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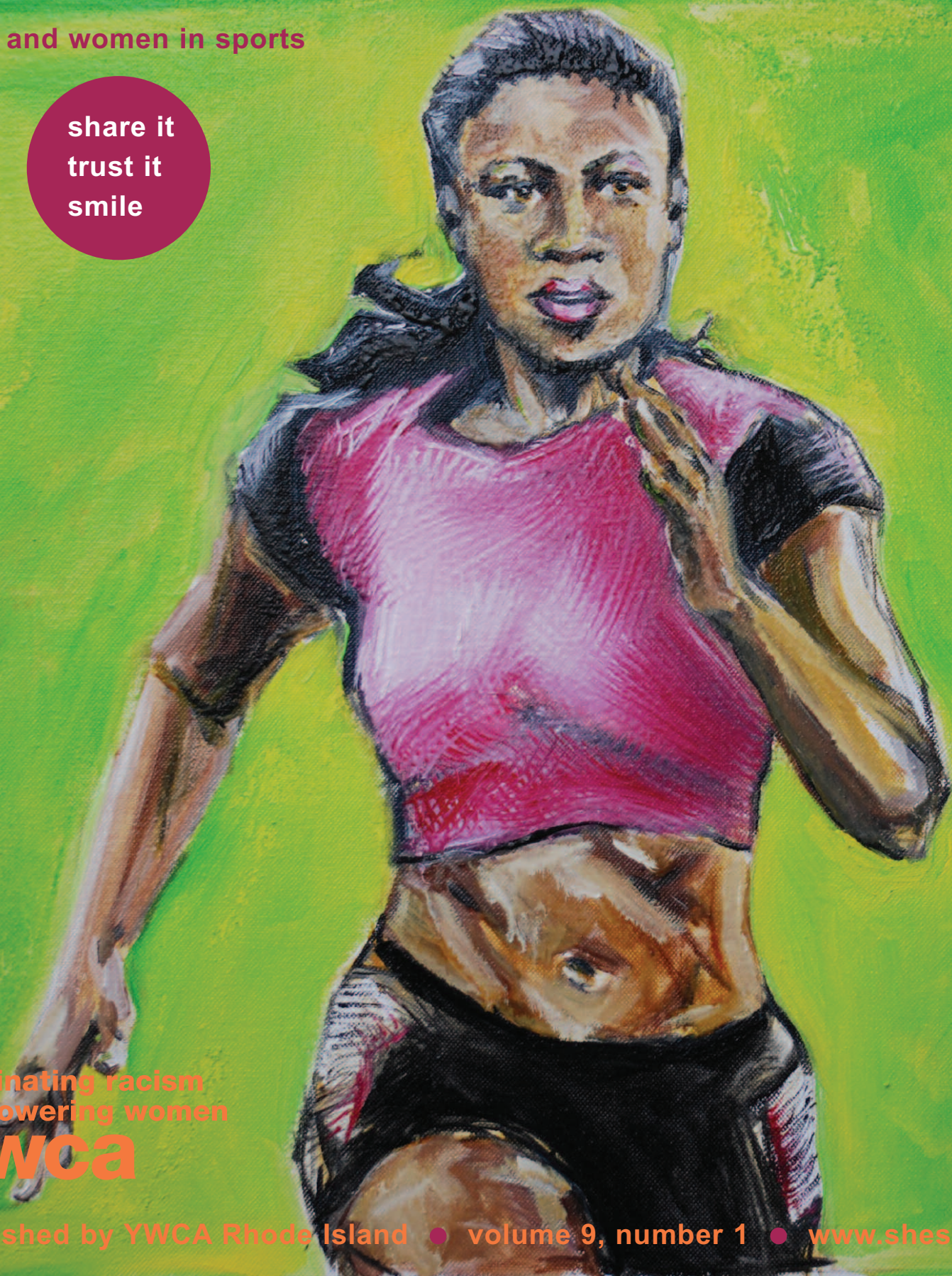
Shines™

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celebrating the aspirations and accomplishments of women

girls and women in sports

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published by YWCA Rhode Island ● volume 9, number 1 ● www.sheshines.org

J.G. Cannon

volume 9, number 1

celebrating the aspirations and
accomplishments of women

published by YWCA Rhode Island



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artist canvas

harmony

the “everywoman” athlete in a singular, powerful female form

by Jennifer Gillooly Cahoon

“Harmony” was created with the intention of capturing the beautiful strength of the female athlete. She is driven and focused. No movement is wasted. This woman’s mind is clear and focused; her spirit works in unison with her body and she is in tune with her environment. Like a well written melody, all independent pieces come together to create a synchronous whole. Her design was born of several different reference images of inspirational young women and partially from my imagination. ✨

photo by Agapao Productions

Editor’s note: See page 19 for additional details about the spring edition’s cover artist, Jennifer Gillooly Cahoon.

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: 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 Rhode Island. To be added to the mailing list, send in the subscription form - available online at sheshines.org. The magazine is also available at YWCA Rhode Island and at various special events.

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share
it

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YWCA Rhode Island - winter III programs





from the publisher

a relay for women

passing more than the baton to girls in sports

trust
it

Why this edition of *She Shines* is about girls in sports . . .

Sports are a solution for many of the serious health and social problems faced by girls. These include obesity, substance abuse, teen pregnancy and depression. We know that health habits established in childhood often continue throughout a lifespan. Physical activity is protective against breast and colon cancer, type II diabetes, cardiovascular disease, stroke, osteoporosis, falls and depression and many other adverse health outcomes.

In addition to the multitude of health benefits, sports activity at an early age provides a foundation to succeed later in life teaching lessons of teamwork, goal-setting, leadership and competition.

Title IX of the Education Amendments of 1972, changed everything for women in America. Since the passage of Title IX, female participation in sports has increased exponentially. Females have more opportunities to participate in athletics, and they are doing so in record numbers. However, there is still work to be done.

YWCA is a Title IX advocate. We raise awareness of the benefits of girls participating in sports. We offer high quality programs such as a Gymnastics Academy lead by USA Gymnastics certified instructors, GoGirlGo!, Healthy Steps for Girls and Women, Race Against Racism, and others. We are committed to increasing the number of girls who participate in sports and educating stakeholders and decision makers about the benefits. YWCA is making this a priority.

National Girls & Women in Sports Day has evolved into a movement that acknowledges the past and recognizes current sports achievements: the positive influence of sports participation and the continuing struggle for equality and access for girls and women in sports.

The 27th Annual National Girls & Women in Sports Day will be celebrated on February 6th. In honor of this important day, *She Shines* has dedicated the first edition in 2013 to this theme - Girls and Women in Sports. Inside, you'll find athletes sharing their love of sports; tips on how to encourage girls to be physically active from The Women's Sports Foundation, and YWCA initiatives supporting and encouraging physical activity.

By encouraging female participation in sports, a chain of positive lifetime outcomes are initiated for girls and women. ❖❖❖

Very truly yours,

Deborah

Deborah L. Perry

President/Chief Executive Officer, YWCA Rhode Island
Publisher, *She Shines* magazine

CEO Deborah L. Perry throwing the Javelin as a member of the 1979-1980 East Providence High School girls state champion track and field team. Perry served as the team captain and was named an all-state athlete in track and field. She set the school record of 127 feet 6 inches for javelin throw, a record that still stands 34 years later. Perry received numerous athletic scholarship offers from Division I colleges.

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Girls in Sports

An Investment in the Future

27th Annual National Girls & Women in Sports Day

February 6, 2013



non-metro communities champion health

on the road in Northwestern Rhode Island

Living in the second most densely populated state in the country, Rhode Islanders may not realize that about half of the state is considered non-metropolitan. That designation was the underlying factor in a local observance of National Rural Health Day at the North Scituate Community House, which included the presentation of Rural Health Champion Awards to: Susan Jacobsen, Dr. Kobad Malesra, Dr. Robert D. Maltz, Andrea Marcotte, Janet McLinden, S. Scott Mueller, Mary Mumford-Haley and Shawna Zincone. The National Organization of State Offices of Rural Health and Rhode Island Department of Health's Office of Primary Care and Rural Health hosted this event, while Dr. Michael Fine, director of the health department, and Mia Patriarca of the rural health office released details from an updated report, *The Health of Rhode Island Non-Metropolitan Communities*. It covers the challenges and accomplishments of healthcare in these areas. YWCA Rhode Island is a recipient of a Rural Health Systems Building Award from Rhode Island Department of Health, for a project in Northwestern Rhode Island - Healthy Steps for Girls and Women.

