14th Annual
CELEBRATE WOMEN 2020
OHIO UNIVERSITY | LANCASTER
Women Organizing Mentoring Empowering Networking
A Letter from the Co-Chairs:

Thank you for joining us for the 14th annual Celebrate Women Conference. Each year we look forward to welcoming you to Ohio University Lancaster as we collaborate and share our passion for issues that touch the lives of women. This year is especially significant because 2020 marks the Centennial anniversary of the passage of the 19th Amendment, guaranteeing and protecting a woman’s constitutional right to vote. Today we celebrate the courage and the persistence of the suffragettes who fought against great adversity. Women were not given the right to vote—indeed, they fought for it for many years. From the Seneca Falls Convention in 1848 where women first gathered to pass a resolution that many considered unimaginable heresy, to the date women achieved the right to vote on August 26, 1920, the road to suffrage was fraught with resistance and the undeniable sacrifice. “Failure is impossible”—were the last public words spoken by Susan B. Anthony before her death in 1906. As an abolitionist and suffragist, Anthony did not live to see her dream of women’s suffrage but she realized that women would not stop until they secured their legacy.

Inez Milholland, in a flowing white dress on a great white horse, led the Washington, D.C. suffrage parade down Pennsylvania Avenue in 1913. Organized by Alice Paul and the Congressional Union, behind Milholland were 24 floats, nine bands playing, and 8,000 women fighting for enfranchisement. The 8,000 unflappable women included delegations led by Mary Church Terrell and Ida B. Wells, immigrants, and women from all states. Within a few blocks rowdy crowds of men blocked the way and began attacking the women who had little protection. Hundreds of women were injured, many hospitalized. Regardless of the violence, the suffrage movement continued in every state. Ten thousand suffragists then marched in New York despite the dangers. In 1917, the National Woman’s Party began picketing the White House.

While the United States was fighting for democracy abroad, women were still subjugated at home. Thirty-three women (The Silent Sentinel) were arrested for peacefully picketing and charged with obstructing traffic and the judge sentenced them to 30 days in the Occoquan Work House—a very severe penalty. These political prisoners were beaten and tortured on November 14, “The Night of Terror.” The oldest of the 33 prisoners was 73 year-old Doris Stevens. As more and more women picketed the White House, they were also arrested. Alice Paul, one of the National Woman’s Party leaders was given the longest sentence of 7 months at Occoquan. After going on hunger strikes, the women were force-fed—having a tube forced down their throats and raw eggs put into the tubes. The force feedings continued until there was a public outcry about the horrific treatment of the imprisoned women. Only then did President Woodrow Wilson support the federal suffrage amendment. After passing in the House and Senate, the amendment was sent to the states for ratification. On August 26, 1920 (with no pictures or historical fanfare), the 19th Amendment was passed—VICTORY FOR WOMEN—which would have a profound effect on the future. May we all honor the bravery and the sacrifice of our foremothers by never taking our right to vote for granted, by being leaders in paving a better future for our daughters, and by recognizing their accomplishments.

And, let us recognize a similar fight continues today. Three years after women won the right to vote, the Equal Rights Amendment, authored by Alice Paul, was introduced in Congress. From 1923 to 1970 the Amendment was introduced into each session of Congress and eventually passed the House and Senate by 1972. Many women worked state by state for ratification of the Equal Rights Amendment, which states simply: **Equality of Rights under the law shall not be denied or abridged by the United States or any state on account of sex.** A deadline was placed on the ratification of the ERA and it was three
states short of ratification in 1982. Unwilling to give up, ERA advocates continued to advocate for the Equal Rights Amendment and they have made progress in securing the last three states needed for ratification: Nevada ratified the ERA in 2017, Illinois ratified in 2018, and Virginia just ratified the ERA this year. On February 13, 2020, The House of Representatives voted to extend the deadline for passage of the ERA. We reach back to the words of Susan B. Anthony and know that “failure is impossible”. Strong and courageous women continue the fight for equality today. We honor their continuing sacrifices.

