

FALL 2006

# WIRE'd ZINE

Women's Intra-Campus Resource Exchange



STAND UP  
AGAINST  
SEXUAL  
ASSAULT!



Editor-in-Chief  
of all that is  
Frankin' Cool:  
Myra Long



Is this your first time?  
If you'd like to get more information about  
The OSU Women's Center  
Please contact  
737-3186  
[www.oregonstate.edu/womenscenter/](http://www.oregonstate.edu/womenscenter/)  
[womenscenter@oregonstate.edu](mailto:womenscenter@oregonstate.edu)  
the Women's Center is accessible to all.

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# What is Consent?

To consent means to give approval and to agree by free will.

Consent is based on choice.

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Consent is active, not passive.

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Consent is possible only when there is equal power.

\*\*\*

Giving in because of fear is not consent.

\*\*\*

In consent, both parties must be equally free to act.

\*\*\*

Going along with something because of wanting to fit in, feeling bad, or being deceived is not consent.

\*\*\*

In consent, both parties must be fully conscious, and have clearly communicated their consent.

\*\*\*

If you can't say "NO" comfortably, then "YES" has no meaning.  
If you are unwilling to accept a "NO," then "YES" has no meaning.

Source: Sexual Assault Prevention through Peer Education. Carrothers & Rypisi, 1997

"Women are the glue that holds  
our day-to-day world together."  
~Anna Quindlen~

"The truth you believe and cling to makes you unavailable  
to hear anything new." ~Pema Kodron~

Page One

# MYTHS & FACTS ABOUT SEXUAL ASSAULT

-Sexual Assault is rare and doesn't affect many people. After all, I don't know anyone who has been raped.

*FACT: Statistics indicate that 1 in 4 women have been victims of rape or attempted rape, so statistically you probably know someone who has been impacted by this crime*

-Rapes are usually committed by strangers in dark alleys. If you're home, you're safe.

*FACT: There is a common myth that sexual assault usually happens when someone is walking alone at night, by a stranger who jumps out of the bushes. However, anywhere from 80-90% of sexual assaults are committed by someone known to the victim, and can be a friend, dating partner, spouse, classmate, etc.*

-Men cannot be victims of sexual assault

*FACT: About 1 in 12 men have experienced rape, and approximately 1 in 6 have experienced sexual abuse in childhood. This does not just happen in prisons, but most often other men are the perpetrators*

-People often make false reports of sexual assault

*FACT: This is a common myth! FBI statistics suggest that only 2-5% of reports are false, which is no higher than any other crime*

-Sex is better when you add alcohol

*FACT: The majority of sexual assaults involve alcohol! Research has shown that 75% of perpetrators and 55% of victims have been under the influence at the time of the incident. Alcohol may cloud your judgment, inhibit you from communicating your intent, and also inhibit your ability to perceive someone's resistance. Also, someone cannot give consent when they are incapacitated by alcohol or drugs, this is considered sexual assault!*

-When a woman gets drunk, flirts with a guy, makes out with him, and goes back to his room, she is looking for sex

*FACT: We all have the right to say no at any time, just because someone wants to engage in one type of activity (making out) doesn't mean they necessarily want to go any further. Victims are never to blame for sexual assault, it is always the perpetrator's responsibility! Don't ever assume you know someone's intentions! In addition, having a history of sexual contact with a person does not mean that any subsequent encounter is not sexual assault.*

-You can prevent rape if you really want to

*FACT: The definition of rape is sex without consent that is against someone's will, no one ever wants to be raped. Even if you struggle, scream, or fight back you can still have your choices taken away, it is not the victim's responsibility to stop what happened.*

"The truth will set you free. But first, it will piss you off"  
~ Gloria Steinem

If a person does not say no, struggle, or physically resist then they have not been sexually assaulted.