Photos, clockwise: Andrea Marcotte, Mia Patriarca and Dr. Michael Fine; Linda Andrews of nriAHEC and Meseret Bezuneh of HRSA; panelists Marybeth Ouellette of Scituate Health Alliance and Lisa Piscatelli of YWCA Rhode Island; and other event participants.

photos by Deborah L. Perry



healthy steps for girls and women

Healthy Steps for Girls and Women is an initiative that builds on the connectedness of families in the Northwestern Rhode Island communities of Burrillville, Foster, Glocester and Scituate to promote preventive health care and physical activity. YWCA Rhode Island in partnership with nriAHEC are working with a Steering Committee to develop and implement a community assessment and strategic plan. The project is sponsored by Rhode Island Department of Health. As part of the planning process, a PhotoVoice Assessment asked young women about the physical activity and sports opportunities in their communities.

What physical activities and/or sports do girls and young women enjoy in your community? Photos, clockwise:

Meghan McCormick, Burrillville
"They [girls and young women in my community] can do gymnastics, cheering, soccer, arts and crafts. I like my bike and scooter."

Meredith Cabral, Glocester
"Girls in my community enjoy playing basketball, softball, tennis or track and field."

Meaghan Haley, Scituate
"Sports and physical activities that young women do in my neighborhood are cheerleading, basketball, softball, dance and my personal favorite, soccer."

Michaela Smith, Foster
"Some girls in my community like to participate in women's ice hockey [Friendship Cup Challenge Champs]."



vigilance- to victory

Susan Burgess pushes her team to triumph

by Kathie Raleigh



Susan Burgess didn't sleep the night of November 5. Her Burrillville Broncos field hockey team was keeping her awake.

Earlier that day the team had extended its undefeated season by winning the first of two playoff games in Division II, beating Cumberland High School 2-1.

"It's an unbelievable memory for me," says the coach, who is in her fifth season at Burrillville High School. "At the start, I could see the kids weren't playing well. In fact, Cumberland scored first. I thought I've just got to let them get through this."

They went into the second half tied 1-1, but by then, "Those kids were like a whole different team," she recalls. So her lack of sleep that Saturday night wasn't prompted by worries about the final playoff game on Monday.

It was from excitement.

"I never doubted that my girls could win," she says, and they knew it, too. "From the moment we got on the bus," for the long ride to Roger Williams University for the championship game, "to the time the game ended, there was an air of confidence. You could feel it. Everybody was upbeat; everybody was excited. Saturday had been like a dress rehearsal."

The Broncos ended up taking home the trophy, the first state title since BHS teams won four consecutive division titles from 1984 to 1987.

The players took home lots more than the thrill of victory, however, and along with winning, those intangibles are what is celebrated during National Girls and Women in Sports Day.

February 6 marks the 27th annual observance of NGWSD, a day to note past and current sports achievements, the positive influence of participating in sports – and ongoing efforts to ensure equality and access for women in sports.

When Coach Burgess talks about her championship season – 17-0-1, the only tie being with Smithfield -- she talks about competing to win. That, after all, is the point. That's why, during the out-of-kilter first half of that playoff game, she met one player's tears with toughness.

"You can't play like this," she said. "You've got to make a decision to stop crying, or I can't put you back in the game. So, she did, and she had a great second half."

But Burgess also knows that the ability to pull oneself together and keep going is a lesson for life. So is the discipline, the commitment, the physical fitness that comes from being active, and the concept of teamwork.

"These kids learn to work together. They become like a family. It's a bond we always share," she says.

The bond begins with relentless physical conditioning. "They run two miles at the beginning of practice – and they still have another hour and a half, two hours with me," Burgess grins. That happens six afternoons a week.

The payoff is for the team -- and for the individual. That first playoff game went to triple overtime, a one-hour, 31-minute marathon. "Even fitness enthusiasts could see by the second overtime that Burrillville had stamina," she says.

As for off the field, "I tell them, 'Remember when you ran the first time in September? How does it feel now?' You just feel better," Burgess says, "and that increases self-esteem and self-confidence."

Confidence was the key to the team's playoff success, but like fitness, it carries over to other experiences.

"They learn they can accomplish something, and a little bit of success goes a long way," Burgess says. "It helps them make better decisions."

She speaks from experience from coaching and playing. As a student at Uxbridge High School, she was in the top tier of her class and played in the band.

"But when I was introduced to sports, it was all over," she laughs. She played basketball and softball, with gymnastics in between, but field hockey became her passion.

"I loved being outside, and fall is my favorite time of year. There was nothing like running up that big open field at the best time of the year."

Her vocation, however, is nursing; she currently is a case manager with Salmon VNA and Hospice in Milford.

She also is the mother of four, and "They all played something," she says, including her youngest, Sarah Rae Knowlton, 24, who was an assistant coach with her mother before becoming the head field hockey coach at Cranston East High School this year.

Looking back on this year's success only prompts Burgess to look ahead, not just to next season but for seasons to come. She is focused on introducing field hockey through summer clinics and camps. She welcomes the proliferation of sports centers where girls have the opportunity to play and is thrilled that Bryant University has become a USA Futures site, a program that is "all about the future of field hockey," she says.

Her philosophy, however, won't waver. "Work hard every day. Develop a strong work ethic and discipline."

But then, "Play a little pickup. That gets them to think on their own." And that's something that will last a lifetime. ❄️❄️❄️

A graduate of Syracuse University, Kathie Raleigh is the former Lifestyle Editor at *The Call* and now is a freelance writer. photo by Kathie Raleigh

ready, set, get a girl active!

9 ways to inspire girls to become physically active

There are so many benefits for girls who are physically active and involved with sports. They are confident, learn to work together as a team, and are leaders in their communities. Research shows us that girls who are physically active are less likely to engage in risky behaviors, including smoking, alcohol and drug use and risky sexual activity. A girl who exercises every day is also less likely to get cancer and less likely to develop heart disease as an adult.

You can help the girls in your life benefit from physical activity by helping them recognize it's important and worth the time and effort to keep at it. Here are some tips to inspire them.



Source: www.WomensSportsFoundation.org
 Reprinted with permission of Women's Sports Foundation.

1. break down the barriers to activity

Let her know that it's okay to sweat and be athletic. Encourage her friends to join in. When she sees them doing activity, she may be persuaded that it's cool after all. If she doesn't know anything about sports, start to watch different sports together so she can understand the rules and how different games are played.

2. emphasize the non-aesthetic benefits of exercise

Many teen girls are preoccupied with their bodies and physical appearance. Emphasize that physical activity has many benefits that don't just have to do with looks, like strength, stamina, flexibility and improved self-esteem.

3. introduce her to role models

Let her see you working out, sweating and making physical activity part of your life. Take her to girls' and women's sports events. Check out the biographies and films of women sports heroes like Billie Jean King, the Williams sisters, Abby Wambach and Gabrielle Douglas.

4. discover activities that fit her personality and body type

Suggest activities in which she can be successful and challenged, which play on existing abilities and where she will learn new skills. Find a challenge for her skill level and body type.

5. buddy up

Don't just tell her—show her—be active together and set a good example. Start an activity bracelet (a charm bracelet will work) that includes balls and activity charms that commemorate the activities you did together. Take a class together or show her your moves!

6. praise and reward

Praise and reward her efforts. A smile, a nod of the head, some kind words of encouragement can be powerful.

7. mix it up

Some girls, especially teens, tend to get bored easily. Make sure you are doing a wide variety of activities to keep them interested. Instead of running around a track or playing soccer on a field, take your activities to the beach or a local park. Each season try a weather-appropriate sport.

