



## Letter from the Editor

By: Ashlei Finney

*With the year rapidly coming to a close, and the holiday season growing nearer, it seems that it's the stress that's growing on each of us rather than the holiday cheer. This season, challenge yourself to not get caught up in the hustle and bustle, but rather to take time to appreciate the little things. Take comfort in the simplest of joys...like sipping hot cocoa with a cozy blanket, or sharing laughter with friends by a fire; and above all else, always remember...the true joy of the holiday season is not in the gifts you give or receive, but in the memories you make sharing your heart with others.*

*Happy Holidays from everyone at the WRC/SI!*

Ashlei Finney: [Ashlei.Finney@unco.edu](mailto:Ashlei.Finney@unco.edu)



LEAP Summit: WRC/SI Staff and Stryker ladies take a break from the LEAP Summit, a Conference on Cultural Sustainability, to pose for a picture.

"Holiday gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect."

~Oren Arnold



Dia de los Muertos Crafts: Students color pictures and participate in a variety of fun crafts for Dia de Los Muertos.

### INSIDE THIS ISSUE:

Holidays at the WRC/SI	2-3
About the WRC	4
About Stryker	5
Updates	6
Women in History	7
Editorial by Dr. Genie Canales	8-9
"Give the Gift of Homemade"	10
Campus Calendar of Events	11
How To Receive W.I.T Monthly	12

## Meet the WRC/SI Staff



**Top Row:** Daniel Sanchez, Yvette Lucero-Nguyen, Selani Flores, Sarah Witty. **Bottom Row:** Kenna Johnson, Gena Duran.

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"I wish we  
 could put up  
 some of the  
 Holiday spirit in  
 jars and open a jar  
 of it every month."  
 ~Harlan Miller

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## Student Workers



**Left to Right:** Emily Musumecchi, Jasmine Nicol, Caitlyn Urhammer

*Happy Holidays from the Women's  
Resource Center & Stryker Institute*





## Women's Resource Center



*United Brothers and Sisters* is a committee that develops ideas for programming that UNC students would like to see on campus that address women's issues and initiatives. But it's not just for the ladies! Gentleman are encouraged to come and lend their ideas to planning events that are dedicated to being inclusive of everyone in the UNC Community!

United Brothers and Sisters meets every Thursday at 12:30 pm at Scott-Willcox Hall...join us and get involved!

### *Mission Statement*

We promote awareness on gender issues and empower students to achieve academically, grow personally and develop leadership abilities. We Provide:

- Resources, information and referrals.
- An opportunity for discussion through cultural forums.
- A comfortable environment for women to meet and share viewpoints, knowledge, and experience.

### *Get Involved at the WRC!*

### *An Invitation...*

The Women's Resource Center serves as a facility for seminars, workshops, training sessions, meetings and dissertation defenses.

We offer a private conference room, lounge area, kitchen facility, and resource library. Students are invited to use the center for a quiet or group study space. Please call 970.351.1492 to reserve meeting times. We are eager to share our facility with you!

*"If one advances confidently in the direction of one's dreams, and endeavors to live the life which one has imagined, one will meet with a success unexpected in common hours."*  
~Henry David



For more information please contact us!  
Phone: 970.351.1492 or on the web [www.unco.edu/wrc](http://www.unco.edu/wrc)

## Stryker Institute for Leadership Development

The Stryker Institute for leadership development was created in 2001 through the generous gift of Ronda E. Stryker and the William D. Johnston Foundation. Ronda Stryker, an alumna of the University of Northern Colorado, envisioned her contribution to enable and empower non-traditional aged women from under-represented groups who would benefit from additional opportunities and resources.

### Mission Statement:

The Stryker institute fosters and cultivates the emerging leadership capabilities and educational attainment of the traditionally underrepresented and non-traditional aged women.