*FACT: If someone was forced to have sex without consent, then they were raped, whether or not a fight occurred. Consent means to give approval and to agree by free will. Consent is active, and not passive, thus not saying no does not automatically mean yes. Virtually anyone in an exploitive situation can be paralyzed by fear or recognize the futility of physical resistance. Alcohol, drugs, and coercion are weapons, just like guns and knives.*

Someone has to intend to rape for it to be considered rape

*FACT: It is one's actions that define rape, not their intentions! Many perpetrators do not identify their abusive actions as sexual assault.*

If the victim was high or drunk, then they are responsible for the assault

*The natural consequence of drinking is becoming intoxicated and possibly vomiting, not sexual assault. Alcohol and drugs are often used as weapons to make someone vulnerable. Also, if someone is incapacitated by drugs or alcohol, they are unable to give consent, and sexual activity with this person would legally be considered sexual assault.*

Usually, it is just certain types of people who get raped. It won't happen to me  
*Rape does not discriminate. It is a crime of power and control, and ages of victims have ranged from infancy to 92 years old, of all races and socioeconomic backgrounds. Anyone is vulnerable, and a person's appearance and behavior don't provoke rape.*

Sexual Assault Support Services  
Oregon State University  
737-7604

## MYTH or FACT? ↓



"At present, our country needs women's idealism and determination, perhaps more in politics than anywhere else."  
~Shirley Chisholm

# THREE

# BEGINNING to HEAL

## Surviving the Emergency Stage

The most important thing to remember is that emergency stages are a NATURAL PART of the healing process and each time it WILL COME TO AN END! The nature of crisis is that it OVERWHELMS YOU: while you are in it, it is all that you can see...

❖ **KNOW THAT YOU ARE NOT GOING CRAZY.**

Crazy thoughts and feelings are just crazy thoughts and feelings - they are not who you are. What you are going through is an expected part of the healing process.

❖ **CREATE A SAFE AREA FOR YOURSELF IN YOUR HOME.**

If you are in an abusive or unsafe situation, get out of it. Surround yourself with things that feel comforting to you. This is a serious crisis, take very good care of yourself and seek the help YOU need when YOU feel ready.

❖ **DROP WHAT ISN'T ESSENTIAL IN YOUR LIFE.**

Release additional pressure any way you can. This means quitting extra activities that feel stressful, lightening your workload, finding supportive people and taking time away from people who are unsupportive. Remember that some people's reactions may hurt you. You deserve support - THIS WAS NOT YOUR FAULT. You are recovering emotionally from a hurtful and traumatic event. We don't question the need for people recovering from surgery to lighten their load and avoid extra stress -- Your emotional recovery is just as important!

❖ **SEEK SUPPORT.**

When you are ready, talk with a trusted friend, family member, advocate, or counselor. You can contact Sexual Assault Support Services (737-7604) if you would like confidential support. You don't have to bear this alone.

❖ **IF YOU ARE THINKING ABOUT HURTING YOURSELF OR ENDING YOUR LIFE, DON'T DO IT!**

You deserve to live, and if you start to feel suicidal or self-destructive, please reach out. Find people you can talk to. Call a hotline (24-hour hotline at Center Against Rape and Domestic Violence 754-0110 or 1-800-927-0197). The crisis will pass. There are other options, and talking with other people can help you find them.

❖ **ALLOW YOURSELF TO OBSESS.**

Anyone who has been through such a difficult experience needs some time to think about it. Don't make things harder on yourself by feeling guilty about being where you are emotionally. You have the right to cry, scream, withdraw, get angry, or whatever else you are feeling - these are all normal reactions. You may find yourself trying to forget about the assault for awhile - don't be surprised if you become upset again when something reminds you of the assault.

❖ **THIS WAS NOT YOUR FAULT.**

Whatever you did, however you reacted, you did the best you could to survive a very frightening and confusing event. You did not let this happen. You may continue to do things to help you cope and survive that you and others won't understand.

❖ **WATCH YOUR INTAKE OF ALCOHOL AND OTHER DRUGS.**

Repeatedly numbing your feelings and running away will only prolong the crisis.

❖ **SIT TIGHT AND RIDE OUT THE STORM.**

Your decision-making capability is limited right now, because you are spending your energy on managing this crisis. Except for getting out of abusive situations, the emergency stage is NOT a good time for making major life changes. Remember, this feeling will pass.

You have already lived through the events. What you are experiencing now are the feelings and memories.  
You survived the event, and you will survive the feelings.