8. encourage her to stick with it

Help her schedule the time to be active by keeping a fitness calendar or putting your activities on a calendar. Sneak notes into her lunch or her clothes with words of inspiration or praise.

9. keep it fun

Make a sports scrapbook. Collect pictures of females doing physical activities in magazines and paste them in a scrapbook with thoughts about how the pictures make her feel. Or just keep it simple, jump rope, ride bikes or build an obstacle course together!

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training with a smile

Judy Sullivan makes fitness personal

by Meghan Grady

Judy Sullivan, owner of The Gym, LLC on Diamond Hill Road in Woonsocket greets customers to their workout wearing a vibrant smile and stylish athletic gear. Her friendly welcome makes members feel at home. She opened The Gym in 2008, with the support of twenty or so individuals that she exercised with at another health club. “We decided to do it on our own. We wanted to be customer oriented and make our health club user friendly for people,” she explains.

Sullivan was raised by her father along with her four sisters and brother in Concord, New Hampshire. “We were always extremely active,” she recalls. “My Dad would wake us up at 5:00am every morning for calisthenics and then bring us to the YMCA for swim team before school.” She remembers being involved in a variety of sports as a young woman, “My siblings and I knew how to ski and golf. We were basketball players and cheerleaders too”. Sullivan jokes, “I tried gymnastics but remember tumbling over a whole line of people so that didn’t last long”.

Sullivan first became interested in personal training while working as a fitness instructor in Virginia. “I started at an old Jack LaLanne health club. Then, when we moved to Rhode Island, I taught classes at Women’s World. It allowed me to stay active, in shape and to be a full-time mom,” she says.

An average day in Sullivan’s life starts when her

alarm goes off bright and early. “I wake up at 4:00am and open The Gym at 5:00am for running groups. Sometimes I teach a 5:45am class but return home to make breakfast for my youngest son who is a senior in high school. Then, its back to The Gym for the 9:15am class or to play with the kids in the little gym. I do a lot of my cleaning in the afternoon so I don’t have to do it at night. My afternoons are filled with personal training clients and socializing with members.”

Sullivan smiles as she talks about the environment at The Gym, “People will sit at the counter, have coffee and chat. Its a close knit group of people who support each other. You want to show up for the run or workout class to see your friends”.

When asked about her role as a personal trainer Sullivan says, “I’m blessed because I love what I do. I never feel like I’m going to work because I love my job. As a personal trainer you have the influence to enable people and push them beyond what they think they are capable of. I had a client who didn’t think he could run and now he is able to run miles. It is nice to see people progress and move on to working out on their own”.

Sullivan explains, “I’ve always been a promoter of yoga because it helps with all aspects of life. It helps you connect with how you are feeling and understand what is going on with your body”. Sullivan explains goal settings is a key focus at The Gym, “Its not about

how you look or how much you weigh. We don’t even have a scale in the building. It is about if you can meet your goals and do what you want to do”.

At The Gym, youth can use the facility starting at age thirteen if they are accompanied by an adult. “As a parent, if you don’t take care of yourself, your children will know. We are role models for our kids. Its nice to see parents working out with their kids. At a young age, it allows them to share time and form a bond,” she says.

Sullivan believes there are connections between physical activity, exercise and increased self-esteem in young women. “It’s tough in today’s society because young women are so inundated with images and pictures. It would be better if we could go back to the basics and focus on health. It is disheartening at times.”

When working with young women, Sullivan feels it is important to, “keep it relaxed and fun, make sure they are comfortable and know what their exercise options are”. She often offers kickboxing and yoga classes at local high schools. “Exposing young girls to different forms of physical activity makes them say, ‘Hey, I could do that!’”

photo by Agapao Productions

star soloist

Megan Morin shines in her debut at 2nd Race Against Racism

by Clara Schwager

Megan Morin never sang in public. She never practiced in front of a large group. In fact, her audience thus far had been a grand total of two people. But as the first note of *The Star Spangled Banner* by Francis Scott Key rang out, the 12 year old Blackstone, Massachusetts native was standing tall in front of over 200 eager faces. Morin crooned through the infamously difficult national anthem with ease and finished her debut performance to an eruption of applause.

Moments after the crack of a gun signaled the start of YWCA Rhode Island's second Race Against Racism. The sunny autumn morning was perfect for a 5K though downtown Woonsocket. Morin, who had a great view of the race start and finish was eager to see who would come into sight first. She felt relieved now that her spotlight solo was completed.

Morin says she prepared for the event with "lots of practice in front of my mother and grandmother". She explains singing the national anthem was her way of "representing the nation as well as YWCA Rhode Island". When asked what advice she would give to a girl her age looking to tackle the challenging anthem, Morin says "Just go out there, have fun and try your best".

Top photo: Morin participates in YWCA Rhode Island's gymnastics program. "Its a lot of fun and has taught me a lot. I've learned that teamwork is important and its fun to learn new skills and be part of team," she says. Megan Morin with Meghan Grady, YWCA COO at 2nd Race Against Racism, www.raceagainstracismri.org.

photos by Deborah L. Perry



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Julie D'Ercole

What is it like running a race with your daughter? The first road race that I ran with my daughter was this past spring 2012 in Cranston. She is a great runner, much better than I was at her age and I am so proud to be able to run races with her. Alyssa loves races and I support her and encourage her and it is a fun sport that we can both enjoy together.

Why did you participate in the Race Against Racism? Alyssa and I have not participated in many races in the community, but we do plan to run more races together. We participated in the Race Against Racism, because it was for a great cause and Woonsocket is my hometown. My father [Robert Reith] used to run the race at Autumnfest years ago when I was a child and I was so glad that they brought it back this year. It was a great honor for me to be a part of this race. Actually the route went right by my parents house [on Summer Street] - so we had our very own cheering section.

What I do for fun? My life involves my husband and [three] kids . . . we are an active family.

Were you involved in sports growing up? Growing up, I was very active. I used to run with my father just for fun. Then while I was at Woonsocket High School, I was part of the Cross Country Team. I have been running on and off since. But with a family it is hard to stay faithful to it. When I see my daughter running, it encourages me to get out there again.

Do you think it is important for girls to be physically active? I think it is very important for girls to be physically active. Running and sports in general is not only great for health benefits, but it helped me a lot when I was a teenager. Adolescence is one of the toughest stages through life. There is a lot of peer pressure and stress on our kids. It is the time where you truly find yourself and what kind of person you want to be. When I was a teenager, everything was an emotional roller coaster. So when I was feeling down, I would put on my sneakers and just run my heart out. It cleared my head, made me feel better, physically, mentally and is overall a great stress reducer.

How have you encouraged your daughter to be involved in sports/physical activity? In our hometown, we have CLCF which offers all sorts of sports programs. When my kids were old enough to participate, we enrolled them into a sport of their choice to try it out and see if they liked it. Alyssa has tried soccer, dance, ice skating and then track and cross country and we stopped there because she has found her love for running and I totally support and encourage it. The CLCF program is run by parents and volunteers all which are dedicated and go above and beyond for the kids. I support my daughter by going to every practice, meet and will travel for away meets. I help out with the team whenever I can. I think it is important for parents to be involved. I know I am an influence in my daughter life by supporting and encouraging her anyway I can. Whether we realize it or not, they look up to us and want us to be proud of them. That pushes them to be the best that they can be.

Alyssa D'Ercole

Do you take part in many community races? I take part in races with the CLCF [Cranston League Cranston Future] travel team and I hope to run more road races in the future. I took part in the Race Against Racism because I just love running, it is for a good cause, it's fun and I ran this race because it is my mom's hometown.

What is it like running a race with your mom? I like to run races with my mom because I really enjoy it and it is something that we can do together.

Tell me about yourself? I am 11 years old. I am in 6th grade, and go to Glen Hills Elementary School. I run track and cross country for fun. I like riding my bike. I also love to draw, paint, make crafts or anything that has to do with art.

How did you become interested in sports/physical activity? I became interested in sports when I joined CLCF track at the age of 8 years old. I really enjoy running and still run track and cross country today.

