth Pride.

At the age of 21, Rodriguez is a strong leader on her college campus where she is working toward a degree in social work. Rodriguez is also using her natural leadership abilities in raising her 16 year old sister. I often say to providers in the trainings I conduct that if you are not exhausted by the end of the day, then you aren't doing enough to make the world a better place. Rodriguez must be a very tired young activist! ✨

Stump Olsen is a program coordinator at Youth Pride. Isabel Rodriguez learned leadership skills in OUTspoken Playaz. Youth Pride's goals are to meet the social, emotional and educational needs of lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) youth and their allies through empowering programs of support, education, organizing and advocacy, while working to change the homophobic, biphobic and transphobic environments in which they live, work, study, play and pray. For more information, go to [www.youthprideri.org](http://www.youthprideri.org) or call 401-421-5626.

photos courtesy of Olsen and Rodriguez



Isabel Rodriguez

**Why are programs like Youth Pride important?**

"I love this organization. Youth Pride is important to have because when you are a teenager or maybe even a young adult and struggling with your sexuality you at least know or have the oppor-

tunity to find a place that accepts you even though you probably have not figured who you are. Youth Pride gives so much for services and just compassion to all people and you know that if you are having a bad day you can find someone to confide in because we are so diverse it is what it says – a safe space."

**Describe a memorable moment while working with adults and youth in the community education program .**

"A wonderful memory that I have while at the space is when I was able to have a good portion of our youth decorate our float. It was the most amazing feeling to help others and really see us together. It will never leave my mind."

**What inspires you?** "I love this question. What inspires me is truly the people that I have spent what seem to be a lifetime with – our youth, my sister, my partner, Stump and my mentor. Also . . . my stubbornness. I want to make the youth I see feel proud. I'll do whatever it takes one step at a time to make that happen."

**What are your dreams?** "My biggest dream is to one day own a building the size of a high school and split it up into the main parts a day-care center for newborns to toddler age, the next part would be something similar to Youth Pride but the age range from 18-28 because people that age don't have a space for themselves in our community, and last but not least a space where I can place tons of bunk beds and a little kitchen for youth who are in danger or runaway, or homeless or probably make it into a residential space working with DCYF." ✨

Using National Census data and a conservative estimate of 5%, we know there are approximately 8,800 lesbian and gay youth ages 13-23 in Rhode Island. And still, homophobia remains an acceptable form of prejudice. Perhaps most negatively affected are LGBTQQ youth who find themselves growing up as targets of this hatred. *Source: Youth Pride Statement of Need*

37% of students experienced physical harassment at school on the basis of sexual orientation and 26% on the basis of their gender expression; 18% of students had been physically assaulted because of their sexual orientation and 12% because of their gender expression. *Source: GLSEN 2005*

2007 Youth Risk Behavior Survey data provide an opportunity to identify the impacts of sexual orientation on youth behavior and outcomes. Although all students participate in some risky behaviors, the data indicate that students who identify as lesbian, gay, bisexual, or unsure (LGBU) engage in these behaviors more consistently and to a more unhealthy level. LGBU youth need targeted school and community programs to support and promote more positive outcomes. *Source: Rhode Island Youth Risk Behavior Survey Report on Sexual Orientation and Health Risks Among Public High School Students*



Amachi is a special program to mentor children of prisoners. "Amachi" is a Nigerian Ibo tribe word that means, "who knows but what God has brought to us through this child." There are Amachi programs across the United States. Girls in this program come from different cultures, are between the ages of four and 18 and live in all parts of Rhode Island. The girls are also considered "at-risk" because they come from difficult circumstances, which place them in need of a mentor. Currently, Big Sisters of Rhode Island is especially in need of women from different cultures to compliment the diversity of our Little Sisters. The program is funded by the Family and Youth Services Bureau of the US Department of Health and Human Services. For more information about the program, go to [www.bigsistersri.org](http://www.bigsistersri.org) or call Maria at 401-921-2434 x101. *photo courtesy of Big Sisters of Rhode Island*

## Big Sister's Amachi program

an opportune match, Jessica Vincent and little sister Xyre

by Karen Gager



Karen Gager, MSW, received her Master's degree in 1995 from Boston University School of Social Work with a concentration in

Clinical Social Work. Gager has worked at Big Sisters of Rhode Island over the course of 18 years. After leaving for a short period of time in the mid 1990's, she returned in 1999 in the newly formed position of program director. Gager has worked in the fields of education and social services for the past 25 years. She is particularly interested in the areas of children's mental health, gender specific programming, girls' development and spirituality in social work.