## About the Program

### Program Requirements

- Admission to UNC and enrolled fulltime in a degree-seeking program
- FAFSA completion by March 1 (priority deadline)
- Completion of UNC's Universal Scholarship Application by March 1
- A 2.75 GPA from high school, UNC or other college or university.
- A conveyed commitment to participate fully in the program
- Receive an invitation to apply from the Institute

Interested individuals and those who require additional information may contact the Stryker Institute.

Scott-Wilcoxon Hall  
1915 10th Avenue  
Greeley, Co 80639  
Phone: 970.651.1492  
Fax: 970.351.1487

[www.unco.edu/stryker](http://www.unco.edu/stryker)

"MAKING A DIFFERENCE  
TODAY, TRANSFORMING  
THE WORLD TOMORROW."

### Congratulations to the Fall 2010 Stryker Graduates Kelli Quick, Diane Richards, Marianne Harbart!

*Pictured Above:* Gena Duran, Kelli Quick, Diane Richards, Selani Flores, Marianne Harbart & Kenna Johnson.



### Event Highlights:

Sat., Nov. 20th, 2010 the Stryker Ladies and WRC Staff joined together for the Stryker Wellness Workshop. The keynote speaker for this event was Aims Community College Professor Wendy Kilker, who lectured about stress management and effective techniques to de-stress. This workshop also provided different stations that addressed assorted health-care solutions such as self care, massage therapy and nutrition as well as many others.

*Stryker Wellness Day:*  
Stryker Ladies participate in a variety of stations that all promote wellness.



## Updates from the WRC & SI



*Above:* WRC/SI Staff celebrates Halloween with an annual party.

### WRC Past Events

#### Faculty Lecture Series

For the month of November, we had many wonderful faculty members stop by the WRC and lecture.

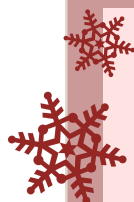
Sports and Exercise Science Professor Heather A. Muir was at the WRC Tue., Nov. 9th, when she spoke about the prevalence of male coaches in the sporting world.

Dr. Aaron Liu-Rosenbaum lectured Wed., Nov. 17th at the WRC, where his audience explored some of the possible meanings surrounding the technical manipulation of female pop musician's voices.

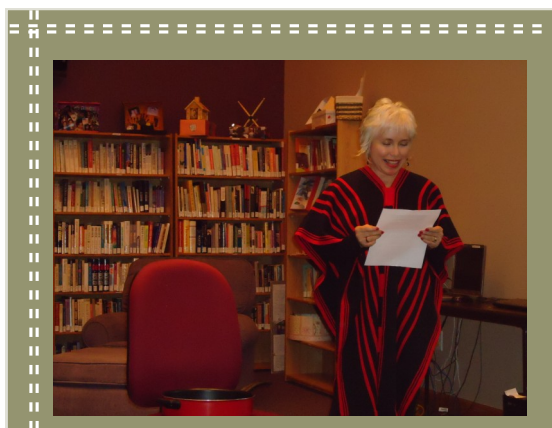
The faculty lecture series is a wonderful way for students and faculty to interact in a casual and educational environment.

#### WOW Potluck

Students and staff gathered in the years first meeting of Women of the World at the WRC. Event goers enjoyed a potluck and wonderful lecture and conversation with M.A.S. Professor Dr. Genie Canales. This will be a recurring event so keep an eye out for the next WOW meeting and plan on attending this fun event!



There's more, much more, to the holidays than candlelight and cheer; It's the spirit of sweet friendship that brightens all year. It's thoughtfulness and kindness, It's hope reborn again, For peace, for understanding, And for goodwill to men!"



*W.O.W. Potluck:* Speaker for this event Dr. Genie Canales lectures.

## Upcoming Events

### Coat Drive

*Nov. 30th-Jan. 31st.*

In collaboration with United Brothas and Sistas, benefiting the Realizing Our Community Program (ROC), the WRC will be holding a Coat Drive. We will be collecting gently used or new coats, clothes, shoes, and toiletries. Interested individuals should stop by Scott-Willcoxon Hall with donations or drop off items at tables in the UC Jan.13th-20th between 1pm & 2pm.