What do you like about sports? What are the challenges? I like running because I think it is a lot of fun. It makes me feel good and I enjoy the competition. I set goals for myself and try to do better everyday. The challenges that I face are personal ones. I try to beat my time and improve with every practice and at every meet.

How do your friends and peers feel about sports/physical activity? Most of my friends and peers are involved in some kind of sport. They seem to enjoy the sport that they have chosen to do.

Who gives you encouragement? My mom is the one who gives me the most encouragement and my dad. Also my coaches and teammates all encourage me to do better and we all encourage each other.

Is there anything else that you would like to share? I would recommend girls my age to try different sports, like running and stick with what you love. It will help you stay fit and make you feel good about yourself.



Alyssa D'Ercole finished first in under 18 division - 2nd Race Against Racism at Autumnfest.

interview by Lisa Piscatelli
finish line photo by Deborah L. Perry
article photo courtesy of D'Ercole

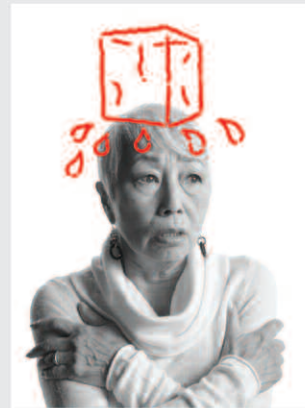
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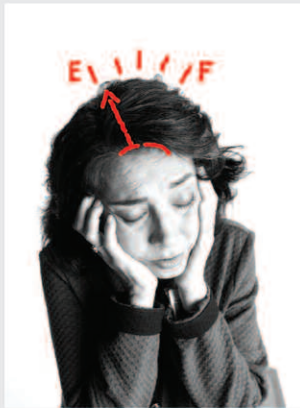
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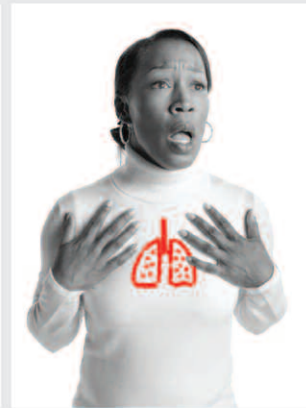
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learning from teamwork

Nicole Murphy never gives up

Athletics teaches us about ourselves and those around us. Deep emotions can be felt while performing sports - integrity and pride or sometimes sorrow and disappointment. Sports prepare us both physically and mentally for our future pursuits.

Players learn to respect referees and coaches. In life we may not always agree with the decisions made by our bosses or teachers, but we must learn to respect their decisions. During a soccer game in early fall, the referees made several calls that frustrated both spectators and players. Fed up, I walked off the field. As I passed the center official, sarcastically I said - nice game. She blew her whistle and gave me a red card. Reflecting back, it was not the referee but myself I was most frustrated with. This used to be my greatest regret on the soccer field. Looking back, I wouldn't change that moment. Through sports, I've learned to respect authority.

"Never give up, never give in" is a quote often used to inspire players. It is hard to understand that

you could fail even after spending countless hours mentally and physically preparing yourself for your goal. You may practice for hours and may not see results in the next game, but you do improve. Athletics proves that the underdog can win if they work hard enough.

Athletes sacrifice themselves in small situations for larger outcomes. A teammate must give up individual glory and allow others to take the spotlight for the good of the team. Qualities that are experienced in athletics are irreplaceable and can be carried over into every aspect of life. Soccer, basketball and track have all shaped me. Learning to stand together as a team is a lesson to learn in life and sports shows that like no other.

Nicole Murphy is a sophomore at Nipmuc Regional High School in Upton, Massachusetts. She is on the varsity soccer, basketball and track teams.

photo courtesy of Nicole Murphy



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growing up on the court

Deja Ross lives basketball

I started playing basketball at eight years old. I've always liked sports, but basketball seemed natural. My dad was my first coach. I went on to play for Neutaconkanut Recreation Center at the age of 11 with my team coming in second in the Providence Recreation League Championship. The next year I played for Zuccolo Recreation Center, winning a second place title and two city championships over the next three years. My skill level reached a point where I decided to try out for Amateur Athletic Union, a more competitive team that plays year round and travels. My team, Team Providence, came in second place at the local state tournament, earning us a place in the National Competition held in Florida. Basketball has been a great way for me to explore and meet new people.

From first grade through eighth, I attended Times2 Academy. Although I had many friends, no one shared the same passion for basketball and they did not have a team. Ever since I knew that

basketball was my passion, I planned to go to a high school that had a basketball team and a coach who could help me improve my skills. I chose Lincoln School. I had previously met Christina Batastini, the head basketball coach for Lincoln, through numerous basketball camps. She encouraged me to become a better player and I liked her style of coaching.

I think sports are important, because they teach self-confidence and commitment. My ambition is to attend a Division 1 college for basketball. Although my love for basketball grows, it is important that I remain studious. I would like to study science, because I would like to become a physical therapist for the National Basketball Association.

Deja Ross is a freshman at Lincoln School for girls in Providence. She is on their basketball team.

photo courtesy of Deja Ross



Bryant University

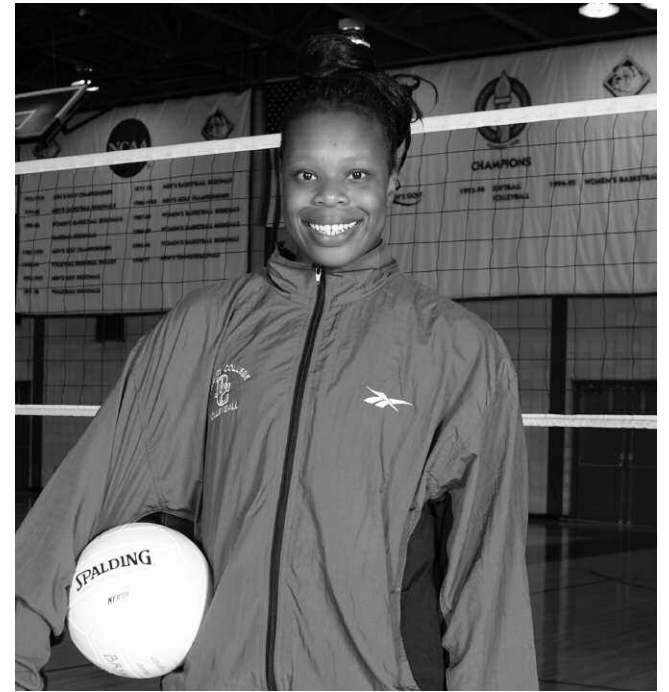
CONGRATULATES

Bunmi Akinnusotu, an outstanding student-athlete and member of Bryant's Class of 2003, for her many personal and professional accomplishments. She betters the lives of women and girls through her work in health and human services supporting the efforts of global nonprofit organizations.

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Bunmi Akinnusotu was born and raised in Providence and attended middle and high school in Woonsocket. She graduated in 2003 from Bryant College and became an Americorps volunteer for a domestic violence agency in suburban Chicago. Later, she started her career as a corporate fundraiser for the United Way Metro Chicago and YWCA Metropolitan Chicago. Akinnusotu was an active community member in Chicago and supported organizations like YWCA, Urban League and Young Chicago Authors. She's currently enrolled as a graduate student at Columbia University where she is studying Education Policy and International Development. Akinnusotu credits her coaches and mentors for her successes.

photo courtesy of Bryant University



spiking down obstacles

Bunmi Akinnusotu sets her sights on sports for life

As a child, I was always the girl who jumped fences, ran through mud and loved competing against boys. Hoping I would become a little more “girly” and less physical, my mother enrolled me as a ballerina. She soon realized that while ballet kept me engaged, its pace was not a fit for my active and energetic personality. Through sports, I was surrounded by inspiring and incredibly respected coaches and mentors, I developed a healthy perspective what it meant to be a woman, and I gained important leadership skills that helped me become a successful woman. While I no longer jump fences and run through mud, I am still drawing on my experiences as an athlete to take me through life.

