

AAUW-ORANGE,
DURHAM,
CHATHAM
BRANCH

American Association of University Women



August 2019

Greetings from the President . . Michele Hoyman

Mark Your Calendar: AAUW Meetings

- Saturday, September 28, 10:30 am, Chapel Hill Public Library, Room A. Speaker: Dr. Susan Girdler, Her Health
- Saturday, October 26, 10:30 am, Suicide Prevention, Jodi Flick
- Saturday, February 15, 10:30 am, Reports by Award Recipients
- Saturday, March 21, 10:30 am, Medicaid Expansion. .
- Meetings are usually held at the Chapel Hill Public Library or the Durham Library.

We at AAUW ODC branch hope that you are having a great summer, filled with family, fun, travel and relaxation – maybe even a book or two!

Summer is a transition time for our branch organization. It is time to thank our outgoing officers on the Board and to welcome some new ones. We would like to thank Bea Keller who has done enormous amounts of work. She has done this so gracefully and cheerfully even with last year's double duty stint as both President and Program Chair. Thank you Bea!! We are also grateful to Karen Piplani whose duties as Treasurer and co- Chair of the Fundraiser would have stopped an average person in her tracks. But not Karen, who was resolute and focused and never wavered or complained. Thanks also to Mary Kolek who was an ex officio member of the Board and engaged in Special projects. Hopefully she will stay engaged this year. Also outgoing is Margaret Herring who was our wonderful Recording Secretary. Thank you Bea, Karen, Mary K. and Margaret!!!

There are some board members who are continuing such as Dr. Donna Wilson who is our College University Liaison and who puts on the terrific February program featuring Triangle area fellows. She was Program Chair for quite a number of years also. Thank you Donna!

Now we need to introduce our new Board (Pictured below)



Left to right the officers are: Mary Sipple, (Treasurer); LaPrince Miller Smith, (V.Pres of Programming); Michele Hoyman (President); Katie Loovis, (Recording Secretary); and Dr. Donna Wilson (College/University Liaison)

Welcome to others who contribute.....

We also need to welcome some new and energetic leaders: Jan Holland who is assuming Membership Assistant to Treasurer responsibilities; Liz Leone who is doing a Membership Initiative effort; and Sandy Mold and Martha Barefoot who are members of the Program Committee.

Thanks also to Ruth Freed, continuing as hospitality chair for a wonderful job with our scrumptious snacks.

With all this talent, it looks to be a great year. Our theme will be Her Health.

Here is hoping 2019-2020 is a really terrific year. Thanks to all.

CONGRATULATIONS AND GOOD NEWS!!!

Mary Sipple

Congratulations to Mary Sipple, our new Treasurer for the branch. She has a new position. On May 20, she started a new job at Yerdle

Recommerce where her title is DevOps Engineer. This opens up a new opportunity for Mary and will be an exciting endeavor.

So congratulations, Mary!!!

Cara Person

Our members probably remember Cara Person who was an AAUW fellow two years ago in Carolina's School of Public Health. She has just taken a position as Director of Public Health Agency Research at Association of State and Territorial Health Officials in the Atlanta Office.

Congratulations Cara.

Fall Programs: Theme is Her Health September 28 and October 26

Fall programming for AAUW ODC Branch will have a theme of HERhealth, with particular attention to mental as well as physical well-being.

The first program in the fall series will feature a presentation by Dr. Susan Girdler, a Professor in the Department of Psychiatry, who also serves as Director for the UNC Psychiatry Stress and Health Research Program at UNC Chapel Hill. Dr. Girdler's long-standing research interests include premenstrual dysphoric disorder (PMDD) and perimenopausal depression. Her research has focused on histories of trauma and depression among women with reproductive mood disorders. She will discuss findings from her most recent

research on predictors of depression and cardiovascular risk during the menopause transition with analyses based on race. Dr. Girdler received a B.S. in Psychology from University of Florida; M.S. in Counseling Psychology from Nova Southeastern University; and a Ph.D. in Experimental & Biological Psychology from the University of North Carolina at Chapel Hill.

For the October meeting, Jodi Flick, Clinical Assistant Professor in the School of Social Work at UNC Chapel Hill, has been invited to share an overview of how to recognize signs of mental health issues, including depression, and will offer recommendations for how to respond.

