

# FEW Notes

March 2008  
Volume VIII, No. 7



From the President...  
*Reflections & Highlights*  
By Debbie L. Miller

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Greater Oklahoma City  
Chapter #30

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Each year, March is designated as National Women's History Month (WHM) to ensure that the history of American women will be recognized and celebrated in schools, workplaces, and communities throughout the country. This recognition presents an expanded view of the importance of women's vision and accomplishments. By acknowledging women's history, specific achievements can encourage women to think larger and bolder, while men can gain a better perspective of women's quest for a purposeful life.

This year's WHM theme is "Women's Art: Women's Vision." The theme specifically pays tribute to the originality, beauty, imagination, and multiple dimensions of women's lives. Therefore, I am ecstatic to announce that our chapter has secured two fabulous guest speakers for the WHM March 20, 2008 program. Ms. Mary Stone, noted Cherokee Basket Weaver, will be discussing the art of basket weaving. Lieutenant Governor of Oklahoma, Jari Askins, will be our keynote speaker and plans to provide the audience an update of legislative issues, an important factor during this election year. Please note that an event highlight—the presentation of one of Mary's baskets to an audience recipient—is scheduled to close the evening program.

The GOKC chapter is collaborating with another organization, the FAA Technical Women's Organization, to host the March 20<sup>th</sup> event. Both organizations believe the collaboration will ensure a successful program as well as a productive night of networking. Everyone is invited to attend—women and men—and there is no admission cost to this public event. Refreshments will be served. Remember to mark your calendars and bring a friend. We hope to set a record number of attendees for this program. The attached flier provides all the pertinent details.

**NEXT BOARD MEETING**  
**MARCH 20, 2008 5:00 – 5:45 P.M.**  
**CLARION MERIDIAN CONVENTION CENTER, SALON "M"**

**NEXT PROGRAM**  
**MARCH 20, 2008 6:00 – 8:00 P.M.**  
**CLARION MERIDIAN CONVENTION CENTER,**  
**SALON "M"**

## 2008 SW Regional Awards

At the conclusion of the 2008 SW Regional Training Program, the SW Regional Awards Chair, Ms. Jeri Peterson, announced the 2008 award recipients. I am proud to state that the GOKC chapter received a total of five awards in the following categories:

(1) First Place – Newsletter. This award was a special accomplishment as the chapter received First Place last year--our first recorded First Place back-to-back recognition in the Newsletter Award category. During the presentation, the Awards Chair stated that our Newsletter provided an excellent template for other chapters to utilize. Kudos to our Newsletter Editor, Catherine Ortiz, for continually providing a professional and informative newsletter;

(2) Second Place – Programs;

(3) Third Place – Membership, Special Project, and Special Emphasis Project. These awards are confirmation that the GOKC chapter strives to provide a positive influence throughout Oklahoma City through their meetings, informative newsletters, programs, and community projects.



**Debbie L. Miller, GOKC FEW Chapter President accepts the 1<sup>st</sup> Place Plaque for Newsletter with congratulations from the FEW National President Rhonda Trent, SW Regional Awards Chair Jeri Peterson, and SW Regional Manager Judy Rosco**

# Celebrate the 100th Anniversary of International Women's Day

Since 1908, International Women's Day has been a day to recognize the achievements of women around the world regardless of nationality, ethnic background, culture, economic status, or political beliefs. It also commemorates women's rights and peace.

In Baghdad, women have rallied at the capitol for equal treatment. In Afghanistan, you will find women praying, holding poetry readings and demonstrating martial arts to show empowerment. In the Congo, women have held parades and protests against unpunished sexual assaults. In Kosovo, the women are treated to flowers and free food. People across the United States host a variety of events in honor of International Women's Day so please remember to acknowledge the special women within our local community. More importantly, acknowledge the committed women all over the world who are fighting for freedom and who are survivors of war.