I was first introduced to the idea of being an athlete when I was 12 years old by an aunt who was an NBA fanatic. We would dream about how amazing it would be to play in the WNBA. Though I never made it to the WNBA, basketball would be my first love and the beginning of my athletic career--volleyball soon followed. In high school, Ruth “Dudy” Plante, convinced me to continue to play volleyball and invested significant amounts of resources and patience in my growth. During the summer time, I would play pick-up games or in leagues at the YWCA in Woonsocket in order to stay in shape.

Because of coaches like Dudy, who left no room for excuses, demanded excellence in and outside of the classroom and held high standards, I excelled as a high

school athlete. My success eventually led me to play at Bryant College under Ted and Teresa Garland. Ted and Theresa, like Dudy and other coaches demanded nothing but my best, were advocates for academic and athletic excellence, and taught me how to persevere when times were hard. Throughout my athletic career, there were adults who brought out the leader in me and taught me about life in ways that I couldn't have learned any place else. This is why it is important for girls and young women to be involved with sports.

Beyond the health benefits, sports is an avenue to failures and victories that reveal some of life's greatest lessons that create dynamic leaders. Whether it was managing personalities as Team Captain or losing to a team that should have been beaten, sports forced me to look inward for ways I could make tough situations better, inspire my team, and move on. Girls and young women have a lot to gain if they learn early on how to be reflective, persevere and lead during good times and bad. As a growing teenage girl or maturing young woman, our sense of self can often be tested by internal and external pressures. Fortunately though, being an athlete can help provide a safe space to be yourself and stay positive.

Young girls and women who play sports also develop healthy ways of understanding and navigating womanhood. There are stigmas for being a female athlete: your femininity and sexuality are questioned, your intelligence is assumed to be pretty low, and if

you're a woman of color your racial and/or ethnic authenticity might be called into question if you're playing particular sports. As an athlete, your coaches and teammates are focused on nurturing and developing your talent. On and off the court, you're encouraged to be your best self for you and for your team. And because girls are around other athletic women, they can relate to one another's challenge and be a positive source of strength. When girls are able to use their energies into developing themselves and those around them, it becomes a little easier to embrace their own femininity and become the woman they were born to be.

Sports presented a world of amazing women and men who have mentored and guided me on and off the court. Personally and professionally, being an athlete left a lasting impact on how I support my community. Every team I played for, participated in some form of community service. I always felt I should support my community because someone supported me. As an adult, this still holds true in my life and my career path reflects my commitment to making this world a better place to live for everyone. Sports, for me, provided important life lessons, helped shaped my career and created lifelong friendships. And while I may be in heels and I may wear more dresses, I'm still the energetic tomboy at heart and proud of it. ✨

challenging oneself

McKenzie Meehan shoots for ever higher goals



Sports have played an integral part in my life. As a child, I loved playing outside with my sister, parents and cousins. I became involved in recreational sports at a young age, participating on soccer, basketball, softball and track teams. As my passion for athletics continued to grow, I began to play sports more competitively. My participation level in sports gradually increased until I joined Scorpions Soccer Club, a competitive club team, which required a great time commitment. When I joined this team, I could no longer play basketball, but it was a sacrifice I was willing to make. I did not view the time commitment as a burden; I instead enjoyed every moment of my athletic career and viewed each higher level as a challenge.

A few months ago, after graduating from LaSalle Academy in June, I began playing with the Boston College Women's Soccer Team on August 1, the official start of our season. With this, like any transition to a higher level, certain challenges presented themselves, but I felt prepared. Because the college players are more skilled and experienced, the game is played at a higher pace. In addition, players are generally stronger and quicker than those in high school. Each game is more competitive and demanding, especially within the Atlantic Coast Conference. It took time to become accustomed to these differences. The season went very well. I gradually became more comfortable playing with my new team. We had highlights to our season, including our tie against Stanford, last year's National Champion, and our win against Florida State, the #1 ranked team at the time, but unfortunately, we lost in the second round of the NCAA tournament. Nevertheless, I gained great experience this year and I'm already looking forward to next season.

Overall, I strongly believe that sports are essential to a girl's life. Females are fortunate that society has progressed so much that we have a plethora of options for organized youth sports. Although not everyone possesses equal experience or skill, there are numerous levels of sports, such as recreation, club and high school teams, providing everyone with an option. Throughout my time in sports, I have realized that being part of a team is like being part of a family because every player wants to do her best so the team succeeds. This sense of belonging is wonderful, as are the valuable friendships that develop from being teammates.

Being part of a team is one of the best ways to learn important values such as teamwork, hard work, commitment, sacrifice and time management, essential characteristics of a successful person. Obviously, sports are also a great way to be active, and they should be enjoyed. The exercise does not seem nearly as demanding when you are enjoying your teammates' company. Regardless of age, athleticism, background, or any other aspect, every young girl should incorporate sports into their lives, even if it is just playing in the backyard with friends.

McKenzie Meehan is a graduate of LaSalle Academy. She was named All American in track where LaSalle 4x800 meter relay team won New England Championship and finished with the silver medal in US National Championships. She was 1000 meter State Champion and won numerous All State track awards. As a senior in high school, she led the nation in scoring with 80 goals. She holds Rhode Island State record for goals scored in a high school career with 180. She was a 3 time soccer All State, a two time All American and 2 time Gatorade Player of the Year. Meehan participated with the Scorpions Soccer Club, at the United States Youth Soccer Association National Championships. She was awarded the Golden Ball Award as tournament MVP.

She studies in the Boston College Honors Program. Meehan trains with the soccer team: named to the All-ACC Freshman team; Topdrawersoccer.com All Freshman Second Team; third on the team in scoring with nine goals and 18 points; tallied two goals in three games (UConn, Clemson, NC State); scored two goals, including the game-winner in the victory over UConn on August 24; earned the NE Soccer Player of the Week and a spot on the CS360 Primetime Performer's List; scored her first career goal in season-opener vs. Providence; had a goal vs. Clemson and Northeastern; played in every game, started six games; and played a career-high 86 minutes in the NCAA Tournament game against Penn State.

photo courtesy of McKenzie Meehan (#22)

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breaking icy barriers

Avery Stone overcomes cold feet to realize her dreams

When I was seven years old, my parents placed me in a youth hockey program at Brown University. The first day, I hated it – my equipment didn't fit, and I was freezing and miserable. In an effort to convince me to stay, my mom – taking a parenting shortcut that was rare for her – bribed me: if I stayed in youth hockey for the rest of the season, she would give me a trophy. Reluctantly – but excited about my prospects – I agreed.

It is now 14 years later. I am 21 years old, and play on the varsity Women's Ice Hockey Team at Amherst College, one of the top teams in NCAA Division III.

I am eternally grateful to my mother for bribing me that day. My decision to play ice hockey has shaped who I am – in both positive and complex ways, as I came out as a lesbian my junior year in high school. Even when I've been frustrated with myself, my teammates, or a larger athletic culture that demeans LGBT athletes, playing ice hockey has inspired qualities in me that define my identity: directness, drive and fearlessness.

First, because ice hockey is a contact sport (even though girls are technically not allowed to hit one another), confrontation – in the most literal sense – is inevitable. Before I started playing hockey, I was shy and deferential. However, when I got on the ice – a place where I had to physically confront others – my demeanor changed. I will never forget being ten years old at summer camp and having to survive an hour of "checking practice," in which I would skate through a line of (mostly) boys along the boards and try to stay upright as they hit me. Because of experiences like these, I became more outgoing and willing to confront others in a calm and confident way.

Secondly, playing ice hockey created my work ethic. I am not a born ice hockey player – I am naturally athletic, but skating, stick handling and shooting did not come easily to me. I am also legally blind in one eye and do not have depth perception. Because of this, a sport as fast-paced as ice hockey did not utilize my natural gifts. But, because I loved hockey and wanted to succeed, I spent extra time maximizing certain skills – like my skating – that could compensate for my vision, so I could stay on par with the elite players my age. Today, playing college hockey means so much to me because I know how hard I worked to get there.