Our speakers at today’s conference include entrepreneurs, career coaches, business leaders, scholars, advocates, law enforcement officers, and others who are excited to share their expertise and encourage you to explore new challenges and new ideas for you to organize, mentor, empower, and network. We invite you to share your expertise, ask questions, engage in conversations, and explore your own passions.

Today’s event is possible because of the support and dedication of many people. We extend our gratitude to our Celebrate Women planning committee of dedicated faculty, staff, and students who have spent countless hours over the past six months planning this event. Special acknowledgement is dedicated to our partnering organizations. We are thrilled to have The Matriots join our team of sponsors. The Matriots is a nonpartisan PAC that promotes women's civic engagement. To Erin Essak Kopp, Assistant Vice President for Alumni Relations and Executive Director of Alumni Affairs, and the entire Ohio University Alumni Association and Ohio University Multicultural Center, Voinovich School of Leadership and Public Affairs, as well as Hannah McCauley Friends of the Library, and Fairfield Medical Center. We are also appreciative of the assistance of Rhonda Myers and Patricia Waits, Fairfield ADAMH, in developing continuing education opportunities for social workers and counselors. Finally, we would like to offer a special “thank you” to Dr. Jim Smith, Dean of Ohio University Lancaster for his ongoing support of our annual Celebrate Women Conference, and to our speakers and vendors who play an important role in today’s celebration.

Be sure to review your program for the complete schedule of engaging panels. Thank you for your flexibility in joining us today at the virtual version of Celebrate Women. The move to a virtual conference was a leap of faith. We hope you will be patient with us as we work together as trail blazers during very troubling times. Our intent moving virtually is to offer some positive energy and connection as we shelter in our homes. Nevertheless... we persisted. Thank you to the outstanding teams who made this happen: Celebrate Women Steering Committee, volunteer moderators, the Ohio University RHE OIT Team, and Advancement Communication & Marketing. Be sure to link in early so you don’t miss a thing! The doors open at 8 a.m. Even before we greeted our first guest this morning, we have already started our planning for next year’s conference. We welcome your insights and opinions. Soon, you will receive an email asking you to complete a quick evaluation of this year’s event. Please take a moment and share your opinions—your input is valued and appreciated.

On behalf of the steering committee for Celebrate Women, thank you for joining us on this special occasion. We’re glad you’re here and hope you enjoy the day as much as we’ve enjoyed planning it.

Pamela Kaylor, Ph.D. ’03
Laurie Sheridan Lach, M.A. ’18
Candice Thomas-Maddox, Ed.D.
Celebrate Women 2020 Co-Chairs
CELEBRATE WOMEN 2020

Friday, March 27, 2020 • 8:30 A.M. – 3:45 P.M.

8:30 A.M. – 9:20 A.M.
SESSION A: GENERAL SESSION

Virtual doors open at 8:00 A.M.

WELCOME REMARKS
Laurie Lach, BSC '92, MA '18, Director of Development and External Affairs, Ohio University Lancaster

JANE JOHNSEN – Women of Vision Address
“Time for What’s Important”
Cathy Bitler, MS '80, '01, 2019 Recipient of the Jane Johnsen Women of Vision Award

Cathy Bitler retired from South Central Power Company in 2018 after 30 years of service. During her career there, Cathy was responsible for activities in a number of areas including customer service, accounting/finance, information technology, economic development, government affairs, communication and strategic planning. For the last year, she has been working under contract with Touchstone Energy Cooperatives to provide customer service to electric cooperative employees across the country. Cathy grew up in Lancaster and has been very active in the community. She is a graduate of Ohio University holding both a Bachelor and Masters degree in Communication. She served as an adjunct faculty at OUL for several years in the Business Management Technology program. She is also a graduate of the Robert I. Kabot Management Internship program sponsored by the National Rural Electric Cooperative Association at the University of Wisconsin. Zoom moderator: Laurie Lach and Candice Thomas-Maddox • https://zoom.us/j/350865869
OPENING PANEL DISCUSSION
Women Who Organize, Mentor, Empower and Network

Moderator:
Laurie Lach, BSC ’92, MA ’18, Director of Development and External Affairs, Ohio University Lancaster