*More Events to  
come Spring  
2011 Semester!*



If you have any questions or comments about any of the above events, or would simply like more information, please do not hesitate to email the editor at [Ashley.Finney@unco.edu](mailto:Ashley.Finney@unco.edu), or stop by and talk to us!





### Quotations from de Beauvoir

*"In the face of an obstacle which is impossible to overcome, stubbornness is stupid."*

*"Change your life today. Don't gamble on the future, act now, without delay."*

*"Defending the truth is not something one does out of a sense of duty or to allay guilt complexes, but is a reward in itself."*

### Women in History: Simone de Beauvoir

Born January 9<sup>th</sup>, 1908 in Paris, France Simone Bertrand de Beauvoir is most infamously known as a French existentialist philosopher, feminist, public intellectual and social theorist. A prolific writer, some of her most famous works include *The Second Sex*, *She Came to Stay*, *The Mandarins* as well as her monthly contributions to *Le Temps Modernes*.

Beauvoir wrote of women's oppressions in great analytical detail in *The Second Sex*, her novel of 1949, that acted as a foundational component for contemporary feminism. In this novel, Beauvoir also documented her lifelong polyamorous and unorthodox relationship with Jean-Paul Sartre,

another infamous literary figure known for his extensive texts addressing Existentialism.

Beauvoir died April 14<sup>th</sup>, 1986 of pneumonia in Paris at the age of 78.

Simone de Beauvoir revealed herself as a woman of formidable courage and integrity whose life reflected her personal thesis that, "The basic options of an individual must be made on the premises of an equal vocation for man and woman founded on a common structure of their being independent of their sexuality." Beauvoir is revealed today as the mother of post-1968 feminism and legendary contributor to existential philosophy.

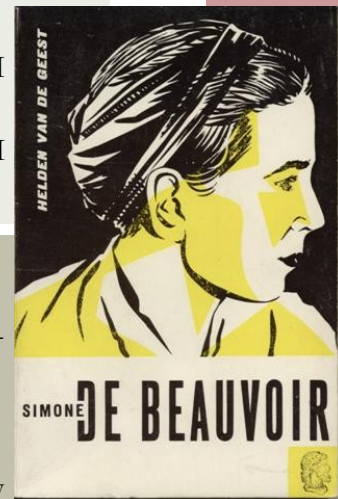


*"I tore myself away from the safe comfort of certainties through my love for truth - and truth rewarded me."*

### Excerpts from the work of Simone

"...The light made its way through my eyelids. I kept them closed. My head was heavy: I was deathly sad. I could not remember my dreams. I had sunk down into black depths---liquid and stifling, like diesel oil---and now, this morning, I was only just coming to the surface..."

"...But between the past which no longer is and the future which is not yet, this moment when he [man] exists is nothing. This privilege, which he alone possesses, of being a sovereign and unique subject amidst a universe of objects, is what he shares with all his fellow-men. In turn, an object for others. He is nothing more than an individual in the collectivity on which he depends..."



*This month's Faculty  
Editorial comes from  
Dr. Genie Canales, a  
Mexican American  
Studies Professor for the  
University of Northern  
Colorado.*



*"My grandma, Mamá  
Live, [...] would say to  
my Dad and his siblings:  
'Quiero un doctor, un  
abogado, un maestro...I  
want a doctor, a lawyer,  
a teacher...'"*



## *'A' is for Aristotle—by: Dr. Genie Canales*

Dear reader, I would like to dedicate my remarks to the memory of my father, Armando A. Canales; my mother, Lupita Peña Canales; my grandparents; and my ancestors. (*Estimada/o lectora/o, quisiera dedicar estas palabras a la memoria de mi papá, Armando A. Canales; a mi mamá, Lupita Peña Canales; a mis abuelos; y a mis antepasados.*)