Lastly, playing ice hockey has made me unafraid – of competition, of making mistakes, and most importantly, of being myself. I spent the first half of my hockey career hiding my sexuality. Growing up, my Massachusetts club teams were not a welcoming environment to LGBT people, so I retreated firmly into the closet. During this time, it was harder for me to play well – I constantly looked over my shoulder, wondering if I would be the next victim of the homophobic slurs I heard so often in the locker room. When I did come out during my junior year at my boarding school, Phillips Academy Andover, I got lucky. My teammates continued to embrace me, and, if anything, my honesty brought us closer. Although my experiences with being an out LGBT athlete have been mixed since then, coming out into the ice hockey world has made me stronger – even when I struggle, I no longer need to look over my shoulder. I am who I am, and people can take it or leave it.

Today, it saddens me to think that my hockey career will end when I graduate from college. But, looking back, I cannot stress enough how important the sport has been to me. If I hadn't played ice hockey, would I have continued to be that deferential little girl? Would I have never found the value of working for something I loved? Would I still be hiding who I am? I cannot know for sure. What I do know is that ice hockey forced me to learn about myself in unexpected ways.

So, to any girl reading this whose parents are encouraging – or even bribing – you to get out there and try something new: do it. You never know what could happen.



Avery Stone, originally from Providence, is an English Major at Amherst College, and a graduate of Phillips Academy Andover. A junior at Amherst, Stone is a co-head of the College's LGBT student group, Pride Alliance, and is working to make positive changes on her campus, with a focus on uniting the athletic and LGBT communities. Stone is also a collegiate advisory board member of two LGBT athlete activist organizations, GO! Athletes and the You Can Play Project, and is featured in Jeff Sheng's photography exhibit comprised of LGBT athletes, "Fearless." After Amherst, Stone plans to go into journalism – her work has been featured on The Huffington Post, Fortune.com, The Good Men Project and GoLocalProv.com.

Photo courtesy of Jeff Sheng, www.jeffsheng.com. Fearless, a series of portraits of "out" LGBT athletes on high school and college sports teams (2003 - Present)

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living the dream

Sara Hogan casts her love of sports



Since I was a little girl, I always knew I wanted to be on TV. Growing up watching Pat Masters, and Karen Adams on the local news, I admired their confidence and ability to tell a story as well as, if not better than their male peers. When I was little, I grew up in a neighborhood full of boys, and “tomboy” was a nick name I became accustomed to. I spent most of my free time playing street hockey, dodge ball, tee ball and anything that involved being active and getting out of the house. I loved being the center of attention, and I found that by playing sports as well as succeeding in school I was able to accomplish my dreams and become not only a person on TV, but a sportscaster.

Whenever someone asks me what I do, I always find humor in their reaction. “You’re a what?”

“I’m a sportscaster . . . I report on sports.”

Nine times out of ten, they ask me how a woman knows so much about sports. I always reply: “When you have a family that makes Red Sox, Patriots, Celtics, and Bruins games appointment viewing, it’s likely to rub off.”

I can thank my grandmother, for paving the way for me showing a woman can know just as much, if not more about sports than a man. She didn’t play any sports growing up like I did, but what she lacked in ability she made up for in knowledge. Back in her day before title nine, woman had very few options when it came to playing sports. I on the other hand, started playing competitive soccer at the age of six, and continued playing up until my senior year in college.

Soccer was my passion. It was my life. I played on multiple teams and even traveled the East Coast playing in tournaments. I met most of my friends on the soccer field, and to this day we are still close. Soccer not only kept me active and in shape, it also kept me out of trouble, and focused on my goal of one day becoming a sportscaster.

When you’re in high school trying to figure out what you want to do with your life and have to make a decision on what college will take you there, I had no hesitation that a degree in Broadcast Journalism would help me achieve my goal and that Emerson College in Boston would get me there. I was also recruited at Emerson to play division three soccer. The balance of practices and games six days a week as well as schoolwork kept me busy and out of trouble.

During my senior year in college I got an internship with WPRI in the sports department and was working alongside Patrick Little, Rob Garofalo, and JP Smollins, a boys club to say the least. Thanks to hard work and dedication through my internship, I was offered a sports reporting position at WPRI right out of college. I became the youngest on air talent at the station and quickly moved up the ranks becoming the weekend sports anchor a year after I was hired; mind you I am currently the only female sportscaster in the state. I showed that a woman can work in a male dominated industry and have success. Looking around the country most sports departments have a male only sports staff, but in recent years other women have broken down that barrier and can be found on major sports networks like ESPN, Comcast and NFL network.

After four years working in sports, I can honestly say I love my job. I have interviewed some of the top athletes in the world, while traveling the world. If it wasn’t for sports, I wouldn’t be living the life I have today. Playing sports has opened many doors for me, and it can for you too.

Whenever some one asks me what I do, I always find humor in their reaction. “You’re a what?”

“I’m a sportscaster . . . I report on sports.”

And I wouldn’t have it any other way. :~:~:

Sara Hogan joined the Eyewitness News Sports Team in September of 2008. A Cumberland native, Hogan is a graduate of Cumberland High School and earned her bachelors degree in Broadcast Journalism from Emerson College. While at Emerson, she was a four year starting defender on the Women’s Soccer Team earning GNAC All-tournament honors and the GNAC Sportsmanship award. During her senior Year at Emerson, Hogan interned at WPRI in the sports department where she found her “niche” in broadcast. After graduation, Hogan spent two months in Beijing, China for the 2008 Olympic Games interviewing some of the top athletes in the world.

photo courtesy of Sara Hogan



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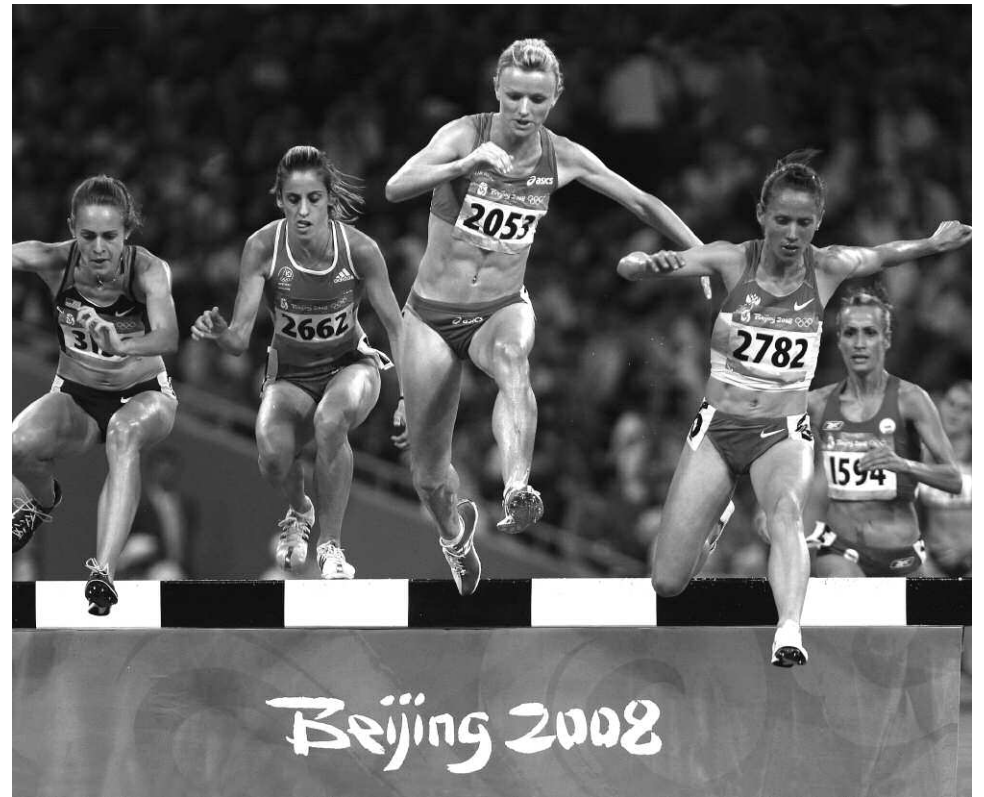
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why a girl should run for her life

Roisin McGettigan-Dumas is loving every step



After 20 years of participation in the sport of running, I achieved my dream of competing in the Olympic Games. I can still remember where it all began, as a young girl growing up in Ireland and how much I loved to run. I wasn't always the fastest in my class, but I was usually near the front of the pack. My talent for running didn't come in the form of some supernatural ability, it came from my passion-driven commitment, dedication, and my openness to learning and self-improvement. Sport has given me so much more than an Olympic experience.