Adapted from The Courage to Heal (Davis & Bass)

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"The only tired I was, was tired of giving in." ~ Rosa Parks ~



# Warning Signs of an Abusive Relationship

ABUSE is any behavior used to intimidate or control another person, whether physical, verbal, or sexual.

If you think you, or someone you know is being abused, ask yourself the following questions.

## Does your Partner...

- ☐ embarrass or insult you in front of others?
- ☐ put you down, call you names, or say you're crazy?
- ☐ control all the finances and make you account for every penny you spend?
- ☐ change mood quickly from kindness to rage?
- ☐ use intimidation or threats to get what he/she wants?
- ☐ discourage your relationships with friends and family?
- ☐ destroy your personal property or sentimental things?
- ☐ have to know where you are and who you're with at all times?
- ☐ constantly accuse you of being unfaithful or express jealousy in other ways?
- ☐ abuse or kill a pet to punish or frighten you?
- ☐ want you to stop working or attending school?
- ☐ use drugs or alcohol as an excuse for saying hurtful things or assaulting you?
- ☐ blame you for how he/she acts or feels?
- ☐ have a history of abusing past partners?
- ☐ threaten to hurt or kill you or your children?
- ☐ coerce or force you to perform sexual acts you don't want to engage in?

## Do you...

- ☐ sometimes feel frightened of how your partner will act?
- ☐ constantly make excuses to other people for your partner's behavior?
- ☐ believe that if you make changes in yourself your partner will stop hurting you?
- ☐ feel like no matter what you do, your partner is never happy with you?
- ☐ feel afraid to disagree with your partner?
- ☐ have to get partner's permission to go out, get a job, or go to school?
- ☐ stay with your partner because you're afraid of what he/she would do if you ended the relationship?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, YOU ARE PROBABLY IN AN ABUSIVE RELATIONSHIP. MOST PHYSICALLY ABUSIVE RELATIONSHIPS START WITH EMOTIONAL ABUSE, AND ALL ABUSIVE RELATIONSHIPS GET WORSE OVER TIME.

# MEET THE

## Beth Rietveld - Women's Center Director

Beth got involved at the WC because she can combine her passions around equality with working with students. Her favorite thing about the WC is the peace she feels walking into this incredible space.

Favorite Song: Claire de Lune by Claude Debussy

## Tiffany Fritz - The Graduate Assistant

Tiffany got involved because she wanted to be part of changing the future, and is honored to work with the amazing women at the WC. Her favorite thing about the WC is the staff and how they create a comfortable, home-like environment.

All-time favorite song: Pretty in Pink by The Psychedelic Furs

## Sophia Scott - Library Coordinator

Sophie got involved at the WC because she wanted to contribute to the wellness of women, children, and men. Her favorite thing about the WC are her friends.

Sophie's all time favorite song is:

If I Ain't Got You by Alicia Keys

## Myra Long - Publications Coordinator

Myra got involved at the WC because she wanted to be a part of a group that strives to make a difference on campus. Myra's favorite thing about the WC are "the most comfortable couches on campus."

Her favorite song of all time is Wish You Were Here by Pink Floyd

## Meagan Williams - Volunteer Coordinator (Full-time Comedienne! 😊)

Meagan got involved because, as an intern, she felt so accepted by the staff and had such great experiences, that she wanted to stay around. Her favorite things about the WC are the couches, the staff, & the resources. Favorite all time song(s): Somewhere Over the Rainbow and This Year's Love by David Gray

## Meghan Hollis - Assessment Coordinator

Meghan started out as an intern and fell in love with the passion & warmth that exudes from the staff. Her favorite thing about the WC are the plants because she's an eco-feminist with a brown thumb. Her all time favorite song is Raspberry Swirl by Toni Amos.