## Daylight Savings Time

Submitted by Debbie L. Miller

Remember to set your clocks ahead one hour (spring forward) on Sunday, March 9, 2008! Did you know that the main purpose of Daylight Saving Time (called "Summer Time" in many places in the world) is to make better use of daylight? We change our clocks during the summer months to move an hour of daylight from the morning to the evening. If you live near the equator, day and night are nearly the same length - 12 hours. Elsewhere on Earth, there is much more daylight in the summer than in the winter. The closer you live to the North or South Pole, the longer the period of daylight in the summer. Thus, Daylight Saving Time (Summer Time) is usually not helpful in the tropics, and countries near the equator generally do not change their clocks.

Indeed, some say that the primary reason that Daylight Saving Time is a part of many societies is simply because people like to enjoy long summer evenings, and that reasons such as energy conservation are merely rationalizations. However, Daylight Saving Time does save energy. Studies done by the U.S. Department of Transportation show that Daylight Saving Time trims the entire country's electricity usage by a small but significant amount, about 1% each day, because less electricity is used for lighting and appliances. Energy use and the demand for electricity for lighting homes is directly related to the times when people go to bed at night and rise in the morning. In the average home, 25 percent of electricity is used for lighting and small appliances, such as TVs, VCRs, and stereos. A good percentage of energy consumed by lighting and appliances occurs in the evening when families are home. By moving the clock ahead one hour, the amount of electricity consumed each day decreases.

*Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.*

Helen Keller

# What Not to Wear on a Job Interview

When you are dressing for a job interview, image really is everything. The image you present to a potential employer is the first thing they are going to notice about you - before you even have a chance to say a word or shake a hand.

In order to make a good first impression, you need to dress professionally and separate your social image from your professional presence.

## What Not to Wear

- ❖ Flip-flops or sneakers
- ❖ Underwear (bras, bra straps, briefs, boxers, etc.) that is visible
- ❖ Don't wear any underwear that shows - even if your bra straps match your top
- ❖ Shorts
- ❖ Jeans
- ❖ Pants that are too low-rise or too tight
- ❖ Blouses that are too low-cut or too short - don't show your cleavage or your belly.

## Trendy vs. Classic

- ❖ **A classic interview suit** that will last for years is a better investment than the latest trendy attire that will only last a season.
- ❖ **Your idea of trendy** might not match the interviewer's perspective on what's fashionable, so err on the side of dressing conservatively when you interview.
- ❖ **Shop Wisely** - Visit outlets, shop sales, shop online, and use coupons to get the most mileage out of your interview budget.
- ❖ **Plan Ahead** - If you have that one classic interview suit in your closet, you'll be prepared for an unexpected interview, regardless of when it occurs.

## Your Professional Presence

- ❖ **Your Social vs. Your Professional Presence** - What you wear off-the-job and socially doesn't have to be what you wear interviewing or at work. In fact, your professional presence may be very different from personal presence, and that's fine. They don't have to mesh - you can have a closet full of fun clothes and a wardrobe of work clothes.
- ❖ **Perfume and Cologne** - Your scent (even if you smell good) can be an issue. Scent is one of the strongest senses and your favorite perfume or cologne might be the same scent the interviewer's ex-girlfriend or ex-husband wore. That subliminal negative impact could squash your chances of getting a job offer. With any type of scent, less, or none, is better.
- ❖ **Tattoos and Piercings** - Depending on where you are interviewing, you may want to consider covering your tattoos and taking out your rings. There are companies that have policies which limit both.
- ❖ **Starting Your New Job** - If you're not sure what to wear on the job, ask the hiring manager before you start. You can also visit the workplace to see what the people coming in and out of the building are wearing. There is no better way to make a bad impression than to show up for your first day because you're underdressed or overdressed.

# History of St. Patrick's Day

St. Patrick's Day is celebrated on March 17, his religious feast day and the anniversary of his death in the fifth century. The Irish have observed this day as a religious holiday for thousands of years.

