

FEW Notes

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Federally Employed Women Inc.
**Greater Oklahoma City
Chapter, No. 30**

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From the President...

Reflections & Highlights

By Debbie L. Miller

February is a month to celebrate many important events: Black History Month, National Wear Red Day, the anniversary of the formation of the Women League of Voters, Valentine's Day, and President's Day. However, the most important event is FEW's Southwest Regional Training Program (RTP) scheduled for late February. The RTP committee is excited that the program commencement date draws near as many days and nights have been fully committed to fulfilling the conference's requirements. We hope our efforts will successfully transition to produce a professional, well-organized event. As RTP Co-Chair, I welcome your suggestions so please feel free to contact me. All suggestions will be reviewed and provided to the 2008 SW RTP's co-chair as the SW Region wants to continue hosting successful RTPs. I will remain hopeful that the weather will be favorable during the RTP, especially for our out-of-state attendees.

I recently attended the Chapter Presidents' Leadership Forum (CPLF) in Washington, D.C. February 7-10th. Numerous training topics were addressed as well as the four FEW major program areas (Legislative, Compliance, Diversity, and Training). Various members of FEW's National Board of Directors (NBOD) briefed their designated areas of expertise relative to the four focus areas. On a personal note, the visit to Capitol Hill was the highlight of the forum. Ms. Beverly Jones, Tinker Chapter President, accompanied me to our congressmen's offices and we fully enjoyed presenting the FEW issues to their staff personnel. I have provided a synopsis of the CPLF, along with commemorative pictures, in a separate article within the newsletter.

As stated previously, February is a busy month but the month of March will be active as well. The GOKC Chapter is planning a program to celebrate Women's History Month. Upon final completion, written details and a program flier will be distributed in the near future.

Everyone have a wonderful month!!!

**NEXT BOARD MEETING
APRIL 9, 2007 @ 5:00 P.M.
HOLIDAY INN AIRPORT**

CLARA LUPER

Activist-Educator-Author

Submitted by Susan Arnett

Clara Luper is a retired teacher who led a group of teenagers in a sit-in at a downtown Oklahoma City drug store counter in 1958. Mrs. Luper took on other civil rights activities, racism and bias.

Born in 1923, Mrs. Luper grew up near Hoffman, Oklahoma. She graduated from Grayson High School. Clara Luper was the first African American to enroll in the History Department of the University of Oklahoma and earned her Master's degree in 1951. She became a public school teacher spanning 41 years, teaching at Taft, Pawnee, Spencer and Oklahoma City Public Schools. Mrs. Clara Luper taught history and made history.

Clara Luper, known as the "mother of sit-ins" during the civil rights movement, has led the Oklahoma City Public School integration fight. She is credited with the longest, most successful sit-in in the country, resulting in desegregation of the last holdout in Oklahoma City-- before the Civil Rights Act of 1964. She participated in the historic March on Washington, D.C., Selma, Alabama and every major march in America. She was arrested 26 times in Civil Rights activities. She led with courage and persistence and taught that non-violence activism was the way to freedom.

Clara Luper has been the recipient of many awards for her outstanding contributions in the field of racial justice. Throughout her career, she has received honors and awards totaling more than 472, the most recent being the passing of Bill 2715 by The House of Representatives to name a state highway in her honor.

As one of the most dynamic speakers in Oklahoma, Mrs. Luper speaks with audiences of all ages. She tells of the challenges, set-backs, and victories of the early activists, how far we've come in America, and of dreams yet to become a reality.

A life-time educator, she now helps provide more than 100 full college scholarships to students each year.

Facts about Women in the House and the Senate

Here are some facts about women who have served or are currently serving in the U.S. Congress.

- 229 women have been elected or appointed to the U.S. Congress. Jeannette Rankin, Republican from Montana, was the first woman elected to serve in Congress. On November 9, 1916, she was elected to the House of Representatives as Montana's Representative-at-Large to the 65th Congress; she served from 1917–1919.
- There are a record number of women serving in the 109th Congress: 70 in the House and 14 in the Senate.
- 203 women have served in the House of Representatives. Of these, 35 were elected to fill vacancies caused by their husbands' deaths.
- 33 women have served in the Senate. Of these, 8 were chosen to fill vacancies caused by their husbands' deaths. Seven women went from the House to the Senate.

CPLF Synopsis

By Debbie L. Miller,
Greater Oklahoma City Chapter President

Informative! Enlightening! Structured! Awesome! These verbs best describe the Chapter Presidents' Leadership Forum (CPLF) held in Washington, D.C., Feb 7-10th. The four FEW major program areas (Legislative, Compliance, Diversity and Training) were highlighted throughout the CPLF. Various members of FEW's National Board of Directors (NBOD) provided presentations within their designated areas of expertise relative to the four focus areas. Every presentation discussed the program's requirements and the question & answer sessions brought interesting revelations to the captive audience.