As a kid I knew a couple of things for sure: kids know what they want and are not afraid to dream! I loved watching the Irish athletes running in the Olympics. It ignited something inside of me. By the time I was 11, I was so "into" the sport, I told people I would love to go to the Olympics. I wanted to train really hard in my local running club and become a world class runner (but thankfully my smart coach knew to hold me back to appropriate training levels). However, after several more years of training at age 16, I felt that "I wasn't talented enough," to go to the Olympics. I still loved the sport more than ever and running was "my thing."

Over the next two years I made steady improvements in my times and fitness levels and eventually was offered a scholarship to Providence College. After college my running took me all over the world and I had opportunities to race throughout Europe, Asia, Australia, South America and the USA. I was able to have amazing experiences like taking a boat up the Amazon River, walking on the Great Wall of China and falling in love with a country and its culture like I did in Japan. As you can see my love for running took me on an incredible journey.

Besides opportunities to travel and race in the Olympics, I benefited in many other ways through my participation in sport. I learned through experience and

participation and not just from reading theories and books. I learned that moving my body was exhilarating and fun, and I gained a keen sense of the "mind-body" connection before I could articulate what that concept was. I developed social skills that allowed me to work well with teammates and even befriend competitors. I learned the value of teamwork, and benefited from the synergy of working with people. I learned physics, specifically the causality principle; the harder I trained, the better I did in races. I learned nutrition and biology—the importance of healthy balanced meals gave me the energy to perform well and thrive. Running taught me to endure, to work hard, to put in effort and experience delayed gratification. My passion and interest in my sport made me a more disciplined and a better behaving teenager and college student. I cared more about running, than any subject in school, and it motivated me to stay on top of my grades and to be responsible in order to be able to pursue my passion.

As I mentioned - I raced all over my county, my region, my country and lots of other countries. Sport is a great connector and uniter of people from different places. Its great to feel like a citizen of the world - to know that people everywhere are different on some levels, but the same on others. I learned the difference between intrinsic and extrinsic reward. Sometimes my best races weren't when I won, they were when I was beaten and I did my best. A personal record, is one of the most satisfying thrills of sports. The feeling of progress and momentum is very gratifying. For me, it definitely trumps any projected glory or recognition from outside sources.

I learned the importance of having a dream and how to set goals. I feel that kids are not given enough encouragement to dream. However, I think its also really important that kids know how to set goals. Big dreams, such as going to the Olympics, are achieved after years of progression. Its years of achieving small,

attainable goals, that gets someone to eventually reach their dream goal. Having dreams and goals can steer our lives, setting the course and give us the motivation to head out and endure the rollercoaster journey . . . And finally, I learned that aiming to be the best you can be, is more effective than trying to "be the best" at something. If everyone could reach their potential, the world would be a much happier and productive place.

So I've been asked, would I recommended participation in sport to my daughter? Would I like her to learn, to dream, to set goals, to meet people from all over the world, to be in tune with her body, to learn to be resilient and overcome obstacles, to experience natural highs and exhilaration (and the lows of disappointment), to learn how to nourish and respect her one and only body, to develop social skills and working with a team, and ability to work independently? I would love my daughter to find her passion, which I hope will give her all of the benefits that sport gave me. ✨

Roisin McGettigan-Dumas grew up in Ireland and currently lives in Providence. She attended Providence College on a track and cross-country scholarship, where she was a four time All-American (Indoor Mile & 3K Steeplechase), Big East Champion and a Psychology major and Environmental Studies minor '03. Roisin went on to complete her Masters degree in Educational Counseling at Providence College, while also competing in international competition as a professional athlete for New Balance. In 2008 she represented Ireland in the Beijing Olympics in the 3K steeplechase, where she reached the final. In 2010 Roisin married husband Myles Dumas, a graphic designer, New York native and fellow Providence College alumni. In 2011, they had their first child and also started their own company, Believe I Am (believeiam.com) along with fellow professional runner Lauren Fleshman. Believe I Am creates training journals and apparel that share sports psychology techniques and inspirational messages with women of all fitness levels.

photo courtesy of Roisin McGettigan-Dumas (#2053)



shining

with Stephanie Gonzalez

Member of the Sheila "Skip" Nowell Leadership Academy Board of Directors and Trustee of the Central Falls School District



How old are you? I am 26

What is your connection to YWCA? "My connection to YWCA began when I was eleven. It became the safe haven for my sister and I before and after school. My mother had to work long hours and the YWCA enabled her to do that for us. In the past two years, I have had the honor to serve as a member of the Board of Directors for YWCA."

Why did you get involved with YWCA Rhode Island? "The opportunity to join the Board came to me at a moment where I was gaining more awareness about the needs of my community. I was being inspired by young leaders such as Central Falls Mayor Diossa and Sandra Cano (School Committee member of Pawtucket). As a woman, I was especially intrigued by Sandra's passion for the mission of the YWCA and I decided this would be a great opportunity to advocate for women, for young girls, and for Central Falls and communities like it."

Can you tell us about the Sheila 'Skip' Nowell Leadership Academy? "The Sheila 'Skip' Nowell Leadership Academy is perhaps the most innovative initiative I have been part of and I am honored to have been selected as a Board Member. In short, the Academy will provide access to quality education to a targeted cohort of students who run a higher risk of dropping out. Traditional public schools may sometimes fall short for students with extraneous circumstances, and the Nowell Leadership provides a structure of learning that combines a virtual and in-class component. This will set a precedent nation-wide."

What is your role? "My responsibility now is to advocate for the work of the Academy and once the School starts recruiting and enrolling students I hope to serve to bridge communication between the academy and the Central Falls School District and the surrounding charter schools."

As a young woman, did you play sports? What kinds of physical activity do you enjoy now? "I have to be honest and say that I wasn't much of a sports fanatic while I was in high school. However, I was on the cross country team my junior year. I was on the Central Falls Step Team my senior year. Though technically not a sport, it was my way of staying physically active. It required just as much endurance, stamina, and an affinity for teamwork. Currently, I enjoy running outside and more than running I love hiking. Both give me such peace, while at the same time give me the opportunity to stay active."

What do young women need to become healthy and independent adults? "I think the most important thing for young women to do is to become informed about ways in which they can keep their bodies healthy and safe. Staying informed is something that needs to be accessible at home and at school. If that access is missing at either of those places, then young women need to know about alternative ways to access information (i.e. clinics, local YWCA, other local organizations). Knowing is everything."

Do you think it is important for girls and young women to be involved in sports and physical activity? I think it is very important for women to be involved in sports, because we need to further break the stereotype that only male sports matter or that male sports are more important. We see this every year as millions of people gather around to watch male sporting events, but seldom are we exposed to the excitement of females in sports. We need to break that cycle of thinking.

What sports or exercise opportunities are made available by the Central Falls School District? Do the majority of young women participate? "The Central Falls School Department offers all the most popular sports. Young women have the opportunity to participate. We can always do better to engage more women to participate."

In tough economic times, budget cuts are often made to co-curricular activities like sports. Do you think it is important that girls have access to these opportunities? "I think in tough economic times and budget cuts, are when activities like sports need to be saved. These kinds of activities help our students' spirit, and buttresses their willingness to participate in the school community at a co-curricular level as well as an educational level. At the very best, there needs to be a compromise. Soccer and football cannot be at the top of our list in budget cuts. We have to be creative about other sources."

What value does the Central Falls community put on high school girls sports? "When you attend Central Falls High School, you become a warrior in every sense. A warrior in the classroom, as well as a warrior on the field or as a spectator of sports. Our students look forward to these sports and when they persevere and are winners of championships, it molds their spirits like nothing else. The Central Falls Community embraces this."