# WC STAFF



Alisha DeVogele - Special Programs Coordinator

Alisha wanted to be involved with the Women's Center because it's a beautiful place to be! Her favorite things about the WC are the staff, the volunteers, everyone who comes in, and the coffee! Her favorite all time song is Dancing Queen by Abba (Duh)



Caeli Virag - Office Coordinator (WORD)

Caeli got involved with the WC because she wanted to be a part of something amazing and now she is! Her favorite things about the WC are the people, the couches, the tea, the music, EVERYTHING! Favorite song of all time: Elias by Dispatch



Ashley Slocki - Special Projects Coordinator

Ashley wanted to be involved in something she's passionate about, and wanted an outlet to express her feminist views. She loves the people at the WC & feels she is always welcomed & accepted for who she is. All time Favorite Song: Friday I'm in Love by The Cure



Heather Ebba Maib - Activism / Outreach Coordinator

Heather got involved because she thought it was a way to get familiar with campus and meet others interested in social justice. Her favorite thing are the people. Her current favorite song is If You Leave Me Now by Chicago



Althea Turner - Web Coordinator

Althea wanted to be involved with the WC because it's a good place to work. Her favorite thing about the WC are the people.

All time Favorite Song: Summertime by Ella & Louis



Allison Barba - Marketing Coordinator

Allison got involved because she wanted to be a part of a strong group of women leaders on campus. Her favorite things about the WC are the staff, the comfortable couches, and all the resources available to students. Allison's favorite genre of music is Reggaeton.

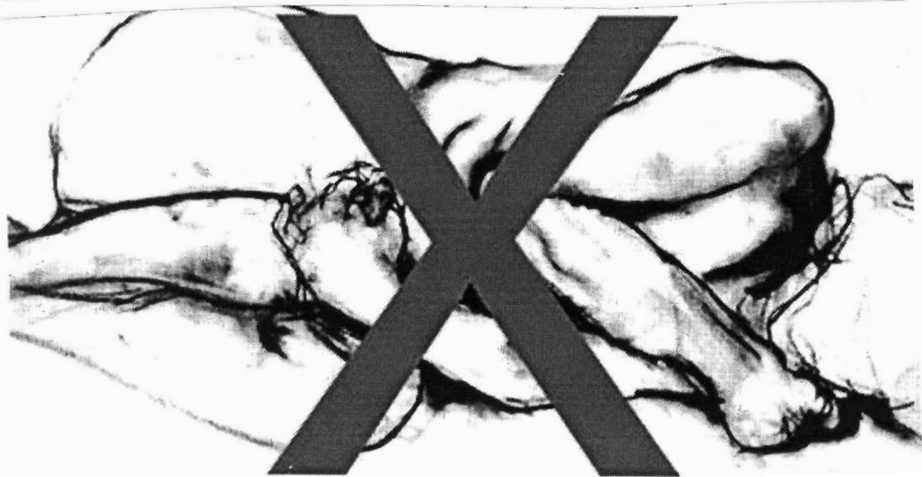
# WE ♥ INTERNS



Stacy Guidotti

Stacy wanted to be involved because her internship focuses on hunger, poverty, and displacement, issues affecting mainly women and children. Her favorite thing about the WC is it embraces compassion, integrity, and critical thinking. Her all-time favorite song is Ave Maria.

Danté Holloway got involved with the Women's Center because he wanted to know more about the services offered, and the people who work here. His favorite thing are the People! The staff is warm, friendly, loving, and caring. Danté's favorite genre of music is classic soul because he couldn't pick a favorite song!



## Real Men Don't use Violence

There is no excuse for abuse

**Eight**

"The greatest danger to our future is apathy." ~ Jane Goodall ~

# The "Love Yourself" Series

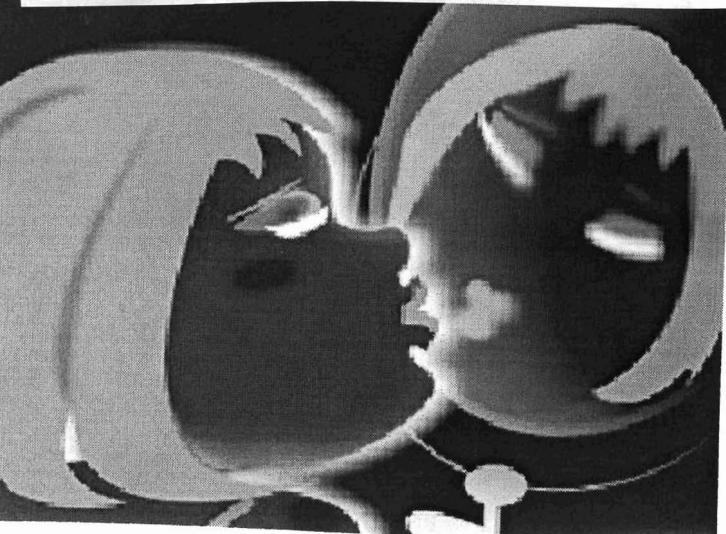
Love. Love. Love. Love. Love. It really does seem to be everywhere doesn't it? Movies, magazines, radio stations, the quad, your roommate's bedroom and really, the list can go on and on. However, there is one question that still needs to be answered and immediately would be preferred; what exactly is love, and where can I get some?

