

## **5<sup>th</sup> Annual Women's Mentoring Network Conference: Recipe for Success, 10/16/08ms**

### **Officer Tammy Peasley**

Officer Peasley has been with the University Police Department for 9 years, and serves as a bicycle and juvenile officer. Tammy is also a cross trained officer in emergency medical dispatching and Law Enforcement Agency Data System (LEADS). She is an instructor for pressure point control tactics and field sobriety testing, and holds a certification in Crime Prevention Through Environmental Design (CPTED).

Officer Peasley is a four time recipient of the MADD award for DUI Enforcement, she's a third degree black belt in Tae Kwon Do, and one of two Crime Prevention Officers for the University Police Dept. Tammy lives with her cats and dogs, enjoys spending quiet time at home and she loves to travel, especially with her running. She has run both full and half marathons all over the country.

### **Lydia Wiede, M.A.**

Lydia is a pre-doctoral intern at Student Counseling Services completing requirements for her doctorate in Counseling Psychology from Loyola University Chicago. She received her M.A. in Counseling Psychology at Northwestern University, and her undergraduate is in Business Administration.

Lydia's clinical experiences include an advanced therapy practicum at DePaul University, Chicago, a therapy practicum at Children's Memorial Hospital Outpatient Psychiatry Department and a therapy practicum at Arts of Living, Alternative High School for pregnant and parenting teens as part of the staff of Catholic Charities.

She has completed three rotations through the Sexual Dysfunctions Training Clinic at Loyola University Hospital in Maywood, IL. For the past two years, Lydia has been employed at Central DuPage Hospital as a case therapist performing psychological assessments of patients in the emergency department, and working with an in-patient unit doing individual therapy and group therapy. She has also worked in the partial hospitalization and intensive outpatient programs for mental health.

Lydia spent over ten years in the business world, primarily in sales in marketing. She, then spent seven years home with her 3 children before returning to graduate school as a non-traditional student.

Her areas of interest include (but are not limited to) spirituality and spiritual resources in the therapeutic environment, spiritual identity, sexual identity, sexual assault prevention, and addressing the needs of international students. I also enjoy working with the university population at large because of the many opportunities/challenges it presents.

### **Corporal Nikki Bleichner**

Corporal Bleichner has been employed with the Illinois State University Police Department since 2001, and worked as a Police/Fire/EMS dispatcher for 10 years prior. She is a certified bike officer, juvenile office and Telecommunications Training Officer. She and Officer Peasley have been teaching Self-Defense together for the past 3 years. Corporal Bleichner has been married to her husband Rick for 15 years, and he is an Assistant Chief of Police with the Town of Normal. Nikki and Rick have 3 children, ages, 15, 11 and 7.

### **Kim McClintic, RD, OSF Center for Healthy Lifestyles**

Kim A. McClintic, MS, RD, LDN, earned her bachelor's degree in dietetics/nutrition from Iowa State University and her master's degree in public health administration from Drake University in Des Moines, Iowa. She is a member of the American Dietetic Association and the Central Illinois Dietetic Association. She has been in practice since 1988 in a variety of areas in dietetics, mostly on an outpatient basis. Her special interest is in wellness and disease prevention. She has been published in the *Journal of the American Dietetic Association* and other trade journals and magazines as well as being an advocate for health and wellness to the community both on TV and radio. She presents nutritionally sound information to businesses, professional groups, and the community in a fun and practical way. She has worked for OSF St Joseph Medical Center since 2000 through their Center for Healthy Lifestyles.

**Tona Schenck, MA, MFA**

Tona has been practicing Kripalu Style Yoga for 12 years and has been teaching Yoga for 6 years. She began her yoga teaching career at Illinois State University Faculty/Staff Wellness at ISU and is currently teaching 4 of the 5 classes offered. Tona also teaches for Illinois Wesleyan University's Wellness Program, and BroMenn Community Wellness.

Tona received her BS from Eureka College, and holds a MS in Studio Art and MFA Theatre, previously working as a costume designer and Assistant Professor at Illinois State University.

Tona's interest in the arts, especially in drawing human figure, has helped her shape her unique approach to Yoga, and it's exploration of the connection between body, mind, and spirit. The transformational and creative qualities of Yoga are her focus right now, as is her commitment to sharing with her students how Yoga enhances quality of life and wellness.