Panelists:
Sandy Anderson, BSC ’73, JD, Board Member, Ohio University Foundation, The Legacy Fund of the Columbus Foundation, The Matriots

Debra Smith, BA ’73, BS, MS, Certified trainer for Bridges Out of Poverty, Assistant Professor (retired), Ohio University

Ronette Burkes-Trowsdell, BS, MS, Deputy Director of Reentry, Ohio Department of Rehabilitation and Correction

History is full of trailblazers—women, who organized, fought for equal rights and changed our world. Celebrate our panelists who are pioneers and outstanding leaders of today. Learn how they advise and encourage others to discover their unique talents. Be inspired by their stories of investing in and helping advance the next generation, while inviting others to be part of their dreams and work.
9:30 A.M. - 10:30 A.M.
SESSION B: CONCURRENT SESSIONS

**B1: Resilience & Thriving: The Secret Power of Stress**

Jennifer Bennett, BS ’05, MS, Executive Director of Wellbeing, Ohio University-WellWorks

Do you find yourself just coping with work and life? This session will give you the tools to thrive by providing easy-to-use practical skills for identifying and reducing stress and home and work. Providing easy-to-use and practical skills for identifying and reducing stress at home and work. You will have an opportunity to evaluate your current stress and coping strategies, create ongoing goals for addressing stress, and learn mind-body tools for adapting a positive mind-set in the face of stress.

Zoom moderator: Laurie Lach • [https://zoom.us/j/173671969](https://zoom.us/j/173671969)

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**B2: Envisioning the Stages of Entrepreneurship: Owning Your Own Business**

Moderator:
Ike Uzuegbunam, PhD, Associate Professor, Strategic Management, International Business, and Entrepreneurship, College of Business

Panelists:
Tara Slingerland, BS ’12, MS, DC, Owner, Butcher’s Bites, Innovative Wellness Solutions
Kari Lehman, BS, MS, MBA, Owner, Appalachia Modern Quilt
Kerry Sheridan-Boyd, ABA, Auctioneer/Co-owner, Shamrock Auction Service

In this session, entrepreneurs in different stages of business development will offer insights about the process of starting a business. The panelist represent unique businesses and will discuss their experiences and the challenges they faced in setting up their businesses and moving to success.

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CANCELLED
B3: Success Principles within Your Reach

Mike Mausteller, BS, MBA, President, Business Performance, Focal Point International

This session will uncover the key determining factors that lead to success in individuals. Those who hire and develop teams will learn what to look for in the screening process and how to identify who in their organization today has the highest potential for success. This session is ideal for business owners and leaders looking to maximize their teams’ results. Zoom Moderator: Angela Richcreek • https://zoom.us/j/940142628

B4: Recognizing Unconscious Bias

Sly Mata, PhD, Assistant Director of Diversity and Inclusion, College of Business
Alexis Sigler, MBA/MSA Graduate Student, College of Business

These presenters will present concepts of bias (explicit and implicit) and how they affect decision making and human relationships. Additionally, this presentation will describe how bias can be controlled and used to learn more about ourselves and our surroundings. Zoom Moderator: Lisa Taylor • https://zoom.us/j/867961805

B5: Dealing, Discovering, and Doing: Keeping Homebound Children Engaged

Debra Dunning, PhD, Associate Professor of Instruction, Patton College of Education, Ohio University

This session will explore activities to enhance your children’s experiences in a time of isolation. How do you keep children active in ways that are educationally beneficial and create positive and lasting memories. Dr. Dunning is the co-author of Grit to Teach and Mindset to Stay. She teaches education classes at Ohio University Lancaster. Zoom Moderator: Christine Wolfe • https://zoom.us/j/373166484

B6: Women’s Wellness with 2020 Vision

Cenell Boch, MS, Owner, Wellness with Cenell, LLC, President/Exec Director, C & C Wellness, Inc.