Thank you for letting me share with you, some highlights from the journey I have taken to arrive where I am today—working as a professor at the University of Northern Colorado—initially in the psychology department and now in the department of Hispanic Studies. I feel that you will gain the best insights into my journey through examples I will provide from my background and upbringing. These examples will **highlight the following three important facts about Mexican Americans:** (1) we have a long, rich intellectual history, (2) our culture places a high value on academic achievement, and (3) our high academic achievement is correlated with our high biculturalism/bilingualism, not with assimilationist practice of discarding our culture.

The facts I have chosen are by no means arbitrary. I have chosen them because they represent challenges to several very damaging myths—I REPEAT “MYTHS”—about Mexican Americans, namely: (1) the myth that we have no intellectual history; (2) the persistent, pervasive, racist myth of the so-called Deficit Model; according to this model, the reason for the lower academic achievement of Mexican Americans is that our culture does not value such achievement or that our parents lack the skills to raise us to be good students and/or to appreciate achievement; and (3) the myth that we must assimilate in order to achieve in school and society.

**Fact #1: Mexican Americans have a long, rich intellectual history.** We are the descendents of indigenous peoples that built highly advanced civilizations long before the Spaniards arrived on the eastern seaboard of what we today know as Mexico. Prior to the Spanish Conquest, the *Olmecca*, the *Tolteca*, the *Azteca*, and other indigenous groups had created highly developed systems of medicine, mathematics, and technology. The pyramids of Mexico are a testament to their advanced knowledge of geometry and astronomy. In addition, the *Maya* created the concept of zero. When the Spaniards arrived at Tenochtitlán (or what we today know as Mexico City), the *Azteca* had produced a superior technology of architecture, farming, sanitation, and public health—to say nothing of their production of stunning works of art and spectacular temples dedicated to their goddesses and gods. Thus, I come from a very long line of indigenous peoples who excelled in the intellectual and the technological.

**Fact #2: Mexican Americans place an extremely high value on academic attainment and achievement.** Specifically, their cultural values include high academic expectations for their children, a love of knowledge, a desire to achieve in order to make one's family proud, perseverance, determination, and internal standards of excellence. **High academic expectations for their children and achievement to make one's family proud:** My Dad came from a family of ten children. His mother, (my grandma, *Mamá Live*), had only a few years of schooling yet she would say to my Dad and his siblings: *"Quiero un doctor, un abogado, un maestro, etc.* (I want a doctor, a lawyer, a teacher, etc.). [cont. on p.9]



## 'A' is for Aristotle [continued.]

[cont. from p.8] At my grandparents' home in Hebbronville, a small, sandy rural town in south Texas, there were pictures of family members hanging on the walls, but there were also the framed high school diplomas awarded to my Dad and to one of my aunts, who was the valedictorian of her class.

**Love of Learning:** My dad valued knowledge and learning to such a degree that the middle name he chose for himself was "*Aristides*," ("Aristotle"). **Perseverance**—My dad completed high school at age 20 because he had to work on the family's ranch and at various odd jobs to help the family financially. **Determination**—Both of my parents showed a remarkable work ethic and went from the *barrio* in my mom's case—and the *rancho*, in my Dad's case—to the "nicer" neighborhoods of San Antonio. Mom worked as an accountant (until I was born) and dad was a civil servant at Kelly Air Force Base in San Antonio. My mom was a whiz at math and business and succeeded in building a mini-empire of rental properties while running a household and taking care of my sisters and me.