On St. Patrick's Day, which falls during the Christian season of Lent, Irish families would traditionally attend church in the morning and celebrate in the afternoon. Lenten prohibitions against the consumption of meat were waived and people would dance, drink, and feast—on the traditional meal of Irish bacon and cabbage.

The first St. Patrick's Day parade took place not in Ireland, but in the United States. Irish soldiers serving in the English military marched through New York City on March 17, 1762. Along with their music, the parade helped the soldiers to reconnect with their Irish roots, as well as fellow Irishmen serving in the English army.

Over the next thirty-five years, Irish patriotism among American immigrants flourished, prompting the rise of so-called "Irish Aid" societies, like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades featuring bagpipes (which actually first became popular in the Scottish and British armies) and drums.

## **No Irish Need Apply**

Up until the mid-nineteenth century, most Irish immigrants in America were members of the Protestant middle class. When the Great Potato Famine hit Ireland in 1845, close to a million poor, uneducated, Catholic Irish began to pour into America to escape starvation. Despised for their religious beliefs and funny accents by the American Protestant majority, the immigrants had trouble finding even menial jobs. When Irish Americans in the country's cities took to the streets on St. Patrick's Day to celebrate their heritage, newspapers portrayed them in cartoons as drunk, violent monkeys. However, the Irish soon began to realize that their great numbers endowed them with a political power that had yet to be exploited. They started to organize, and their voting block, known as the "green machine," became an important swing vote for political hopefuls. Suddenly, annual St. Patrick's Day parades became a show of strength for Irish Americans, as well as a must-attend event for a slew of political candidates. In 1948, President Truman attended New York City's St. Patrick's Day parade, a proud moment for the many Irish whose ancestors had to fight stereotypes and racial prejudice to find acceptance in America.

## **Wearing of the Green Goes Global**

Today, St. Patrick's Day is celebrated by people of all backgrounds in the United States, Canada, and Australia. Although North America is home to the largest productions, St. Patrick's Day has been celebrated in other locations far from Ireland, including Japan, Singapore, and Russia. In modern-day Ireland, St. Patrick's Day has traditionally been a religious occasion. In fact, up until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government began a national campaign to use St. Patrick's Day as an opportunity to drive tourism and showcase Ireland to the rest of the world. Last year, close to one million people took part in Ireland's St. Patrick's Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions, and fireworks shows.

*Creativity can be described as letting go of certainties.*

**Gail Sheehy**

## Five Healthy Foods that Aren't

As you make eating choices during your day, some mistakes are easy to avoid -- that fried chicken you were eyeing at lunch didn't make its way to your plate, and that candy bar your cubicle-mate offered to split with you wasn't the least bit tempting