What is your vision in 2020 for your overall health and well-being? Are you confused about how to improve your wellness—mind, body, and spirit? In this session, you will learn evidence-based strategies for improving health and behavior change. From mindfulness and gratitude to exercises for pain management—this presentation will include simple effective techniques that can be used on a daily basis to improve your 2020 health and well-being. Zoom Moderator: Candice Thomas-Maddox • https://zoom.us/j/660370258
10:40 A.M. - 11:40 A.M.
SESSION C: CONCURRENT SESSIONS

C1: Electing Women at the Local Level

Angie Jenkins, President, Reynoldsburg City Council
Meredith Lawson-Rowe, City Councilwoman, Reynoldsburg
Kristin Malhotra, Trustee, Deerfield Township
Melissa Wilde, MPA, Trustee, Violet Township

In the past few years more women have stepped up to run for office or to help women get elected. Even as the numbers of women in office begin to climb, there is still a great need for women in all levels of government. This panel discussion will focus on the need for women at the local level. Focus will include basics of campaigning at a local level, tips on the first year in office and the duties of local offices. Zoom moderator: Candice Thomas-Maddox • https://zoom.us/j/866959174

C2: Your Network is Your Net Worth!


“Your network is your net worth!” (John Maxwell, leadership author and speaker). “Experience will not save you in hard times, nor will hard work or talent. If you need a job, money, advice, help, hope... there’s only one surefire, fail-safe place to find them — within your extended circle of friends and associates,” (Keith Ferrazzi, author of Never Eat Alone.) Have you heard these quotes? Believe it! The presenter will show you how to cultivate authentic relationships that will last a lifetime by using these effective networking tips to connect and communicate with other people. Zoom moderator: Chistine Wolfe • https://zoom.us/j/369081437

C3: While We Were Fearing It, It Came: Managing Anxiety

David Dagg-Murry, MA, LPCC-S, LICDC-CS, Chief Executive Officer, Namaste Health

Women living in western culture are targets of occupational, interpersonal, social, and cultural pressures that challenges their day-to-day experiences of safety. Anxiety is constantly confronting women across life domains. This session will examine how anxiety is created, how to identify the neurophysiological signs of anxiety, and how to practice effective coping strategies to present and manage anxiety. Zoom moderator: Laurie Lach • https://zoom.us/j/449501694
C4: A Win-Win for All: A Panel Discussion of Mentoring Best Practices

Theda Gibbs Grey, PhD, Assistant Professor, Patton College of Education, Ohio University
M. Geneva Murray, PhD, Director, Ohio University Women’s Center
Julie Suhr, PhD, Professor and Director of Clinical Training, Department of Psychology, Ohio University

Mentoring is an important part of many people’s lives but we often assume the benefits are most granted to the mentee and not the mentor. In this session, we will discuss how mentoring has benefited us and share experiences and best practices for mentoring others. Zoom moderator: Lisa Taylor • https://zoom.us/j/389325377

C5: Women Building Bridges in Non-Traditional Fields

Moderator: Leah Hackleman-Good, PhD, Owner, Editorial Partners, LLC
Sylvia Watson, BA, Co-Founder, New Day Painting, Inc.
Connie Spruill, MS, Founder/Director, Women Educating Women
Sandra Moody Gresham, MBA, WTCF, CLTC, CPIA, Principal, Dehan Insurance & Financial Services, LLC

In the 1980s, women running construction companies for/with husbands and fathers were not recognized as smart enough to OWN their own companies. Women were not allowed to bid on construction projects or to work in areas of construction. In this session, we will discuss the experiences of three women who fought as local, state, and national advocates to gain rights for women to bid on contract and heavy construction projects. As a result, women were able to join unions, work on construction sites, and to bid on highway and heavy construction projects. These panelists will explore what they brought to the industry and how they moved through the challenges. Zoom moderator: Pamela Kaylor • https://zoom.us/j/834438388

C6: Overcome Limiting Beliefs That Sabotage Success

Lillian Zarzar, BSJ ’70, MA, CSP, Owner, The Zarzar Group

You are the artist of your life – are you willing to sign your name to your creation at the end of the day? Are you unknowingly compromising your success? Do you tell yourself “I can’t” or “It won’t work”? In this session, we will take the time to examine how you show up and what impact your behavior has on your success! Participants will walk away with the tools to become more aware of your dominant thoughts, your self-talk, and the power of your thinking and words! Zoom moderator: Angela Richcreek • https://zoom.us/j/307937031
11:50 A.M.-12:50 P.M.
SESSION BREAK

We encourage you to visit our sponsor websites and watch engaging videos. Links to Celebrate Women sponsors are embedded in their logos on the last page of this program. Please help us to thank our sponsors!