—LaPrince Miller-Smith

Summertime is the time for AAUW Renewal!

Our membership year goes from July 1st to June 30th.

SO if you haven't done it yet...

Please RENEW YOUR MEMBERSHIP for the 2019-2020 year!! (Our annual dues are \$80, which include National, State and local Branch dues)*

Please renew by November or AAUW National will delete your name from our Branch roster!

NOTE: \$56 of our dues is tax deductible!

* If you need a reduced rate, let us know and a subsidized rate can be arranged

TWO WAYS TO RENEW:

Go online to www.aauw.org (This is an easy and fast way to renew!)

Click **MEMBERSHIP** at the top of the screen.

Under **Branch Members**, click **Join/Renew**.

On the next screen at the bottom, click the second choice, under "Renew your Branch Membership", which says "**Log into the MSD Now.**"

The next page lets you find your member ID and password and Login, or **Create an Account**,

if you've never logged in before. After logging in, you will be able to **renew with your credit card.**

OR

Write a check for \$80 to **AAUW-ODC** and send to:

Mary Sipple, Treasurer, 2512 Millwood Ct., Chapel Hill, NC 27514 -2728

phone (919) 259-6177

NOTE: You don't need to fill out a "New Member" form if you are a Renewing Member, UNLESS you have a change of address/ email.

NEW MEMBER? If you are a NEW member, you can JOIN online (www.aauw.org) **OR** fill out the Membership Application form with your address and personal information and send with check to Mary Sipple, AAUW-ODC Treasurer.

Thank you!

Jan Holland (Membership)

jholl61069@aol.com, 919-408-0338

* Membership form is on page 7 of the Newsletter.

Annual Fundraiser for Scholarships Featuring Hal Crowther



On Tuesday evening, April 23, 2019, AAUW Orange, Durham, Chatham Counties Branch hosted its annual fundraiser for scholarships for graduate students. More than 60 AAUW members and guests attended the event at Extraordinary Ventures in Chapel Hill, enjoyed hors d'oeuvres, and savored remarks from award-winning American journalist and essayist, Hal Crowther.

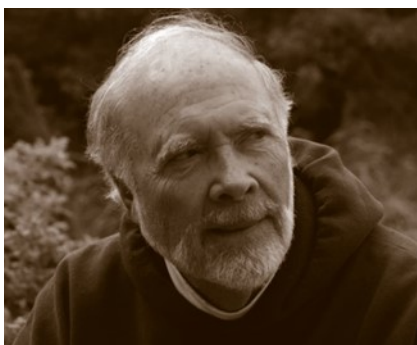
Crowther, who is a former media critic for *Newsweek* and writer for *Time* magazine, lives locally in Hillsborough with his wife, novelist Lee Smith. His 45-minute remarks to AAUW included reading two essays he penned on remarkable women:

Civil rights activist and educator, Anne Braden, whose inspiring bravery and dedication to racial equality was captured in Crowther's essay on Braden in his recent book (2018), called *Freedom Fighters and Hell Raisers*.

Crowther's own mother, whose complicated and changing nature was beautifully captured in his recent, heartfelt essay, which is featured in a new book (2019) called, *Mothers and Strangers: Essays on Motherhood from the New South*, edited by Samia Serageldin and Lee Smith.

After his two stirring readings, a thoughtful 25-minute discussion among AAUW members and guests followed and culminated in a standing ovation for Crowther. The event raised nearly \$1,500 for scholarships for female scholars. You can learn more about Hal Crowther and his works at www.halcrowther.com.

—Katie Loovis,



Welcome New Members

Cheryl Chandler

Cheryl is a retired Medical Librarian who received her Master's degree at the University of Kentucky. She has worked all over the country while employed with several government agencies.

Anne Kissel

Anne has a BA in Sociology/Russian from W. Kentucky University, and a M.Ed., Ed.S, PhD in Counseling/ Gerontology from the University of Florida. She holds a Graduate Certificate in Gerontology from the University of Florida and is a N.C.C. (National Certified Counselor). Her work has been in clinical, administrative and advocacy positions in hospice, elder services and community service organizations. Anne is currently retired and enjoying the many opportunities for volunteering and continued learning in the Chapel Hill area.