- ❖ **Bran muffins** -A bakery bran muffin can pack in around 500 calories and as many as 25 grams of fat! Fat-free muffins aren't necessarily a better choice, either, because they contain more sugar, which only ups the calorie-count. If you are aiming for a fiber fix, you might be getting fooled there, too. Many commercially-produced bran muffins don't actually have that much bran in them, which means the fiber count is lower than you think; try to find a variety that offers about five grams of fiber per serving. A better choice? A serving of bran flake cereal such as Kellogg's All-Bran provides those five grams of fiber and then some, and even with one cup of fat-free milk and some sliced strawberries, has only 200 calories.
- ❖ **Tuna salad** -Tuna itself is a smart choice for anyone, whether you're managing your weight or you want to get more omega-3 fatty acids in your diet. It's a great protein source which will help you feel fuller longer than many other foods. But mix in all the other yummy stuff that goes in tuna salad, and tuna becomes a diet disaster. At my favorite deli, the tuna salad sandwich packs in a whopping 620 calories and almost 40 grams of fat. That's fatter than three McDonald's hamburgers. Swap tuna for turkey (hold that mayo!) and you'll be much better off.
- ❖ **Energy bars** -Unless you're super-active or an athlete, energy bars aren't a smart choice when you're watching your waistline. Although fortified with nutrients, weight-wise, they're not much better than a candy bar -- a typical protein bar has about 200 to 300 calories. Instead of viewing these bars as a health food, they should be considered a treat and you should take into account their caloric content as you would any other food that you fit into your calorie budget. If you are accustomed to having a bar in the afternoon for an energy boost, consider having just half and wrapping the other portion up for tomorrow.
- ❖ **Frozen entrees** -Frozen entrees have definite good points, such as automatic portion control and being a quick, convenient alternative to fast food. If you shop carefully, you can find a variety of healthful, low-fat varieties on the market today, but there is a "hidden" minus to some frozen entrees: sodium. Many frozen meals have as many as 400 to 500 milligrams of sodium. Eat a few of these meals in one day, and that's near the recommended sodium limit for the entire day! Excess sodium can lead to high blood pressure, something you're already at risk for if you are overweight. Avoid any frozen meals that contain more than 600 milligrams of sodium in a serving; healthier choices will have 480 milligrams or fewer.
- ❖ **Granola** -Although granola often has the words "all natural" in front of it, that doesn't make it a good choice for dieters. While the individual components of granola are in fact healthful -- oats, raisins, almonds -- the pieces are held together with oil which markedly increases the fat and calorie count. Some varieties have as many as 200 to 400 calories in a single serving, such as my former favorite, which packs in 220 calories a half cup! Try to find a low-fat version, but keep an eye on calories, too. A better way to work in more whole grains -- choose a bowl of oatmeal instead and you'll save yourself hundreds of calories and slash your fat intake.

Jennifer R. Scott - <http://weightloss.about.com/od/eatsmart/qt/5nonhealthfoods.htm>

# Spring has Sprung!

You don't have to look far to see signs of spring. From the budding of the trees and the warming of the temperatures to the animals coming out of their winter hideouts, there seems to be a promise of new birth and color in the springtime air.

The first day of spring is around March 20 or 21; depending on what day the vernal equinox occurs. This is when the sun sits directly above the equator on its apparent trip northward. Of course the sun isn't moving; Earth is. As Earth revolves around the sun, the top half, called the Northern Hemisphere, becomes tilted more toward the sun as winter turns to spring. Meanwhile the bottom half, the Southern Hemisphere, becomes tilted more away from the sun. The beginning of spring for us is the beginning of autumn for people in Australia and the southern parts of Africa and South America.

## **Unequal equinox**

The word "equinox" comes from Latin and means "equal nights." Around March 20, sunrise and sunset are about twelve hours apart everywhere on Earth. Because of that, a lot of people think that day and night are of equal length on March 20. Actually the day is a little longer than the night on this date. There are a few reasons for that. Sunrise occurs when the top of the sun (not the center) is on the horizon. But the sun actually appears to be above the horizon when it is in fact still below it. That's because Earth's atmosphere refracts or "bends" light coming from the sun, so we see the sun a couple of minutes before it actually rises over the horizon. If you add the daylight that persists after sunset, you'll find the day on the equinox is several minutes longer than the night.

## **Variety in Spring Weather**

In the United States, spring is a time of transition not only for plant and animal life, but for the weather too. It can mean weather extremes from very cold and snowy days to humid and stormy days. Some of the country's biggest snowfalls have occurred in March, and the period from March to May is the time of year when much of the south is most likely to get severe thunderstorms with hail and even tornadoes. This is why the beginning of spring is a good time to put together a plan for what you and your family would do in case of a severe thunderstorm or tornado.