*photo by Agapao Productions*

In July of 2006, the time was just right for Jessica Vincent to pursue her wish to become a Big Sister; she had entered graduate school but her schedule was allowing her to become a mentor, something she had wanted to do for many years. After going through the "match process" which includes an interview, screenings, background checks and a volunteer orientation, Vincent found Xyre. They were matched on July 17, 2006 thus celebrating their 3rd anniversary this July.

They are part of Big Sisters of Rhode Island's Mentoring Children of Prisoners program called The Amachi program. Xyre's mother, Brandy, had heard about the program through The Children's Network in Providence. Brandy is a single parent of three children, and is working full time and going to school. Xyre's father was incarcerated out of state. She wanted Xyre to have an opportunity to spend time with a positive female role model and have the guidance and companionship of an "older sister". Xyre was matched at the age of five with her Big Sister, Vincent. Vincent had worked as a substitute teacher in public schools in California and was working towards a Master's degree in special education. She admired young children's enthusiasm, curiosity and imagination. Her hope was to mentor a younger girl in the Mentoring Children of

Prisoners program, a program where she felt that there was a need for mentors.

Today, Xyre is 8-years-old. The pair continues to meet every other week on Saturday. They enjoy just hanging out together at Vincent's house making cookies, watching a movie or just taking Vincent's dog for a walk on the beach (one of Xyre's favorite activities). They also enjoy going to one of the free performances of the Manton Avenue Project, a program where youth write and direct their own plays. Vincent shared that Xyre loves these performances and sees the possibility that she too could write or direct a play someday. Recently, Vincent took Xyre on her first salon excursion to get her nails done – a first and probably not a last for Xyre!

What has been the impact of the relationship? Xyre's mom shared that Xyre is a lot less shy and more open since being matched with Vincent. She enjoys the opportunity to go out and do different activities with her Big Sister. And, Vincent? Well, she just "loves hanging out with Xyre." She has enjoyed the opportunity to expose Xyre to new and different experiences and to be able to experience them through Xyre's eyes. "Being a Big Sister is a great experience and one that I recommend to others." ❖❖❖



## Girl Scout Troop 73

Lynn Davignon as leader and beekeeper

by Nicole Kelly

As Girl Scouts nears its 100th anniversary, the organization has used its expertise to make some considerable changes to the way it teaches girls about leadership. The result – called the new Girl Scout Leadership Experience – takes a modern approach to leadership development and utilizes colorful new guides that take girls on “journeys” to discover, connect and take action in their communities. The model begins with a definition of leadership that girls understand and believe in: a leader, girls say, is defined not only by the qualities and skills one has, but also by how those qualities and skills are used to make a difference in the world.

What remains the same, however, is that the success of a Girl Scout troop still ultimately depends on the enthusiasm and commitment of a single adult volunteer. And Lynn Davignon, leader of Cumberland Girl Scout Troop 73 for thirteen years, is a shining example of just such a creature.

Davignon, a native Rhode Islander, started as a Daisy Girl Scout troop leader when her oldest daughter, Leeann, was just 5-years-old. Leeann is now 18. Currently, Davignon’s Senior Girl Scout troop consists of six girls, four of which have been in the troop since they were Daisies. Davignon has also served as the Cumberland service unit manager for the past four years, handling the administrative tasks that affect all 42 Girl Scout troops based in Cumberland.

For those of you who haven’t been a Girl Scout in some time, girls are now grouped as follows: Girl Scout Daisy (grades K-1), Girl Scout Brownie (grades 2-3), Girl Scout Junior (grades 4-5), Girl

Scout Cadette (grades 6-8), Girl Scout Senior (grades 9-10), and Girl Scout Ambassador (grades 11-12).

Nicknamed “our not-so-fearless-leader”, Davignon has taken her girls on countless trips that included canoe expeditions throughout the years. Says Davignon, “Honestly, it’s more about the team building than it is about the boating.” Davignon sometimes has to push the girls to do things they might not ordinarily rush to participate in – like canoeing and camping – but the girls are always glad they were pushed.

Now that Davignon’s troop members are teenagers, she finds that her greatest challenge is managing the personality conflicts that seem to arise in that age group by trying to teach compassion and acceptance.

Davignon encourages her girls when they are younger scouts, to make Friendship Pins – a creation involving a safety pin and beads. Davignon has each girl make three pins. Says Davignon, “I tell them: make one for you, one for a friend, and one for someone who needs a friend.”