1:00 P.M. - 2:00 P.M.
SESSION D: CELEBRATE WOMEN KEYNOTE ADDRESS

ALUMNI & FRIENDS GREETING AND KEYNOTE KICK-OFF

Erin Essak Kopp, Assistant Vice President for Alumni Relations and Executive Director of Alumni Affairs

KEYNOTE SPEECH

“Living a Fearless Life”

Kat Perkins, Rock Singer, Motivational Speaker

After being invited to audition for THE VOICE, Kat Perkins climbed all the way to the TOP 5 where her coach, Adam Levine said what many had said for weeks, “Kat Perkins is hands down one of the best singers we've ever had on The Voice.” She now travels the country, performing, and sharing with people her unique message of remaining determined, fearless, and following their dreams. Her first single ‘Fearless’ hit #5 upon release on iTunes with her latest single ‘DRIVE’ charting within 24 hours of its release. Zoom moderator: Laurie Lach • https://zoom.us/j/281121593
2:10 P.M. - 3:10 P.M.
SESSION E: CONCURRENT SESSIONS

E1: Exploring Neurodiversity: a Panel Presentation about Mental Health and Resources for Girls and Young Women

Moderator:
Lauren Shiman, COMS ’11, Graduate, Ohio University

Panelists:
Shawn Strohl, Director of Student Services, Reynoldsburg City Schools
Erin Powers, MSW, LISW-S, Program Manager, Ohio State University Nisonger Center, LEND Social Work Faculty
Angela Bellin, ED ’01, M.Ed, MAX Interpersonal Career Consultant, Jewish Family Services, Columbus
Barri Woodfork, ED.S., NCSP, Certified School Psychologist

Neurodiversity is a concept where neurological differences are to be recognized and respected as any other human variation. These differences can include those labeled with Dyslexia, Attention Deficit Hyperactivity Disorder, Autistic Spectrum, Tourette Syndrome, and others. This panel of women with varying skills, knowledge, and background will discuss how neurodiversity can impact girls’ lives, how diverse abilities create opportunity and challenges for girls and women, and what steps can be taken to empower people with neurological differences. Zoom moderator: Pamela Kaylor • https://zoom.us/j/157039269

E2: Communicate for a Win-Win

Susan Rance-Locke, Staff Lieutenant, Ohio State Highway Patrol (retired)

Communication is a critical skill to possess to enhance your chances of success in any endeavor you undertake. Sometimes it’s difficult for a woman to communicate in a situation or environment where she is the minority. This presentation will provide you with a strategy to communicate in a variety of situations to obtain a result of mutual benefit. Communicating for a win-win strengthens your relationships, personal and professional. Zoom moderator: Lisa Taylor • https://zoom.us/j/964187997

Twitter Users: Comment about today’s conference using @ohiou_lancaster and the hashtag #CW2020
E3: Leveraging the Power of the Intergenerational Workplace

Heather Lawrence-Benedict, PhD, Associate Dean of Graduate and Professional Programs, College of Business, Ohio University
Kayla Robles, Graduate Assistant, College of Business Graduate and Professional Programs, Ohio University

We have all heard the “sigh…” associated with a comment about this generation or that generation and their failings. But, what about the strengths that each generation brings to the workplace? Through solid communication foundations, many organizations are able to leverage the inherent benefits of an intergenerational workplace environment. Ultimately, this can create a better understanding amongst employees and an appreciation for each other. Attendees should be ready to share their own experiences and leave with new ideas about intergenerational roles in the workplace. Zoom moderator: Candice Thomas-Maddox • https://zoom.us/j/618499447

E4: Talk to the Doc: Coronavirus Basics and Q&A

Dr. Paige S. Gutheil, DO ’02, Heritage College of Osteopathic Medicine, Ohio University