## **The Yolk's on You!**

Has anyone ever told you that you can balance a raw egg on end on the first day of spring? They think that somehow the pull of gravity is more equal on this day because the sun is more directly overhead. There is no scientific support for this. The egg legend apparently got its start in 1945 when a reporter for Life Magazine wrote a story about a Chinese ritual in which people stood eggs on end on the first day of spring. But the Chinese recognized the first day of spring in early February, or about six weeks before the spring equinox! Later, in 1983, one hundred New Yorkers got together on March 20 to balance eggs, and an article about the event appeared in the New Yorker magazine. A year later, five thousand New Yorkers repeated the tradition on the first day of spring, and the egg legend grew.

The truth is that if you can get a raw egg to balance upright on the spring equinox, you can get it to balance any other day of the year. The pull of gravity or the position of the sun in the sky has nothing to do with it. So don't spread this unscientific rumor, or you'll end up with egg on your face!

## Preventing an IRS Audit

Most taxpayers can avoid an audit simply by keeping good records and preparing an accurate return. With the ever-changing nature of our tax laws, it's best to use tax prep software or an accountant to help with your annual filing.

Not surprisingly, software companies have put some extra resources around audit issues. TurboTax features an audit assessment tool that helps you identify areas of your tax return that might come under closer scrutiny. Both TurboTax and TaxCut also offer audit support after you file a return. TurboTax offers a self-help audit defense toolkit, while TaxCut will send an enrolled agent from an H&R Block office to represent you before the IRS.

Working with an accountant can help protect against audits too. They are trained to ask questions to make sure you qualify for various deductions and credits. It also helps that accountants tend to keep a rather sizable paper trail, so finding documents when the IRS asks for more information generally isn't a problem. However, hiring a less scrupulous accountant can actually increase your chances of getting audited. There's some easy ways to spot tax preparer fraud such as making up expenses or deductions out of nowhere, refusing to sign the tax return that they prepared, asking you to sign a blank tax form, or basing their fee on a percentage of your refund. Unfortunately, if a tax preparer files an incorrect return, you will still be on the hook for the underpaid taxes, so it's best to make sure your accountant is reputable.

Finally, here are some additional audit tips for specific tax issues. Corporations and small businesses can minimize the risk of audits by keeping good records, separating business from personal expenses, and by paying their owners a reasonable salary. Freelancers and creative professionals can help prevent an audit if their side-business is losing money by keeping enough records to prove they have a legitimate profit motive and plan to make their business successful. People who work from home are scared of claiming the home office deduction, although in fact this has become less of an issue, at least as far as I can tell from dealing with audits. One last audit tip: if you donated cash or goods to charity this year, keep all your receipts!

<http://taxtime.about.com/>

# Happy Birthday!

Doris Kupler - 5<sup>th</sup> March  
Donna Henthorn - 10<sup>th</sup> March  
Gloria Hall - 21<sup>st</sup> March  
Teresa Taylor - 25<sup>th</sup> March  
Peggy O'Neal - 31<sup>st</sup> March

# COME JOIN US!!!

## 2008 Women's History Month "Women's Art: Women's Vision"



**Greater OKC Federally Employed Women  
and the  
FAA Technical Women's Organization**



***Featuring Guest Speakers:***



**Oklahoma Lieutenant Governor  
Jari Askins  
Legislative Issues**

**and**

**Cherokee Basket Weaver  
Mary Stone  
The Art of Basket Weaving**



***When:*** March 20, 2008

***Where:*** Clarion Meridian Convention Center, Salon "M"  
(located behind Hilton Garden Inn Hotel)  
737 S. Meridian (South of I-40)

***Time:*** 6:00 – 8:00 p.m.

***RSVP by Mar 15th:*** Call Debbie L. Miller 830-4044, Emily  
Godinet 954-9556, or Jean Swindle 954-7022

If you need assistance or require a reasonable accommodation, contact individuals listed above. **NO PROGRAM ADMISSION FEE!!**

**GOKC CHAPTER  
EXECUTIVE BOARD  
2006-2008**

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If additional information is required, please contact the Chapter President at  
[Debbie.L.Miller@faa.gov](mailto:Debbie.L.Miller@faa.gov)