The world is constantly bombarding us with images and prose on what love is and how it should be and quite frankly it adds a lot of pressure and stress to an already messed up world and can love really solve everything? Here at the Women's Center we are attempting to simplify and break down the mystery of love by targeting it to the most important relationship that you will ever have in your entire life; the one with yourself.

What does it mean to love yourself? Although the answer varies from person to person it is based on core principles that are pertinent to every other relationship that you will ever have. To love yourself means to trust yourself, challenge yourself, demand of yourself, accept yourself, know yourself, enjoy yourself, let yourself fail, be kind to yourself, replenish yourself, spoil yourself, listen to yourself, educate yourself and celebrate yourself. It is not an easy task, but well worth the time and effort that is put into making it the best relationship of your life.

This fall the Women's Center staff decided to make "Loving Yourself," the theme to surround the majority of the fall programs. Each one would give participants a new tool for exploring and becoming passionate about themselves. The kick off was introducing a new form of spirituality and holistic healing to campus through a lecture given by a Voodoo shaman named Evonne. However, loving yourself is not only about loving your spirit but your physical being as well. To cover the external we held a program called Breast Exam 101 to teach students how to be proactive about their health. We also held a masturbation clinic. Why? Because there is no love like self love, and you have one body so you might as well get some very satisfactory pleasure. Lastly, we held a program on domestic violence, because loving yourself is about learning how to support yourself and your community as people make tough decisions in unimaginable situations.

These programs gave the starter tools that will hopefully inspire students, staff and faculty to having a more open and loving relationship with themselves. Let's face it, love is what you make it; what you put in is what you will get out, so go ahead and start loving yourself.



By Alisha  
DeVogele

"Love is an  
action, never  
simply a  
feeling."  
~ bell hooks ~

Niner

# S.A.R.A. the Greek

Working here at the WC has taught me a lot. I've grown as a woman and a feminist. But one thing that I really love about this place is the new passions it has given me. When I came to the WC as an intern last winter I had no real clue what I cared about. I didn't have a focus ... I just thought women should be equal.

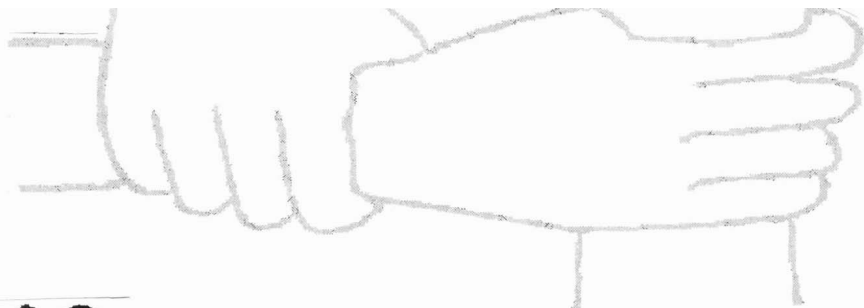
Soon, I got involved in the SARA program. SARA stands for Sexual Assault Resource Advocates. Last year's WC Americorps Volunteer, Jenny, was the coordinator. The program aims to teach women in the Greek community about sexual assault so that they can teach their sorority sisters about the topic and help them in times of need.

As a member of a sorority, I took the program seriously because I wanted to help my sisters and couldn't imagine them having to go through something so painful alone. My mother is a survivor of sexual assault, and I realized that she was the driving force in me doing this. She should never have had to go through that without support.