Ms. Rhonda Trent, the National FEW President, informed the forum attendees that chapter presidents should be aware of their internal

chapter practices and that fiduciary responsibility is inherent with the position. More importantly, Ms. Trent shared reference materials that have assisted her during her professional career as well as identifying influential leaders within our nation. Throughout the forum, Ms. Trent's leadership tactics assisted the chapter presidents with their quest to improve their chapters' overall FEW involvement. Our National FEW President thrives on increasing her knowledge base and her enthusiasm motivates everyone to strive to be successful in all aspects of life.

The visit to Capitol Hill was the highlight of the forum. Ms. Cecelia Davis, National Legislative Chair, did an excellent job in scheduling the nation-wide chapter presidents' visits—kudos Cecelia! I fully enjoyed presenting the FEW issues to our congressmen and/or their staff personnel with Ms. Beverly Jones, Tinker Chapter President. The visits provided an excellent means of communication by providing the important face-to-face exchanging of ideas. The appointments were with Senator Jim Inhofe, Senator Tom Coburn, and Representative Tom Cole. I must note that Senator Coburn made a personal effort to meet us and was very gracious by allowing the momentous occasion to be remembered with a commemorative photograph. Beverly and I both agree that we will never forget our legislative visits due to our participation in intriguing discussions with our legislators.

On a personal note, the forum was very successful and made an enormous impact to me. My participation provided me the opportunity to participate in the NBOD's meetings—both involvements were noteworthy. I personally hope the CPLF continues to be offered by the National Board of Directors.



Debbie Miller & Staffer Suzanne Meledeo



Beverly Jones, Rep Tom Cole & Debbie Miller



Debbie Miller & Staffer Keegan Drake

Daylight Saving Time

At 2 a.m. on March 11, groggy Americans will turn their clocks forward one hour, marking the beginning of Daylight Saving Time (DST).

The federal law that established "daylight time" in this country does not require any area to observe daylight saving time. But if a state chooses to observe DST, it must follow the starting and ending dates set by the law. From 1986 to 2006 this has been the first Sunday in April to the last Sunday in October, but starting in 2007, it will be observed from the second Sunday in March to the first Sunday in November, adding about a month to daylight saving time.

No More Sunlight in Arizona and Hawaii

Arizona (with the exception of the Navajo Nation) and Hawaii and the territories of Puerto Rico, Virgin Islands, Guam, and American Samoa are the only places in the U.S. that do not observe

DST but instead stay on "standard time" all year long. And if you've spent any time in the sweltering summer sun in those regions you can understand why residents don't need another hour of sunlight.

The Dawning of DST in Indiana

Until April 2005, when Indiana passed a law agreeing to observe daylight saving time, the Hoosier state had its own unique and complex time system. Not only is the state split between two time zones, but until recently, only some parts of the state observed daylight saving time while the majority did not.

Under the old system, 77 of the state's 92 counties were in the Eastern Time Zone but did not change to daylight time in April. Instead they remained on standard time all year. That is, except for two counties near Cincinnati, Ohio, and Louisville, Ky., which did use daylight time.

But the counties in the northwest corner of the state (near Chicago) and the southwestern tip (near Evansville), which are in the Central Time Zone, used both standard and daylight time.

The battle between the old system and DST was contentious and hard-won—bills proposing DST had failed more than two dozen times until finally squeaking through the state legislature in April 2005. As of April 2, 2006, the entire state of Indiana joined 48 other states in observing Daylight Saving Time. But it wasn't quite as simple and straightforward as all that—telling time in Indiana remains something of a bewildering experience: eighteen counties now observed *Central* Daylight Time and the remaining 74 counties of Indiana observe *Eastern* Daylight Time.



The History of Black History

Americans have recognized black history annually since 1926, first as "Negro History Week" and later as "Black History Month." What you might not know is that black

history had barely begun to be studied-or even documented-when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

Blacks Absent from History Books

We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population-and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

Established Journal of Negro History

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in black American history. For example:

- **February 23, 1868:** W. E. B. DuBois, important civil rights leader and co-founder of the NAACP, was born.
- **February 3, 1870:** The 15th Amendment was passed, granting blacks the right to vote.

- **February 25, 1870:**
The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.
- **February 12, 1909:**
The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.
- **February 1, 1960:**
In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.
- **February 21, 1965:**
Malcolm X, the militant leader who promoted Black Nationalism, was shot to death by three Black Muslims.

