



ATLANTA BRANCH NEWS

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN
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2014-2015 Leadership

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The Intern Corner

By: Amira Saleh



Hello. I hope this newsletter finds you well. I'm Amira Saleh, and I was the 2012-2014 intern for AAUW Atlanta Branch. I spent last year teaching kindergarten in Washington, DC, and I am back in Georgia this year currently working as an Account Coordinator for Coca-Cola. I am a proud member of the

AAUW Atlanta Branch, and I am very excited to have had the opportunity to become more involved with Cool Scholars this year. I will be filling your intern duties for the remainder of the year, and I would love to hear any ideas, article contributions, or questions you have for me. Please send them to publications@aauwatlbranch.org. I hope you enjoy the newsletter and can attend our upcoming March 21st meeting!

Our March meeting will be held at Oglethorpe University (4484 Peachtree Road, Atlanta) from 11 am to 1pm. We will meet in the Turner Lynch Campus Center, Trustee Room. The program will feature Jenny Azzman, LMSW, from the Georgia Commission on Family Violence. There will be a buffet lunch and a business meeting. Cost of the lunch is \$20.00.

March Branch Meeting Details:

Topic: Focus on Family Violence

Date: **Saturday March 21st**

Time: 11:00 am – 1:00 p.m.

Place: Oglethorpe University, Turner Lynch Campus Center, Trustee room

*Please reply to the invite by **March 17th** or notify the hospitality committee at hospitality@aauwatlanta.org.*

AAUW National Election Is Coming!

By: Ruth Yurchuck

The national election of the next AAUW President, Vice President, and Board of Directors will begin on April 15, 2015. Right now, you can review the candidates for these offices by logging into the AAUW website and clicking on the Resources tab. Remember every member is entitled to vote!



President's Message: Go Red for Women

By: Myra Carmon

February is American Heart Month and the time that we celebrate Valentine's Day. First I will offer some heart disease statistics, along with tips on identification and prevention in women, I will follow with a few thoughts on Valentine's Day.

According to the National Heart, Lung, and Blood Institute and other resources, 1 in 4 women die from heart disease. Heart disease is the number one killer of both women and men. One type of heart disease called coronary microvascular disease (MCD) or broken heart syndrome poses a risk for women. Broken heart syndrome may occur due to severe emotional stress and leads to heart muscle failure. This may be misdiagnosed as a heart attack because the symptoms are similar but there is no evidence of heart block. This condition is being researched further. Coronary heart disease (CHD) is a disease in which there is plaque build up on the inner walls of the coronary arteries leading to hardened arteries and ruptures which may lead to a blood clot that blocks the blood flow through the arteries. This leads to a heart attack. This is the most common type of heart attack.

High blood pressure is the leading cause of heart disease and stroke. People with high blood pressure are 4 times more likely to die from stroke and 3 times more likely to die from heart disease. So everyone should know their blood pressure and if medication is prescribed, take it. Factors influencing high blood pressure are cigarette smoking and sodium intake. These are factors that we can control. Other factors are heredity which we cannot control entirely.

Simple actions to reduce heart attacks are:

- Lower blood pressure
- Increase good cholesterol & decrease bad cholesterol
- Control blood sugar
- Reduce stress and anxiety
- Reduce depression
- Prevent weight gain
- Exercise at least 2 1/2 hours per week (brisk walking is great)

Lifestyle changes and medicines can help women lower the risk of CHD which is the # 1 killer of women in the United States. We have to go red and reduce heart disease in women.

Know the symptoms of impending heart attack: chest discomfort, discomfort in arms, jaws, back, neck, jaws, or stomach, shortness of breath, nausea, cold sweat, or light-headedness. Keep an Aspirin available in your home and your purse for symptoms of heart attack. If in your purse, keep out of reach of children.

Another February event is Valentine's Day on February 14th represented by red hearts. Often what comes to mind on Valentine's Day is candy, paper valentines, and romance, but the history of Valentine's Day is not so romantic. Numerous early Christian martyrs were named Valentine. The Valentines honored on February 14th are Valentine of Rome and Valentine of Terni. Valentine of Terni became bishop of Interamna (modern Terni) about AD 197. Valentine of Rome was a priest in Rome who was martyred about AD 496. Valentine of Rome ruled under an emperor called Claudias who persecuted the church. Claudias also had an edit that prohibited the marriage of young people. This was based on the hypothesis that unmarried soldiers fought better than married soldiers. Valentine encouraged marriage for soldiers, which was against the edit, and he was executed AD 269. His last words were "from your Valentine." There are other Valentines mention in history from other countries such as Africa.

The first association of romance with Valentine's Day was in 18th-century England when the tradition of courtly love flourished and involved an occasion in which lovers expressed their love for each other by presenting flowers and cards. Some of these symbols still exist today: the figures of Cupid, greeting cards, and handwritten valentines.

Keep your heart happy by knowing risk factors and signs and symptoms of a heart attack. Also, hope you had a happy Valentine's Day with lots of hearts, love, cards, and a small amount of candy.

AAUW's College/University Partners Dialogue

By: Betty Slater

Thanks to the funds raised from Bookfair, the AAUW Atlanta Branch hosted a community meeting with our college/university partners at Ansley Golf Club on Thursday, February 5, 2015. The purpose of this meeting was to talk with these partners about why they have joined, how they are involving their students with AAUW, and to share all that our Atlanta Branch is doing to support women and girls.

Colleges represented at the meeting were: Agnes Scott College, American Intercontinental University, Clark Atlanta University, Emory University, Georgia State University, Kennesaw State University, Kennesaw State University Student Chapter, and Mercer University. Representatives from the Georgia Institute of Technology, Atlanta Metropolitan State College, Savannah College of Arts and Design, and Georgia Gwinnett College could not attend but remain in contact with the Branch.