The girls in Davignon’s troop also benefit from Davignon’s unusual hobby – Davignon and her husband took up beekeeping six years ago and they now maintain two hives, each of which generate 100 pounds of honey annually. Davignon’s passion for bees led her to develop an Educational Bee program that educates and entertains children and adults alike. And, as if that weren’t enough, Davignon has also created a line of beauty products made from beeswax. The Bee So Soft line features lip balm, bee butter and hand balm, all natural



Canoe dancing: Girl Scouts Jessica, Becky, Leann and Casey dance on a canoe after a successful ‘swamping’ exercise. In 2008, in partnership with 3,500 adult volunteers, Girl Scouts of Rhode Island, Inc. served 12,500 girls from Rhode Island, southeastern Massachusetts and Pawcatuk, Connecticut. For more information about Girl Scouts, becoming a troop leader, and Girl Scout Summer Camp, visit [www.gsri.org](http://www.gsri.org) or call 401-331-4500. To find out more about Davignon’s Educational Bee programs, contact her at 401-333-5960 or at [beesosoft@cox.net](mailto:beesosoft@cox.net). *photos courtesy of Girl Scouts of Rhode Island*

beeswax products without chemical or petroleum based ingredients.

In June, Davignon will lead the Cumberland Service Unit in a presentation at Girl Scouts of Rhode Island, Inc.’s council-wide event, Go Green Globally. The event, which will bring together hundreds of local Girl Scouts and their families on a Sunday in June, will highlight how different countries are addressing critical environmental issues. Not surprisingly, the Cumberland Service Unit will illustrate how French bee keepers sued pesticide companies for contaminating the environment and destroying the ecosystem for bees, thus endangering them. The girls from the Cumberland Service Unit will demonstrate simple pesticide free solutions to common insect issues and share organic cleaning product recipes.

What keeps Davignon going is the simple joy of making a difference. Says Davignon, “This year a grandmother stepped forward to become a leader of a troop of just three girls, including her own granddaughter. Recently, the girls participated in Project Undercover – an effort which collects socks and underwear for needy children – with such gusto that this tiny troop brought in almost 30% of the town’s collection! Imagine that! That’s why I do what I do.”

Nicole Kelly is the assistant executive director for funding and communications at Girl Scouts of Rhode Island and the mother of 10-year-old Caroline Rose, a natural leader in her own right. Kelly can be reached at 401-331-4500 x1321 or via e-mail at [nkelly@gsri.org](mailto:nkelly@gsri.org).





Advanced Gymnastics, photos clockwise: Meghan Forest on balance beam; floor exercises; teacher Hailey Franklin spots Ashleigh Bak on uneven bars; teacher Jen Rochefort with class; Victoria Vadeboncoeur, left, and Nicole Rochefort, right; a group photo; and teacher/gymnast Liane Barnett. Barnett won first place all around, level 5, for age group 15+ in the April 4 State meet at Rhode Island College. She competed in vault, uneven bars, balance beam and floor exercises. *photos by She Shines*

# YWCA Gymnastics Academy



**M**ore than 100 gymnasts train at the YWCA Gymnastics Academy. Experienced coaches teach gymnastics at levels beginner to advanced. The program is led by head coach Jennie Graham, assistant coach Breonna Gentes and physical education director Debbie Fay.

The annual YWCA Spring Gymnastics Show will be held on Friday, June 26 in the gymnasium located at 514 Blackstone Street, Woonsocket. Tickets must be purchased in advance (\$6 adults, \$4 children 2-16 years old, and children under 2 free). For details, call 401-769-7450. Each class will perform a choreographed routine. ✨

*6-7:30pm performance:*

Advanced Pee Wee Gymnastics; Intermediate Gymnastics; and Competitive Teams A, B, C, D.

*7:30pm performance:*

Tuesday Advanced Gymnastics; Pre-Team; and Competitive Teams Hot Shots, A, B, C, D.

Below is a group photo of Competitive Gymnastics gymnasts/instructors from left: Christina DeFaria, Liane Barnett, Breonna Gentes, Dayna Mercadante, Abigail Manzoni, Kathryn Rousseau and Debbie Fay.





# shining

## with Jackie Court

Current National Association of  
Women's Gymnastics Judge, Level 10

Former Brown University  
Gymnastics Head Coach

Former YWCA Northern Rhode Island  
Gymnastics Coach



interview by Lisa Piscatelli and photo by Agapao Productions

### ywca

**Tell me about your first experience with the gymnastics team at YWCA Northern Rhode Island?** "I was judging at a meet and a team came . . . I had never seen them before and I said, oh they have a team in Woonsocket . . . a YW . . . really that's great." "[Later] I received a call to check the team out. I did that."

**How did you come to coach the YWCA team?** "Skip Nowell [former executive director] asked if I could find someone for her . . . 'Could you possibly come up here for like a month and a half while we find someone?' Yeah I can do that. She told me a few years after that when I got off the phone, 'Jackie Court's coming up here for a month and a half and she's never going to leave'. It was so funny when she told me that."