Courtesy of <http://www.infoplease.com/spot/bhmintr01.html>

Founding of the League of Women Voters' Organization

Submitted by Debbie L. Miller

The League of Women Voters is a service organization of U.S. citizens organized in Chicago during 1920 as an outgrowth of the National American Woman Suffrage Association. The league had as its original nucleus the leaders of the latter organization. The league was organized to educate American women in the intelligent use of their newly won suffrage. At its founding, the league was primarily concerned with the status and rights of women, but it later broadened its interests to encompass the improvement of the entire political, economic, and social structure of the nation. It has directed its educational and research campaigns to those ends on local, state, and national levels. Formerly limited to female membership, the league voted in 1974 to accept men as full members. The league's headquarters is located in Washington, D.C. and the organization has some 110,000 members.



Love Your Heart

Cardiovascular Disease in African-American Women

African-American women are at greater risk for cardiovascular disease (CVD) than white women, yet they are less likely than white women to know that they may have major risk factors. Diabetes, smoking, high blood pressure, high blood cholesterol, physical inactivity, overweight/obesity and family history of heart disease are all greatly prevalent among African-Americans and are major risk factors for CVD, including stroke. Fewer than half of African-American women (41%) consider themselves well informed about CVD.

- ✓ Nearly half (44.7%) of all non-Hispanic African-American females have some form of heart disease, stroke or other CVD.
- ✓ African-American females and males have higher death rates from CVD than white females and males.
- ✓ Among non-Hispanic black females ages 20 and older, 77.2% are overweight or obese.
- ✓ Of people 18 and older, 17.2% of black females smoke, putting themselves at increased risk for heart attack and stroke.

Cardiovascular Disease in Hispanic Women

Hispanic women are at greater risk of cardiovascular disease (CVD) due to higher rates of high blood pressure, obesity, diabetes and metabolic syndrome than white women. In addition, women whose main language is Spanish have the highest prevalence of physical inactivity. Unfortunately, Hispanic women are less likely than white women to know that these things increase their heart disease risk. Only one-third of Hispanic women consider themselves well informed about heart disease, compared to more than forty percent of white women.

- ✓ Nearly one-third (32.2%) of all deaths in Hispanic females are caused by diseases of the heart and stroke.
- ✓ High blood pressure is a leading cause of heart disease and stroke. The prevalence of high blood pressure for Mexican American women over 20 years old is 28.7%.

- ✓ Stroke is the No. 3 cause of death for Hispanic women, behind diseases of the heart and cancer. It's also a leading cause of serious, long-term disability.
- ✓ The risk of heart disease increases with physical inactivity. Physical inactivity is more prevalent in women (5.9%), non-Hispanic black women (33.9%) and Hispanic females (39.6%).

Get smart about heart disease

Heart disease and stroke are the greatest health threats to women of all ethnic backgrounds, but only 13% realize it. Consider these facts:

- ✓ Heart disease and stroke are the No. 1 and No. 3 killers of women over age 25.
- ✓ Cardiovascular disease (CVD), including stroke, claims nearly twice as many women's lives as all forms of cancer.
- ✓ One in 2.6 women die of heart disease, stroke and other CV diseases, compared with one in 30 from breast cancer.
- ✓ Overall, more women than men die of stroke each year. In 2003, more than 96,000 females died from stroke, which represents 61% of the total deaths from stroke that year.
- ✓ 38 percent of women die within one year after an initial heart attack, compared with 25% of men. In part because women have heart attacks at older ages than men do.
- ✓ 64 percent of women who died suddenly of coronary heart disease had no previous symptoms.
- ✓ Within six years after a recognized heart attack: 35% of women will have another heart attack, 11% will have a stroke, 46% will be disabled with heart failure, and 6% will experience sudden cardiac death.
- ✓ One in three women in the United States currently suffers from some form of cardiovascular disease.

Identity Theft Scams

The scams that identity crooks use to steal your precious name.

New scams are hatched every day to lure us in and strip of us of our hard earned cash. There are Ebay scams, travel scams--scams that take

advantage of natural disasters. Although we all know, "knowledge is power", you can't possibly be familiar with every scam out there--besides that's where I try to help.

The following scams are those that are most used to perpetuate identity theft. Beware of these and protect your precious name.

- **Social Security Phishing Scam.**
The Social Security Administration is announcing that a phishing scam is circulating that attempts to lure victims into providing Social Security, banking and credit card information.
- **IRS Phishing Scam.**
The FBI reports that e-mails sent notifying potential victims that they are entitled to a refund from the IRS are part of an elaborate criminal scheme. Get the details that you need here.
- **The Jury Duty Scam.**
The Jury Duty Scam is sweeping the nation. This scam catches the victim caught off guard because they are led to believe that they have broken the law. As a result, they give out personal information that is used to steal their precious name. Learn more about this scam before you fall victim!
- **The Amazon Phishing Scam.**
You have probably seen a phishing scam posing as Amazon.com. Understand what this scam is and how to avoid it!
- **The Free Credit Report Scam.**
This scam is particularly dangerous. Victims are tricked into believing that they are providing information to receive a credit report, when they are providing an identity crook the exact information needed to steal their identity!
- **The Internet Check Cashing Scam.**
When those work at home offers sound to good to be true -- most times they are. Beware of the Internet check cashing scam. It can leave you in a financial quagmire or answering to criminal charges!