Stephanie Gonzalez was born in Providence and raised in Central Falls. She is a product of the Central Falls School System and graduated in 2004. She became the first member of her family to attend college and graduated from Boston College in 2008 with a BA in English. Currently, she works at Boston Children's Hospital as a project manager in the Program for Patient Safety and Quality. Back in Central Falls, she is a member of the Central Falls School Board of Trustees, Board Member of the Nowell Leadership Academy and Chair of the Central Falls Charter Review Commission.

interview by Meghan Grady
photo by Agapao Productions

"I think the most important thing for young women to do is to become informed about ways in which they can keep their bodies healthy and safe." - Stephanie Gonzalez



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

● **February to March 10, CNBLL:**

Registration open. Aqueduct Field in Cranston. Boys and Girls Teeball Ages 4-6; Instructional Ages 6-7; Minors Ages 8-11; and Majors Ages 9-12. Girls Fast Pitch Softball Minors Ages 7-12; Majors Ages 9-12; and Seniors Ages 13-16. www.eteamz.com/cnbll

● **February to March 28, Coed Dodgeball:** 6:30 to 9:30pm at Rhode Island Sports and Social Club. www.risportsclub.com

● **February 23, Softball Snowball Clinic at Bryant University:** 11am to 2pm for grades 5-8 and 3 to 6pm for grades 9-12. www.bryantbulldogs.com

● **February 23, Owl Prowl/Full Snow Moon Hike:** 6 to 8pm at New Dawn Earth Center, 75 Wrentham Road in Cumberland. Great Horned Owls start looking for love in late February. Hike through the forest by the light of the Full Snow Moon to hear their calls. At the end we'll warm up with hot cocoa. Leader: Diane West, Naturalist. Suggested donation: \$5.00 per person or \$18.00 per family. Register and pay by

February 21. Call: 401-333-1341.

● **February 24, Boston Blades vs. Toronto Fluries:** 11:45am at URI's Boss Ice Arena in South Kingstown. Canadian Women's Hockey League. www.facebook.com/BostonCWHL

● **February 25, Communisong:** 7pm at Rochambeau Library, 708 Hope Street in Providence. Bill Harley (2-time Grammy award winner) and Kim Trusty. Good friends, wonderful musicians and tellers and true believers in music as a vehicle to heal the individual, the family, the neighborhood and the community. Free - donations appreciated. www.comunisong.net

● **February 26, Marquette Golden Eagles at Providence Friars Womens Basketball:** 7pm at Dunkin' Donuts Center in Providence.

● **March 2, Zumba:** First Class free. 9:30 to 10:30am at The Dancin' Feelin' in Warwick. Call: 401-222-0553. All Ages. Zumba® program is a fitness-party with a contagious blend of Latin and international rhythms that provides a fun and effective workout. Saturdays 9:30am and Tuesdays 5:45pm.

● **March 2 and 16, Pawtucket Slaterettes Registration:** Give girls and women a chance to get in the game. Events held at the Pawtucket Boys and Girls Club, 1 Moeller Place (off School Street) in Pawtucket from

10am to 2pm. Give girls and women a chance to get in the game. www.slaterettes.com

● **March 4, Recreation Classes:** 7pm at Joseph Jenks Jr. High and Agnes Little Schools in Pawtucket. Call: 401-728-0500. Pawtucket Parks and Recreation is offering 8 weeks of recreational classes. Classes vary from Ballroom Dancing to Zumba, Adult and Children's Yoga, Country Line Dancing and so many more options. For registration forms and a class listing, including description and costs, visit www.pawtucketri.com.

● **March 9, Community Dance:** 2 to 4pm at Woodlawn Community Development Corporation, 210 West Avenue in Pawtucket. Free. Nils Fredland, caller, will masterfully engage kids and adults alike in this participatory dance for all ages. All levels of experience welcome. Host: RI Fiddle Project students and families. Call: 401-644-5847 www.rifiddleproject.org

● **March 22, Public Hockey:** 12noon to 2pm at URI's Boss Ice Arena in South Kingstown. The Boss Ice Arena public hockey is a program available to men and women 14 years of age and older. If you're looking for a fun pick-up game or if you're looking to challenge yourself against other competition, the Boss Arena is the place to be. All participants are required to wear full equipment. Tickets: \$6.00

Admission per person and \$3.00 URI Students/Faculty/Staff. Other dates available February through May.

● **March 23, CVP Advanced Spirit Cheerleading Championships:** 12noon at Rhode Island Convention Center in Providence.

● **April 3, PC Women's Tennis vs. Connecticut:** 3pm at Providence Campus. Free. www.friars.com

● **April 4, Yoga:** Thursday, 6:30 to 7:45pm at Burrillville Community Recreation Center, 50 Lodge Road in Pascoag. Fee: \$48/6-week session. Instructor: Anita Bevans. Call: 401-578-4162. Class is for everyone, including beginners. www.healingheartyyoga.net

● **April 13, Hairspray Salon Gallery:** Abstract photography, animation, and a work in progress demonstration at Hairspray Salon Gallery. Call: 401-273-9210.

● **April 30, Ballet Revolución:** 7:30 to 9:30pm at Rhode Island College, Nazarian Center, Auditorium in Roberts Hall, Providence. Price: \$35, discounts available by phone. Call: 401-456-8144. An explosive fusion of ballet, contemporary dance and modern hip-hop, this raw, fresh, Cuban cocktail of unbridled passion and athletic skill features a live all-star Cuban band.

artist canvas

education & art

Jennifer Gillooly Cahoon



For details on this edition's *She Shines* cover art, see page 2. With the theme of girls and women in sports, Cahoon commented on her own involvement in sports and physical activities. "I did participate in sports as a child. I participated in gymnastics and played baseball on a little league team. I loved both. I also rode my bike everywhere," As an adult, she enjoys dancing such as belly dancing and Zumba. "I find things to do, to stay in shape."

Cahoon lives and works in Rhode Island. She graduated from RIC with bachelor degrees in Sculpture and Art Education. She supplemented her education at the University of Essex in the UK the first half of junior year at RIC and then again at the Pietrasanta Marble Carving School in Italy, the summer after graduating from college. Upon returning to the States and substitute teaching, she found few jobs in Art Education. She found a great need for Special Educators and earned a masters degree in Secondary Level Special Education. Cahoon enjoyed working with the behaviorally challenged/learning disabled population. Today, she is an art teacher and department chair. She spends a great amount of time in her studio, over the past year completing over 80 paintings. Cahoon is partial to surrealism/meta-physical work. She participates in local gallery events, such as Hairspray Salon. "I love the gallery/salon concept!"

www.etsy.com/shop/jgcahoon

let's talk shop

business & art

Luz Arteaga-Pray



Luz Arteaga-Pray came to the United States from Colombia South America at the age of five and settled in Cumberland, Rhode Island. With no English as a second language program in school, it was sink or swim for Arteaga-Pray and her seven siblings. Her father wanted them to have a good education and access to sports.

Arteaga-Pray started with iceskating. Later she enjoyed dancing and singing. She also played softball, basketball and soccer. There were not many girl teams. Arteaga-Pray played on all boy teams with her brothers coaching. Today, she continues being active - running, biking and playing volleyball.

After high school, she went to Cosmetology School and has been in the industry since 1990. Eight years ago, she bought Hairspray Salon in Providence and made it into a competitive business. In a small city with a salon and spa at every corner, Arteaga-Pray mixes business with the arts. What started as a simple networking strategy, has turned into a multimedia community event. Every season, Hairspray Salon hosts an opening for local artists. The art sells. The salon staff meets new clients. It is a magical gallery and salon event for all. Now, the artists find Arteaga-Pray. She is booked through fall 2013.

Hairspray offers complete beautification, says Arteaga-Pray. "It's more than just hair, it's a make over experience for the mind, body and soul."

www.hairspraysalonprovidence.com

Interviews by Lisa Piscatelli. Photos by Agapao Productions.



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Now he can leap tall
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At Hasbro Children's Hospital we do what we do so that your child can do what healthy children do. Play outside, eat healthful foods, sleep peacefully—without pain, fear or worry. Our physicians are leaders in their fields, with expertise in all acute and chronic health conditions of childhood and adolescence. We focus on providing the best medical care for our young patients, so that children can focus on just being kids.



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