After starting in the SARA program, I also began getting passionate about the legal aspects of assault and reconsidered my plans to attend law school so that I could make changes. I plan to take my LSATs next summer and apply to law school in fall of 2007.

This year, myself and Carrie Geise from Student Health will be working on the SARA program. I couldn't be happier. I know that the issue of assault tends to be taboo for many people, but here at the women's center, the education and the support never stops. I have learned that those two things are the most important way to make a change in the world.

By Meagan  
Williams



# Your Voice, Your Conference: Awareness, Solidarity, & Action

~ JANUARY 17-20, 2007 ~

## Overview of Conference Intention

*Your Voice, Your Conference: Awareness, Solidarity, and Action* explores how systems of oppression impact our lives and communities. Through this conference, participants will have the opportunity to learn about critical community issues—whether they are local, regional, national, or global—and how individuals and communities address social and environmental issues and transform conflict to positive change.

Participants in *Your Voice, Your Conference* will have the opportunity to:

- Increase their awareness about social and environmental justice, diversity, gender, culture, and sustainability in communities locally, regionally, nationally, and globally;
- Engage in authentic dialogue that leads to relevant action;
- Develop skills (e.g., leadership, organizing, fundraising, media relations, facilitation, blogging, podcasts, political engagement);
- Act meaningfully to address to address critical community issue; and
- Build networks and community.

*Your Voice, Your Conference: Awareness, Solidarity, and Change*, a multidisciplinary and cross-departmental collaboration is a student-led conference. The Women's Center, Office of Community and Diversity, Diversity Development, ASOSU, Student Involvement, Community Service Center, and the Office of the Vice Provost for Student Affairs all provide support for the conference through mentoring, advising, and funding.

## Conference Keynote



*Angela Davis Brief Bio*

Through her activism and her scholarship over the last decades, Angela Davis has been deeply involved in our nation's quest for social justice. Her work as an educator – both at the university level and in the larger public sphere – has always emphasized the importance of building communities of struggle for economic, racial, and gender equality

## Conference Structure

### Weds., Jan. 17

11:00-12:45—Opening Session

1:00-7:00—Workshops/sessions

### Thurs., Jan. 18

1:00-7:00—Workshops/sessions

### Fri., Jan. 19

1:00-5:00—Workshops/sessions

5:30-7:00—Angela Davis keynote

10:00p-2:00a—Late Night Conference Close and Celebration with Native Guns

For more information visit our website <http://oregonstate.edu/communityservicecenter/>

**eleven**

# FUN SPOT

A SAFE HAVEN FOR STUDENT-PARENTS

Riddle me this, Riddle me that. Let your brain rest from OSU studies and take a crack at solving these fun teasers below:

**How many letters are in the alphabet?**

I reside in a container or can,  
You can see and feel me,  
But I do not affect the capacity of the can in any way.  
I am weightless, colorless, and odorless.  
What am I?

What's black when you get it,  
Red when you use it,  
And white when you're all through with it?

**What common English verb becomes its own past tense by rearranging its letters?**

To get the answers, please email Sophia Scott at  
[scottso@onid.orst.edu](mailto:scottso@onid.orst.edu). Happy solving!



## FAMILY TIME

### Ingredients:

- 1 cup warm water
- 1 cup salt
- 2 cups all purpose flour
- Bowl and spoon for mixing

Optional: egg white, vegetable oil, or food coloring

### Directions:

1. Mix water, salt, and flour in a bowl and knead until smooth.
2. Make a little George model with the dough. Brush with egg white or vegetable oil for an easy glaze, or paint with food coloring before baking.
3. Oven: Bake at 325 degrees until golden brown. Microwave: for small sculptures, bake on high for about 7 minutes, or a little longer for bigger sculptures.
4. Let cool and then create your own George Shrinks adventures around your house.

