



KANSAS WISE
WOMEN IN STATE EMPLOYMENT

Kansas WISE Newsletter | July 1, 2022



In the spirit of the upcoming July 4th holiday, spend time reflecting on the freedoms women have today. The Kansas WISE steering committee encourages everyone to [register to vote](#) by the July 12th deadline and take part in the upcoming election on August 2nd. In addition, you still have time to register for one of the three

remaining Town Halls for Kansas women and allies at [United WE](#). Your voice matters.

July is also a popular month for travel. Much of the world is welcoming tourists, so it's a great time to take a trip away from the everyday. If you decide to venture elsewhere, we'd love to see pictures. Employees with ks.gov emails can share a photo [here](#). Those with different state email domains can send a photo to KansasWISE@ks.gov. Tell us where the picture was taken and we will share your photos in next month's newsletter.

Happy Independence Day and happy travels!



Independence Day on July 4th

As early as the Revolutionary War, women have played a pivotal role in fighting for our nation's independence. Many women cooked, cleaned, and provided first aid to soldiers. Numerous other women either became spies or disguised themselves as men so they could participate in combat.

As you celebrate July 4th this year, think about the women in your life or community that helped make this day possible.



Lieutenant Commander Laura M. Cobb was born in Atchison, KS and grew up in Mulvane, KS. She served as a nurse in the Navy during both WW1 and WW2. She and fellow nurses became prisoners of war (POWs) when they were captured by Japanese forces in the Philippines. Her bravery earned her numerous accolades, including the Bronze Star, Gold Star, Defense of the Philippines Ribbon, a Distinguished Army Unit Citation, and the Asiatic-Pacific Theater Ribbon with two Battle Stars.

Read more about her and fellow Kansas military legends [here](#).

Women in the U.S. Military:

- [Over 200 Years of Service: The History of Women in the U.S. Military](#)
- [Marine Corps Vet Brenda Warner Talks Her Military Career and 'American Underdog,' the movie About Her Marriage to NFL Great Kurt Warner](#)
- [Women Warriors: The ongoing story of integrating and diversifying the American armed forces](#)



Shark Week July 24 - July 31

The lead-up to Discovery's Shark Week is often met with excitement and fanfare. While sharks understandably take center stage, Kansas WISE celebrates this much-anticipated event by highlighting Eugenie Clark - The Shark Lady.



Eugenie Clark collecting specimens on a dive. (Courtesy of Mote Marine Laboratory)

[Eugenie Clark](#) was an ichthyologist, or fish biologist, who developed a love for the ocean and its inhabitants at a young age.

Born in 1922, she spent her childhood exploring the New York Aquarium while her mom was at work. When she grew up, she began studying marine life through submersible dives. Her adventures took her to the Red Sea and also helped her establish the Mote Marine Laboratory.

Throughout her career, Eugenie discovered new fish species, educated the public about sharks, taught at the University of Maryland, and much more. She completed her last dive at the age of 92 and passed away the following year in 2015.



Celebrating Our Achievements



In June, Dana Morales was welcomed to the Kansas WISE steering committee as a new co-chair to the Mentoring Subcommittee.

Dana works at the Office of Information Technology Services (OITS), serving as the Director of Operations Support. She is responsible for managing and building effective cross-functional teams to deliver products, services, and support to the State of Kansas. Dana is a passionate, results-driven individual with 13+ years of experience in state government. She brings strong organizational, communication, and leadership skills to Kansas WISE.

In all aspects of her life, work and personal, Dana believes in uniting people with different knowledge and expertise to accomplish great things.

Originally from Miami, FL, Dana relocated to Topeka in 2021. She and her husband of 13 years have a 16-month-old son.

Welcome to the steering committee, Dana!



Lindsey Dinkel, currently the Chief Operations Officer and Assistant Superintendent at Larned State Hospital, will become a full-time professor at Fort Hays State University (FHSU) in August.

Lindsey has been at Larned for just under 3 years and has been an adjunct faculty instructor at FHSU for about 2 years. She has nearly 10 years of professional experience in roles that include clinical, administrative, education, and research work.

In addition to her role at Larned, Lindsey is co-chair of the Personal Development, Self-Care, and Wellness Subcommittee through Kansas WISE.

Lindsey holds a PhD in Psychology, a Masters of Arts in Forensic Psychology, and a Bachelor's in Psychology.

Congratulations on your new role, Lindsey!

Have you, your colleagues, or your department been nominated for or won an award? Do you want your colleagues to be recognized for their achievements? We want to hear about it! **Please submit awards or achievements to KansasWISE@ks.gov for inclusion.**



Kansas WISE Presents:

Pillars of Meaning

How do you find meaning? Is it through purpose, storytelling, belonging, or maybe through a connection to something higher than yourself?

Join Kansas WISE on **Thursday, July 7** as we continue the conversation around what it means to put yourself first by reflecting on the four pillars of a meaningful life.

- Date: Thursday, July 7
- Time: 11:00am - 12:00pm
- Location: Zoom
- Registration: FREE and open to State of Kansas employees, you can [register here](#).

We understand people are busy and schedules may prevent you from attending Kansas WISE events. Other information and opportunities are forthcoming so stay tuned!



Events and Resources

Events are virtual and last one hour unless otherwise stated. Times listed are central time.

- **Kansas State Parks Library Program:** Kansas State Parks has partnered with the Kansas Public Library system to provide free, daily vehicle permits available for checkout to Kansas library patrons. The mission of the program is to provide a way for all Kansans across the state to visit Kansas State Parks without the financial barrier of an entry fee. - More information, including a list of participating libraries, can be found [here](#).
- **Eats & Beats** is back at Every Plaza every Thursday evening through September 15. Enjoy live music, food trucks, and beer gardens in downtown Topeka.
- **Setting Healthy Boundaries in Relationships:** Maintaining a balance between taking care of loved ones and setting healthy boundaries for yourself can be challenging. Learn how to express your own needs without guilt, strike a healthy balance between caregiving and self-care, and tips for negotiating compromises with a licensed therapist. - July 20th, 12:00-1:00 pm - Register [here](#).
- **Heart-Healthy Eating:** Join your Hannaford Dietitian to learn how to fill your cart to protect your heart. We'll take a close look at foods that can help improve your blood pressure, cholesterol, and overall health. - Multiple dates in July - Register [here](#).
- **Writing a Self-Care Plan:** Research shows that when we write down our goals we are more likely to achieve them. We hear about the value of self-care but can easily neglect our needs. In just 45 minutes we will share the way to put a new focus on your self-care goals. Join us for this presentation on how to create a self-care plan and the value of creating one. - July 12, 2:00-2:45 pm - Register [here](#).

Did You Know?

Did you know you can read magazines on your electronic device with Flipster? Many Kansas public libraries offer Flipster so you can read popular magazines for free! Check with your local library.

State employees can subscribe or manage your subscription settings [here](#).

Questions and feedback can be sent to KansasWISE@ks.gov

This email was sent to kansaswise@ks.gov using govDelivery Communications Cloud on behalf of: Kansas Department of Administration · Curtis State Office Building · 1000 SW Jackson, Suite 500 · Topeka, KS 66612-1300