Our sister branches from Cobb and North Fulton were represented by their Presidents, and AAUW Georgia's co-Presidents Bea Piddock and Diane Sakmar participated.

Representing and participating in the program from the Atlanta branch were: President Dr. Myra Carmon, Program Vice President Dr. Wendy Venet, Membership Vice President Kay Collins, Bookroom Steering Committee Chair Sharon Bevis-Hoover, Scholarship Chair Cecilia Cantrell, Co-Finance Of-



AAUW Meeting with College/University Partners

ficer Phyllis Miller, College/University State Chair Diana Witt, and College/University Representative Betty Slater.

Jessica Kelly from AAUW's national office talked with the group about sending students to the National Conference for College Women Student Leaders (NCCWSL) as well as programs on \$tart \$mart and Elect Her. Jessica Kelly also led an Elect Her program at Emory University on February 7.

The meeting was both energizing and informative. Thanks to the Atlanta branch membership for supporting this productive meeting! Communication between our branch and these colleges is very important!

Marginalized Girls in STEM and CTE Education

According to a recent [National Science Foundation](#) study, today, more women graduate from college and participate in graduate programs than men. From 2009 to 2012, the graduation rate at four-year colleges and universities increased by 0.9 percentage points for black women, 3.1 percentage points for Hispanic women, 2.7 percentage points for American Indian/Alaska Native women, and 2.1 percentage points for Asian American and Pacific Islander (AAPI) women. Despite this progress, barriers still exist for girls and women in science, technology, engineering, and math (STEM) and career technical education (CTE) fields.

In 2010, just 10.6 percent of bachelor's degrees, 7.9 percent of master's degrees, and 3.9 percent of doctorate degrees in science and engineering were awarded to women of color, and fewer than 1 in 10 employed engineers were women of color.

Many of these girls and young women continue to demonstrate an interest in STEM/CTE education, and bring new ideas, perspectives, and a passion for innovation and discovery.

...Continued on page 4

Welcome to Our New Members

By: Kay Collins

Please welcome our new members who have joined since the Handbook was published. If there are corrections or changes, please notify Kay Collins.

Nalat Phanit
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Decatur, GA 30032

Lucille McGee
2826 Dodson Lee Dr.
East Point GA 30344

Emily Goolsby
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Marietta, GA 30064-5003

Jennifer Stetler
1432 North Cliff Valley Way NE, # 1411D
Atlanta, Ga 30319

Marginalized Girls in STEM and CTE *Continued...*

However, a dearth of resources effectively focused on marginalized girls, inaccurate stereotypes and implicit bias, and a lack of research informing evidence-based programs have combined to discourage many from pursuing and advancing in STEM and CTE careers.

The Obama Administration is working with non-profit partners to expand access to STEM and CTE for marginalized girls by: The creation of a new STEM/CTE portal that will centralize resources on expanding marginalized girls' access to STEM and CTE, including curriculum, research, and educator professional development.

The Department of Education is developing policy guidance designed to ensure that all students have

equal access to STEM and CTE programs. The Departments of Energy and Education will announce the expansion of a mentoring program that connects federal government employees who are STEM professionals with teachers and middle school students with a focus on students living in public housing.

Segments of this article were re-posted from "Front and Center: Bringing Marginalized Girls into Focus in STEM and CTE Education", January 2015. Read the full article [here](#).

In Deepest Sympathy

The AAUW Atlanta Branch extends its deepest sympathy to Billie Collier on the passing of her father on February 12, 2015.

Travel Group Update

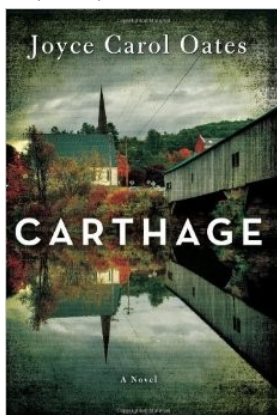
By: Betty Arden

The AAUW Atlanta Branch Travel Group will meet at 9:30 am on Thursday, March 12 at the Ansley Mall Kroger to carpool to the Global Village School, which is located at the Decatur Presbyterian Church (205 Sycamore Street, Decatur). There will be a guided tour followed by lunch at a nearby restaurant. Contact Betty Arden at if you have questions.

The Global Village Project, under the direction of Amy Pelissero, is an innovative school for young refugee women in the Atlanta area. They received a 2014-2015 Community Action Grant from AAUW Funds for their Intensive Literacy Program for Teenage Young Women. The program is designed to meet the needs of young women with limited literacy and education, ensuring that they acquire the necessary skills to become successful speakers, readers, and writers. Our visit will be a great opportunity to see our philanthropic contributions in action.

Contemporary Lit Group

By: Kay Collins



The Contemporary Literature group will meet at 12 Noon Monday, March 2 at the home of Elaine North. Please bring your own lunch to munch before discussion of *Carthage* by Joyce Carol Oates lead by Marcy. Elaine will provide beverages and dessert. Contact Kay Collins with questions.

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Calendar

Contemporary Literature Group – March 2

Travel Group Outing— March 12

Atlanta Branch Meeting – March 21

Cool Girls Meeting – March 31

AAUW National Convention, San Diego – June 18-21, 2015

Submit Newsletter Articles by 3/20/15

By: Amira Saleh

The deadline to submit articles for the April newsletter is **March 20th**. Please email them to me at: publications@aauwatlbranch.org

I welcome any ideas or feedback you would like to send my way. Thanks!