My parents consistently modeled and emphasized the importance of education and internal standards of excellence. For example, dad regularly told me how much he enjoyed giving presentations at work and how satisfying it was to share his expertise with others. When he related these experiences, his demeanor—indeed, his spirit—lit up with an energy and a passion that were, for me, profoundly exhilarating and compelling. After teaching at UNC for nearly 21 years, I still call upon my dad's energy and passion whenever I teach. In contrast to my dad's dynamic power, my mom's power, equally strong, was subtler. I remember one Sunday night, I came home from a date, at 10:00 p.m. Mom was working on her household accounts, while waiting up for me. I told her that I hadn't studied for a biology exam the next day. She said, "I'll stay up with you. Why don't you go ahead and read the material?" I did—and earned an "A" on the exam.

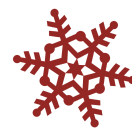
**Familism and academic achievement:** Collecting my dissertation data was a family endeavor. My youngest sister designed the artwork and text for the cover sheet of the survey that I planned to administer to my research participants. When it came time to collate and to staple the pages of the survey, my dad, mom, and two sisters formed an assembly line. In short order, my family assembled several hundred surveys for me! –But wait! Here's the best part! Dad served as my research assistant, wearing a suit and tie, and accompanying me to all the research sites. He loaded and unloaded box after box of surveys and distributed them to the research participants while I gave instructions and answered questions.

**Fact #3: It is Mexican Americans' high biculturalism/bilingualism that is correlated with their academic success,** not with the assimilationist practice of discarding or replacing their Mexican American culture. The scholarly literature has documented the aforementioned fact for several decades. Equally importantly, my personal experience corroborates this fact. Specifically, I grew up in a bicultural/bilingual home in which both of my parents were highly successful *and* highly bicultural/bilingual—as are my two sisters of whom I am very proud—one is an estate-planning attorney and the other is a therapist with the San Antonio Police Department.

In sum, it has been the intellectual achievements of my ancestors and my parents as well as my Mexican American culture and my biculturalism that have led me to where I am today. Truly, as several scholars have stated, the bicultural worldview and higher cognitive development associated with bilingualism make the Mexican American a "150% Person."



"My parents consistently modeled and emphasized the importance of education and internal standards of excellence."



*If you have any questions or comments about this piece please do not hesitate to contact us.*

*We love to hear from you!*

## Give the Gift of Homemade—by: Ashlei Finney



With the holiday season upon us that means family gatherings, parties and of course, gift exchange.

While I wish I was the Bill Gates of Holiday gift giving, my measly college student budget doesn't come close to affording luxurious or lavish presents.

That's why this year, rather than scraping together what little funds I have and purchasing crappy cheap gifts

for everyone, I've opted for a DIY Holiday.

Here are some of the ideas that I came across:

- Framed Inspirational Quotes or Pictures
- Handmade Holiday Ornaments
- Candle Containers
- Sugar Scrubs
- Made-from-scratch Cookie Kits
- Themed Gift Baskets
- Knitted Items
- Baked Goods/Homemade Treats

DIY gifts can be incredibly rewarding they show that you are willing to take the time to make a personal gift, but beware of some DIY ideas, as they may take more time and money that you think. Use your skills and talents to your advantage—don't decide to knit all 30 people on your gift list sweaters if you've never knitted before. And finally, be creative! Personalization is key and makes your gift much more special than some gift card to Target.

Happy Gift Making!

*A cookie bouquet is an inexpensive and wonderful holiday gift, especially for the recipient with a sweet tooth. Decoration and presentation is up to your imagination...*

## We want to know...

*A mainstay of every holiday celebration is food.*

**What is your favourite comfort food?**

Email your answers to Ashley.Finney@unco.edu ["Comfort Food" in the subject line] and your response will appear in the February 2011 issue!

### Soft Sugar Cookies

- 1/4 teaspoon cream of tartar
- 1/8 teaspoon nutmeg
- a few dashes of cinnamon
- 4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter, softened
- 1 1/2 cups white sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 sour cream

1. Sift together flour, baking powder, baking soda, salt, nutmeg, and cream of tartar. Set aside.
2. In a large bowl, cream butter and sugar until smooth. Beat in the egg, vanilla, and sour cream until well blended. Stir in the sifted ingredients from step one. Wrap the dough in plastic wrap and chill overnight.
3. Preheat oven to 275. On a lightly floured surface, roll to 1/4" thick. Cut into shapes with cookie cutters. Place 1.5" apart on an ungreased cookie sheet.
4. Bake 8-10 minutes. Allow to cool on the baking sheet for 5 minutes before removing to a wire rack to cool completely.