Top 10 Foods for a Good Night's Sleep

What is the secret to getting a solid 7 to 8 hours of sleep? Head for the kitchen and enjoy one or two of these 10 foods. They relax tense muscles, quiet buzzing minds, and/or get calming, sleep-inducing hormones - serotonin and melatonin - flowing. Yawning yet?

Bananas. They're practically a sleeping pill in a peel. In addition to a bit of soothing melatonin and serotonin, bananas contain magnesium, a muscle relaxant.

Chamomile tea. The reason chamomile is such a staple of bedtime tea blends is its mild sedating effect - it's the perfect natural antidote for restless minds/bodies.

Warm milk. It's not a myth. Milk has some tryptophan - an amino acid that has a sedative - like effect - and calcium, which helps the brain use tryptophan. Plus there's the psychological throw-back to infancy, when a warm bottle meant "relax, everything's fine."

Honey. Drizzle a little in your warm milk or herb tea. Lots of sugar is stimulating, but a little glucose tells your brain to turn off orexin, a recently discovered neurotransmitter that's linked to alertness.

Potatoes. A small baked spud won't overwhelm your GI tract, and it clears away acids that can interfere with yawn-inducing tryptophan. To up the soothing effects, mash it with warm milk.

Oatmeal. Oats are a rich source of sleep - inviting melatonin, and a small bowl of warm cereal with a splash of maple syrup is cozy - plus if you've got the munchies, it's filling too.

Almonds. A handful of these heart-healthy nuts can be snooze-inducing, as they contain both tryptophan and a nice dose of muscle-relaxing magnesium.

Flaxseeds. When life goes awry and feeling down is keeping you up, try sprinkling 2 tablespoons of these healthy little seeds on your bedtime oatmeal. They're rich in omega-3 fatty acids, a natural mood lifter.

Whole-wheat bread. A slice of toast with your tea and honey will release insulin, which helps tryptophan get to your brain, where it's converted to serotonin and quietly murmurs "time to sleep."

Turkey. It's the most famous source of tryptophan, credited with all those Thanksgiving naps. But that's actually modern folklore. Tryptophan works when your stomach's basically empty, not overstuffed, and when there are some carbs around, not tons of protein. But put a lean slice or two on some whole-wheat bread mid-evening, and you've got one of the best sleep inducers in your kitchen.

http://www.realage.com/health_guides/RLS/intro.aspx

Top 5 Tips for Everyday Emergencies

By definition, emergencies happen without warning. Calling 911 can be scary and overwhelming, especially having uniformed strangers in your home during a vulnerable time.

Knowing what to expect and how to prepare makes any crisis manageable. Here are steps you can take to plan for any emergency - from the largest to the smallest.

1) Learn What to Expect from 911

Calling 911 can be one of the most harrowing parts of the emergency experience. Very few people ever actually call 911. The dispatcher or call-taker may seem to talk fast. You may not know what to expect or even when to hang-up. Learn to be the best 911 caller you can be during your next emergency.

2) Know the Difference between House Phone and Cell Phone

The Federal Communications Commission has required that all wireless carriers be able to pinpoint your location for the 911 dispatchers, but the rule is coming in phases and there are plenty of exceptions. It's important to know the difference between calling on a cell phone and calling from home.

3) Know Enough to Stay Legally Protected

Good Samaritan laws are meant to protect those who come to the aid of others for no other reason than kindness. Each state has laws or regulations to protect the general public from liability during rescues or rescue attempts. Get an overview of protection before you need it.

4) Have All Your Information Ready

Recalling the details of your medication cabinet doesn't come easily during a medical emergency. But that information is vital to the professionals taking care of you. Having an accurate record that's easily accessible can make a huge difference in your care.

5) Keep a First Aid Kit Handy

Every house or apartment should have a first aid kit easily accessible. Make sure yours is stocked with the basic needs each kit should have.

GOKC CHAPTER EXECUTIVE BOARD 2006-2008

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Happy Birthday!!

Marilyn Hampton - February 12

Debi Talley - February 22

Susan Arnett - February 23

Tammie Kierstead - February 24

Elane Essic - February 26

If additional information is required, please contact the Chapter President at Debbie.L.Miller@faa.gov