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"I love to see a young girl go out and grab the world by the lapels. Life's a bitch. You've got to go out and kick ass."  
~ Maya Angelou ~

# Resources for Survivors of Sexual Assault, Unwanted Sexual Contact, and Harassment

## On Campus

Sexual Assault Support Services	737-7604
Counseling and Psychological Services	737-2131
Student Health Services	737-9355
University Police/ OSU Public Safety	737-3010
<b>for emergencies</b>	<b>737-7000</b>
Student Conduct & Mediation	737-3658

## Other OSU Personnel for Support

Affirmative Action	737-3556
ASOSU Advocate	737-6349
ASOSU Legal Advising	737-4165
First Year Experience	737-2382
Housing & Dining Services	737-4771
R.A. or Hall Director where you live	
International Education	737-3006
Minority Education Offices	737-9030
Multicultural Affairs	737-4381
Safe Ride	737-5000
Student Involvement	737-2101
Women's Center	737-3186
Queer Resource Center	737-9161

## In Corvallis

Center Against Rape and Domestic Violence	754-0110 (24 hour hotline) 758-0219 (Office)
Good Samaritan Hospital	768-5021
Corvallis Police	766-6924
<b>for emergencies</b>	<b>911</b>
Victim's Assistance Program	
District Attorney's Office	766-6688

\*\*\*\*\*  
**24-hour anonymous/confidential telephone hotline** - someone who will listen and understand  
 1-800-927-0197 or 754-0110 ~ Center Against Rape and Domestic Violence (Corvallis)  
 \*\*\*\*\*

If you want to learn more about sexual assault, but you aren't quite ready to talk to anybody, please check out some of the resources below. They include information about how to begin healing, what feelings and behaviors may change after an assault and how to deal with those changes, and stories and statistics that show you aren't the only one. Some of the information may not apply directly to you, but it is likely that you will find it useful for learning new information and gathering tips for working toward your own healing.

## Internet Links

<http://oregonstate.edu/sexualassault/>  
<http://www.ocadsv.com/>

## Books

I never called it rape ~ Robin Warshaw  
Recovering from rape ~ Linda E Ledray  
Coping with date rape and acquaintance rape ~ Andrea Parrot  
Everything you need to know when you are the male survivor of rape or sexual assault ~ John La Valle  
If she is raped: A book for husbands, fathers, and male friends ~ Alan McEvoy

"When she stopped conforming to the conventional picture of femininity, she finally began to enjoy being a woman."  
 ~ Betty Friedan ~

# Director's Cut ♀

## BECOMING A LEADER

When did you first realize that you had become a "leader"? Was there a defining moment when you woke up and realized that you had transformed overnight into a Leader? What is your definition of "Leadership"?

As I prepare for teaching my Women Studies class next term, I have started thinking about my own journey toward Leadership. Having been an incredibly shy person when I first started college, I would not have expected to be teaching a class about leadership and women...or women's leadership anytime in my lifetime. Shyness does not necessarily keep someone from being a leader, but it certainly inhibited my sense of self and my opportunities to speak out.

So what was the defining moment in my life that made me see myself as a leader?

- It may have started in high school as I ran for office (and lost) and planned the junior prom (and managed to get a committee organized around all of the tasks that needed to get done).
- It may have been when I was elected Vice President of an honorary society at the University of Illinois, and then was told that, by the way, I had to plan the University Sing program for all sororities, fraternities and residence halls. It was like a larger "junior prom" with more helpers.
- It may have been the moment I decided to study abroad at the University of London for 3 months, knowing absolutely no one there, but wanting to get outside my comfort zone and finally break through my shyness.
- It may even have been the moment I discovered that I could finish my undergraduate degree in Psychology in just 3½ years and was offered an assistantship for graduate school at the very moment that I wondered what in the heck I'd do with a BS degree in Psych.

Truthfully, while each of these experiences was meaningful in my journey toward Leadership, it was probably a combination of life experiences merged with my values, attitudes, and my desire to make a difference that have shaped my leadership style.

I encourage those of you who are interested in learning more about "women's leadership" to register for WS 499/599 which will be taught on Wednesdays from 2-4:50pm. It's guaranteed to make you look at Leadership differently.

Beth Rietveld, Women's Center Director

"I am, was, and always will be a catalyst for change." ~ Shirley Chisholm ~

"IT ISN'T ENOUGH TO TALK ABOUT PEACE.  
ONE MUST BELIEVE IN IT. AND IT ISN'T  
ENOUGH TO BELIEVE IN IT. ONE MUST WORK  
AT IT." ~ ELEANOR ROOSEVELT ~