Join us to ask questions and hear medical advice about the Coronavirus. Dr. Paige Gutheil is an osteopathic family physician in central Ohio and alumna turned faculty at the Ohio University’s Heritage College of Osteopathic Medicine. She is the founder of an innovative primary care collaborative called Signature Primary Care and Wellness which offers comprehensive and personalized primary care, behavioral health counseling, health coaching and yoga to help people thrive in all areas of their life. She is an Assistant Professor of Primary Care Medicine at OU Dublin’s campus where she enjoys preparing first and second year medical students to be primary care physicians and supporting female medical student through an ohiodwomen in Medicine Student Chapter. Zoom moderator: Laurie Lach • https://zoom.us/j/656307939

E5: Be a Wonder Woman: Supporting and Mentoring Others

Chief Kim Jacobs, Executive Director, Columbus Police Foundation, Retired Police Chief, Columbus Police

Women have tremendous power individually because they are often on their own, with many responsibilities at work and at home, but together, or through mentoring, they can do so much more. Supporting women, diversity, and growth can only make us stronger and better. Building self-confidence and teamwork results in success. Examples, experiences and enthusiasm will be shared! Zoom moderator: Angela Richcreek • https://zoom.us/j/928970080
Feisty Females from Ohio

Bette Lou Higgins, M.Ed., Artistic Director/Co-Founder of Eden Valley Enterprises

Hear stories of some of Ohio's women who liked to shake things up, like Victoria Woodhull, first woman to run for U.S. President in 1872. Join this last session to hear about some fabulously feisty women in Ohio history. Bette Lou Higgins has worked as researcher, writer, and performer for Eden Valley Productions. Most recently she served as producer for the Emmy-nominated documentary, Trail Magic: The Grandma Gatewood Story which was named Best Local Documentary at the Chagrin Film Festival. Zoom moderator: Pamela Kaylor • https://zoom.us/j/321856689
Celebrate Women would like to thank the following for their support of this year’s conference:

Dr. James Smith, Dean, Ohio University Lancaster | Pickerington

Janet Becker, Associate Dean, Ohio University Lancaster | Pickerington

Ohio University Alumni Association

Erin Essak Kopp, Assistant Vice President for Alumni Relations and Executive Director of Alumni Affairs

Teri Gartland, CFRE, Assistant Vice President of Central Programs, University Advancement

Ohio Women publication

Jennifer Bowie, BSJ, ’94, MS, ’99, Executive Director, Advancement Communication & Marketing

Hannah V. McCauley Library, Ohio University Lancaster

Ohio University Lancaster Development Office

Ohio University Lancaster Marketing and Communications Office

Geneva Murray, Executive Director, Ohio University Women’s Center

Sarah McDowell, BFA, ’02, Art Director, Advancement Communication & Marketing

Eric Smith, Student Designer, Advancement Communication & Marketing

Fairfield Medical Center

Donald Renner, MEd, ’94, women’s advocate and presenter for the Jane Johnsen Women of Vision Award

Alexis Tripp, Intern, BSAM Program

Sarah Mitchell, Voinovich School of Leadership and Public Affairs

Angela Richcreek, Manager of Accounting and Human Resources

Larry Tumblin, Director of RHE Information Technology

Bob Competti and Josh Messerly, Innerphase Video

Winsome Chunnu, Multicultural Center, Diversity and Inclusion

Gigi Secuban, Vice President for Diversity and Inclusion

Kathy Wilson, College of Business

Moderators: Christine Wolfe, PhD, Angela Richcreek, Pamela Kaylor, PhD, Laurie Lach, BSC ’92, MA ’18, Candice Thomas-Maddox, EdD, Lisa Taylor, MA

The Marvelous OIT Team: Rebecca Petty, Dustin Ashton, Peter Lim, and others who worked behind the scenes to change to a virtual format!

A special thanks to all of the people who moved quickly and spent tireless hours from home to move this to be a virtual conference. Thank you for your collaboration, problem solving, and positive outlook.

Celebrate Women Steering Committee

Judy Carey Nevin, MLS Pamela Kaylor, PhD, ’02

Laurie Lach, BSC ’92, MA ’18

Amber Landis, AAB ’89

Maryann Lape, BBA ’94

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