### Sugar Cookie Icing

- 1 cup confectioners' sugar
- 2 teaspoons milk
- 2 teaspoons light corn syrup\*
- 1/4 teaspoon almond or vanilla extract
- assorted food coloring

1. In a small bowl, stir together confectioners' sugar and milk until smooth. Beat in corn syrup and almond extract until icing is smooth and glossy. If icing is too thick, add more corn syrup.
2. Divide into separate bowls, and add food colorings to each to desired intensity. Dip cookies, or paint them with a brush.

\*If light corn syrup is not available, you can substitute a sugar syrup made with 1-1/4 cups sugar and 1/3 cup water, boiled together until syrupy.



## University of Northern Colorado Calendar of Events for:

## December 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 Final Exam Week	7 Final Exam Week	8 Final Exam Week	9 Final Exam Week	10 End Fall 2010 Semester Final Exam Week	11
12	13 Winter Break	14 Winter Break	15 Winter Break	16 Winter Break	17 Winter Break	18
19	20 Winter Break	21 Winter Break	22 Winter Break	23 Winter Break University Closed	24 Winter Break University Closed	25
26	27 Winter Break	28 Winter Break	29 Winter Break	30 Winter Break	31 Winter Break	



## January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 New Years Day University Closed
2	3 Winter Break	4 Winter Break	5 Winter Break	6 Men's Basketball 7:05pm Btlr.-Hncok. Winter Break	7 Residence Halls Open Winter Break	8 Men's Basketball 7:05pm Btlr.-Hncok
9	10 Spring 2011 Classes Begin	11 UNC's Got Talent 7pm @ the UC	12	13 Women's Basketball 5:05pm Btlr.-Hncok. Men's Basketball 7:30pm Btlr.-Hncok.	14	15 Women's Basketball 2:05pm Btlr.-Hncok.
16	17 University Holiday University Closed	18	19	20 Women's Basketball 7:05pm Btlr.-Hncok.	21 Swimming + Diving 5pm Butler Hancock	22 Men's Basketball 7:05pm Btlr.-Hncok.








Women's Resource Center &  
Stryker Institute for  
Leadership Development

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We're on the Web!  
[www.unco.edu/wrc](http://www.unco.edu/wrc)  
&  
[www.unco.edu/stryker](http://www.unco.edu/stryker)



"Never to tire, never to grow cold; to be patient,  
sympathetic, tender; to look for the budding flower and  
the opening heart; to hope always, to love always~this is  
duty.  
~H.E. Amiel



Left: Stryker ladies gather  
for their annual Holiday  
Celebration.

## How to Receive WIT Monthly:

If you or someone you know would like receive WIT Monthly, simply follow these easy steps on how to add yourself to the WRC/SI Listserv and begin receiving the newsletter and bi-weekly updates:

1. In your email account, open up a blank message.
2. In the message box of your email, type exactly this:  
QUIET ADD WRC-STRYKER DD=AX pw=dumb1  
//AX DD \*  
your email address last name, first name  
/\*  
example:  
QUIET ADD WRC-STRYKER DD=AX pw=dumb1  
//AX DD \*  
[Ashley.Finney@unco.edu](mailto:Ashley.Finney@unco.edu) Finney, Ashlei  
/\*
3. Now send to [listserv@listserv.unco.edu](mailto:listserv@listserv.unco.edu).  
That's all! Once you send the message, you should get a confirmation email welcoming you to the WRC/SI Listserv.



*Happy Holidays!*