Congratulations Katie Loovis!

Calling all volunteers

Can you help staff a table at Chapel Hill Public Library September 12, 10 to 4 pm?

This is a part of our membership initiative.

Email eleone66@gmail.com or hoyman@unc.edu if so.

Thanks!!!

Katie Loovis, our new Recording Secretary, was recently honored as a [Chapel Hill Magazine 2019 Woman of Achievement](#) and delivered an important speech about what makes a good leader.

She spoke at the Women of Achievement



Luncheon at the Carolina Inn on Friday, May 31, 2019. Her remarks

were titled, "[Leaders Find and Ride their Waves, and Make Waves for Others](#)," and during her speech she recognized her graduate adviser - AAUW President, Professor Michele Hoyman - as a true leader and "wave-maker" in her life.

Welcome to our three New Leaders

Mary Sipple, Treasurer

Mary Sipple loves details. This led her to pursue a degree in Mathematics, though she has forgotten much of it. What remains is the love of getting all the details properly organized, which will serve her well as she takes on the Treasurer position for AAUW. She has just landed a new position (a promotion) with a new employer. Congratulations Mary and welcome aboard.

-captained the Women's Lacrosse Team - and is now Vice President of External Affairs for the local Chamber of Commerce while earning her Ed.D. from NC State University in Community College Leadership. She is going to be Recording Secretary of the Board for our AAUW Branch. She also serves on several other boards, including 9/11 Day of Service and Remembrance, the Chapel Hill Downtown Partnership, and Durham Tech Foundation.

Katie Loovis, Recording Secretary

Katie Loovis is a communications and government affairs executive with a 20-year career in public service spanning government (The White House), business (GSK), and the nonprofit sector (Achieving the Dream). She recently moved back to Chapel Hill - where she earned her UNC BA ('99) and MPA ('02) and co

LaPrince-Miller Smith is a native of Durham, North Carolina and a May 2018, graduate of North Carolina Central University focused on Pharmaceutical Sciences with minors in Chemistry and Biology. She is starting a new job this summer. LaPrince-Miller is also a talented vocalist. LaPrince-Miller is the new Vice Chair of Programming for the Durham-Chatham-Orange County Chapter of AAUW.



Minutes of AAUW Meeting: Orange, Chatham, Durham Branch, April 13, 2019, Southwest Library, Durham, NC

Speaker: Dr. Kathleen Clarke-Pearson

The meeting was called to order by President Bea Keller. She invited everyone to come to the annual AAUW tea, featuring Hal Crowther, April 23 at 5:30-7 at Extraordinary Ventures. It is our fundraiser for the Schwenning Scholarship Fund which benefits our graduate and undergraduate scholarships. Tickets are \$25, and volunteers are needed to bring finger food.

Michele Hoyman introduced our speaker, Kathleen Clarke-Pearson, MD, who is a pediatrician who has studied the effect of digital media on families, particularly children.

Dr. Clarke-Pearson named the positives and negatives of digital media. Among the positive are use of Google, Text for Baby, which provides support for new parents, How To videos from YouTube, and connection with family and friends. Among the negative are increased addiction among children (and adults). Electric Screen Syndrome is a new diagnosis. And ADHD diagnosis has increased 53% in the last 5 years. In addition to addiction to media like Instagram and Facebook which students check 100 times a day, there is also addiction to video games. Video game designers use persuasive design with a built in reward system to keep the player hooked. Fortnite is particularly addictive. More information is available at the Center for Commercial Free Childhood.

Warning signs of addiction include: Unhappiness when forced to unplug, sneaked screen use, increased anxiety and stress, secret accounts, apps, and passwords. And screen time interferes with family activities and friendships. In addition, kids with smart phones are 100% more likely to view pornography. They get their sex education from porn and this prevents them from having meaningful, intimate relationships.

Social media use by children risks anorexia and bulimia, decreased socialization, cutting, hate, racism, and false information like the immunization scare. Depression and cyber bullying are experienced by 34% of teens; 30% have suicidal thoughts.

As far as remedies go, Dr. Clarke-Pearson recommends that parents teach life skills before tech skills. Have screen-free meals and have all phones parked in a central location overnight. Have screens in a central location, not in kid's room. Develop meaningful connections within the family. Parents might want to check out the American Academy of Pediatrics web page and a book called *Reset Your Child's Brain*.