**What was it like at YWCA?**  
"It was fun."

**You actually mentored the YWCA's current coach, Jennie Graham, correct?** "In the late '80's . . . Jennie wasn't coaching when I first came. She was one of my athletes on the team . . . I stayed and was there for quite some time . . . Jennie was in her last year of college . . . she kept working side by side with me ever since she was little and always asked ninety million ques-

tions . . . [I asked her] when are you going to coach this team? When I felt that she was ready to do it, I said okay now is my time to go."

**What do you think of the team today?** "She is doing a wonderful job . . . runs a nice program . . . actually I am just amazed that she kept so many of the traditions [YW circuit, regional championships, Hot Shots program, noncompetitive meet and a Spring Show based on themes]."

### career

**Graham tells me you are an incredible choreographer. Do you have a dancing background?** "I do. I was a professional dancer for awhile." Court began dancing as a child.

**What college did you go to and what did you study?** "Hampton University in Virginia." "Biology and physical education / dance minor."

**How did you get involved in gymnastics?** "When you are in college and you are involved in physical education one of the units is gymnastics and I always loved it . . . when I had my first year of teaching and my second year of teaching, I taught a unit in gymnastics and the kids loved it." Court taught at Gilbert Stuart Middle School and Gorton Junior High School. While teaching in Warwick, she developed an

advanced gymnastics program that introduced equipment such as balance beam and uneven bars.

**Will you tell me about your career at Brown University?** "I coached there for 32 years . . . in addition to that I was an assistant dean for 2 years."

**What's next?** "We'll see what's next . . . right now I'll relax and enjoy my retirement." Court is 70 years young.

### equal access

**Would you like to comment about Title IX?** "It was a landmark case so it opened up everyone's eyes." "It's nice to watch TV, watch all the women in sports, see how far they've come, and know that somewhere along the way our team at Brown was responsible for a lot of that happening."

**How did you see your role during that time?** "I was there for guidance and support for my team. I think that was the best thing to offer them."

**What was the impact on the team?** "When I was recruiting that had to be brought up, there might be a possibility that there would not be a team . . . 'we understand that, but we are here to help you fight it.' . . . they believed in equality . . . I had some very special young ladies on that team." "The team was reinstated."

### reflection

**What are you most proud of?**

**Family:** "I am proud of my family." Court is a wife and mother. Her husband is the captain of a charter boat, JackieSeaCharters.com. One son is a Rhode Island police detective and the other a gymnastics coach at University of Arizona. And now Court is enjoying special grandma/granddaughter time.

**Career:** "I've just done what I could do to help the athletes, on any level of gymnastics, at any age, have the opportunities to participate and enjoy themselves. On a collegiate level, I would have to say the same thing, giving them that opportunity, that experience, being a part of their lives and helping them to grow." "I do it from the heart."

**Community:** "I just like to be involved. I like to help people. I cannot stand it when people are not given opportunities . . . I find that I am right there . . . I'm ready to help. That's just me."

#### The Pembroke Center for teaching and research on women published a timeline report highlighting women's sports at Brown University.

"Not until the appointment of Jacqueline Court [1969] did the Athletic Department have any minority instructors/coaches. Court also started and coached women's gymnastics until her retirement in 2001."

Referenced as well, Title IX of the Education Amendments of 1972. "The law paves the way for women students to fully participate in the University's athletic programs." In 1992, "Brown students sue the University for violating Title IX after the University had announced the previous year that it would eliminate funding for four varsity teams: men's water polo and golf and women's gymnastics and volleyball. The University settles in 1997 and restores funding to women's gymnastics and volleyball and elevates women's lightweight crew, water polo, and equestrian teams to varsity status, adding a total of 60 varsity places for women. Equally important, the budget increases significantly."

Source: [www.pembrokecenter.org/documents/Final\\_Timeline.pdf](http://www.pembrokecenter.org/documents/Final_Timeline.pdf)

**"I've just done what I could do to help athletes, on any level of gymnastics, at any age, have opportunities to participate and enjoy themselves." - Jackie Court**

YWCA Northern Rhode Island  
514 Blackstone Street  
Woonsocket, RI 02895  
T: 401-769-7450  
ywcanri.org

Non-Profit Org.  
US POSTAGE  
PAID  
327  
Woonsocket, RI

*she* Shines™

sheshines.org • summer 2009

**peace, justice, freedom, and dignity for all**

**eliminating racism  
empowering women  
ywca**

northern rhode island

**see inside  
ywca summer brochure**