Other resources include:

Common Sense Media

•Families Managing Media: Melanie Hempe, RN

•American Academy of Pediatrics: Policy statements on Media's impact on kids. Go to AAP.org and search for media policy statements.

•Book: Reset Your Child's Brain by Victoria Dunckley, MD: She is a child psychiatrist whose book I showed the group. The subtitle: a 4 week plan to end meltdowns, raise grades, and boost social skills by reversing the effects of electronic Screen-Time

•Ted Talk: Sherry Turkle: Connected, but Alone. She is an MIT professor whose re-

Financial Report July 14, 2019

Account Balances:

Checking: \$3,305.69

MM Checking:
\$1,005.60

CD: \$4,896.34

Mary Sipple,
Treasurer

Minutes (continued)

We have a NEW MEMBER!

Jan E. Robertson transferred her membership to the Orange-Durham-Chapel Hill Chapter of AAUW in January of 2019. She has an AB in Speech Communication from the University of Illinois at Urbana-Champaign and a JD from George Washington University in Washington, DC. Jan has coach training and is transitioning back to work to launch a coaching career. Her interests include simplifying and greening her life. She lives in Durham.

WELCOME, JAN!!



search delves into how digitalization is impacting our relationships. Finally, it's all about balance.

President Bea Keller reminded us to give suggestions for next year's programs.

New officers were introduced and installed. They are:
Michele Hoyman, President,
Donna Wilson, Vice President Liaison for Colleges and Universities
LaPrince Miller-Smith, Vice President for Programs
Mary Sipple, Treasurer, with Jan Holland, assistant
Katie Loovis, Recording Secretary

Gloria Thomas, Director of UNC Women's Center urged members to donate gently used purses to support interns working on gender equity at non-profits this summer.

A motion to adjourn was made and seconded.

Respectfully submitted, Margaret Herring

Congratulations to Dr. Kathleen Clarke-Pearson

Dr. Kathleen Clarke-Pearson who was our April meeting speaker and is also a member of our branch is being honored by the North Carolina Pediatric Society. She is receiving one of the association's annual 2019 Annual awards for pediatric excellence. The awards will be presented at the 2019 NCPeds Annual Meeting which begins Aug. 16 in Asheville.

The award Dr. Kathleen Clarke-Pearson is given to an individual or agency from the non-profit sector for outstanding achievement and advocacy efforts to promote child health.

Congratulations, Kathleen from the AAUW ODC branch members!!

The North Carolina Pediatric Society (NCPeds) is the state affiliate Chapter of the American Academy of Pediatrics with more than 2,000 pediatrician and pediatric health professional members.



AAUW of Orange, Durham, Chatham Counties
Membership Application
July 1, 2019- June 30, 2020

NEW MEMBERS ONLY!!!

DUES BREAK-DOWN	
National	\$59
State	\$11
Branch	\$10
TOTAL	\$80
(Subsidized \$40)	

Please complete the form below and make your check to:

AAUW-ODC

Send to: **Mary Sipple, 2512 Millwood Ct., Chapel Hill, NC 27514**

(RENEWALS: You need only to send a check for \$80. IF YOU HAVE CHANGES to your personal information, please indicate the change/correction and send in with your check.)

Personal Information:

Name: _____ Check enclosed: _____

Address: _____

Phone: H _____ Cell: _____

E-mail address: _____

Newsletter will be sent to this e-mail address.

Education, Occupation, AAUW Experience

Degree(s), College Name, Year Degree Conferred, Major Field of Study

Undergraduate: _____

Graduate: _____

Occupation: _____

Membership Category:

Branch _____ Dual Branch _____ Student Affiliate _____ E-Student Affiliate _____

Honorary Life _____ Paid Life _____

Previous Experience in AAUW _____

Groups at Chapel Hill Branch and/or Other Areas of Interests for Our Branch

(Please check your areas of interest and tell us of your ideas)

SPARC/STEM _____ (Students Participating and Researching Careers / Science, Technology, Engineering, Math)

Areas of Interest Hospitality _____ Public Policy _____ Publicity _____

Program Ideas: _____

Other Volunteer or Interest Ideas: _____