

The Opioid Crisis in Fairfax County

Lauren Nickum, M.S.W., CSAC

February 17, at 1 p.m.

Kings Park Library

9000 Burke Lake Road, Burke

The use of opioids in the United States is a major public health crisis. In 2016 opioid overdoses (including prescription drugs, heroin, and fentanyl) caused 42, 249 deaths (an average of 115 per day) according to the Center for Disease Control. This number of fatalities exceeded the deaths due to all traffic accidents, including cars, busses, motorcycles, ATVs, and skateboards. This number is five times the number of opioid-related deaths in 1999. The use of opioids and number of resulting deaths continue to grow in the U.S.

Our February speaker, a certified substance abuse counselor with a local agency, will discuss different types of opioids, local usage, signs and symptoms of addiction, amelioration, treatment, and specific services available to Fairfax County residents. At the end of her presentation she will answer questions from the audience. This meeting, part of an AAUW focus on women's health issues, is open to the public. AAUW members are urged to attend and bring other community members with them.

Looking for Volunteers: STEMtastics 2018, March 10

As most of you know, Fairfax City branch is a cosponsor of STEMtastics. This career day inspires middle school girls to pursue careers in science, technology, engineering, and math (STEM). Hands-on student workshops given by women working in STEM fields give girls the opportunity to interact with them and learn about what it is like to study and work in those fields. A set of parent workshops includes presentations by NOVA Systemic, Fairfax County school representatives, and a financial advisor, as well as a moderated panel of young women currently studying STEM subjects.

This is an exciting opportunity for the students, and the parents get a good look at what's ahead for them, as well. On the morning of **Saturday, March 10** at the Annandale campus of NOVA, up to 500 girls will attend as many as three workshops. The STEMtastics planning committee has lined up a diverse set of workshop presenters for the student workshops. To make this all run smoothly, the STEMtastics planning committee is asking for volunteers: we need some beforehand (for example, to stuff swag bags) and many on the day of the event, March 10, either for the entire time (from 6:45 a.m. to 2 p.m.) or for shorter stints depending on the job. A variety of tasks is available to choose from. If you wish to help, please give you name to Gale Rogers (gale.rogers63@gmail.com) if you have not already done so.



AAUW OF VIRGINIA
January 2018

Dear Members of the Fairfax City Branch:

On behalf of AAUW of Virginia, it is our great pleasure to congratulate the Fairfax City Branch on your 45th anniversary. The branch has been a vital and contributing organization in AAUW, and the state recognizes and thanks you.

Your branch was chartered at a time with many changes. In 1972, Title IX was passed to ensure "No person... on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance." The AAUW Action Fund Capitol Hill Lobby Corps was formed in 1975 to lobby for bills that match AAUW's legislative program. These are issues that AAUW continues to advocate for today.

Moving forward, we are sure your members will be celebrating your distinguished past and be encouraged to continue their efforts in the challenging times ahead.

With best wishes for the next 45 years,

Patsy Quick Sandy Lawrence
Co-Presidents
AAUW of Virginia

Holiday Party

It seems like last year (and it was), but we owe some extreme thanks to some folks for their work to make our holiday party a convivial one. Dianne and Gerard Blais once again hosted our gang in their festively decorated home, providing amenities and drinks and kindnesses galore. Kelly Espy was fantastic in her role as Master Chef, preparing beautiful and tasty hors d'oeuvres, bountiful and delicious main dishes and sides, and desserts to suit all varieties of palate. Kitty Lou Smith was up to her usual tricks providing us with snippets of holiday song lyrics and getting us to mingle to find out who had the preceding or following line of lyrics. We enjoyed Dottie Joslin's reading of an excerpt from Dylan Thomas's *A Child's Christmas in Wales*. Sincere thanks to you all for making the occasion merry and bright. It was good to see former member Charlene Comtois and her husband Joe.



It is never too soon to begin planning to attend the 2018 AAUW of Virginia Conference!

Changing the Climate for Women and Girls

April 20-22, 2018

Portsmouth Renaissance Hotel

Location, Location, Location! The Renaissance Hotel sits on the Elizabeth River flowing between Portsmouth and Norfolk. Two easy blocks away is the downtown area with shops, restaurants and museums. A quick ferry ride gets you to Norfolk.

Watch for more information and conference registration form in the VISION.

Women in Med School

Last fall, for the first time, more women than men enrolled for their first year in medical schools; 50.7 percent of the students are women. The number of applicants to medical schools decreased somewhat in 2017, with the drop in the number of men being significantly greater than the drop in the number of female applicants. Males maintained a slight majority in number of applicants, at 50.4 percent. In the Washington, D.C., area, medical schools have reported a majority of entering female students for several years. George Washington University Medical School tops the list with a whopping 62 percent in the class entering in 2017.

Some of the greater interest in medicine among women is credited to STEM programs in elementary and secondary schools. What will not be clear for a number of years is what proportion of these students—female and male—will survive the rigors of med school and graduate.

Sources: Association of American Medical Colleges, "More women than men enrolled in U.S. medical schools in 2017," Retrieved from <https://news.aamc.org/press-releases/article/applicant-enrollment-2017/>; Michael Alison Chandler, "Medical schools narrow gap on gender," *Washington Post*, 1-23-18.

The National Museum of African American History and Culture

Our January meeting was a joint venture with the Springfield-Annandale branch. Together with some members of the public, we filled the room at King's Park Library and awarded a warm thank you to Dr. Johari Rashad, a docent at the museum. She gave a lively and knowledgeable presentation on the purpose, history, and exhibits in this newest of Smithsonian museums.



The idea for a public monument to African Americans first arose in 1915 but gained little support. By the 1980s, the idea of a museum reached public consciousness with the annual proposals of congressmembers Mickey Leland and John Lewis. Finally in 2003, President George W. Bush signed legislation authorizing some of the funding and proceeding with a building on the National Mall. Dr. Lonnie Bunch was named founding director in 2005. The museum was to have an educational purpose, where people could learn about the contributions of African Americans to the American experience. The groundbreaking took place in February 2012, and the museum's

dedication was in September 2016.

Dr. Rashad shared the following statistics:

- The museum has 85,000 square feet of display space.
- It owns about 40,000 objects, of which about 3,000 are on display.
- 183 videos are shown on its five floors, and hundreds of audio recordings play in different areas.
- 2.5 million people visited the museum during the first year it was open.
- 5 million people have visited the museum's website.
- 15,000 people took advantage of the opportunity to record their own stories.

The true worth of a race must be measured
by the character of its womanhood.
—Mary McLeod Bethune

I, Too

I, too, sing America.

I am the darker brother.
They send me to eat in the kitchen
When company comes,
But I laugh,
And eat well,
And grow strong.

Tomorrow,
I'll be at the table
When company comes.

Nobody'll dare
Say to me,
"Eat in the kitchen,"
Then.

Besides,
They'll see how beautiful I am
And be ashamed—

I, too, am America.

—Langston Hughes



Salary Negotiations

AAUW has long emphasized the unfairness of pay inequality between men and women. The pay gap begins with starting salaries and is compounded with each promotion or advancement and lateral move. Now the Association is doing something about it. Start Smart and Work Smart are two workshops designed to train women about to enter the work force and working women on how they can negotiate for higher salaries. In a two-hour session, participants learn

- How to identify and articulate their personal value
- How to develop an arsenal of persuasive responses and other negotiation strategies, including how to get a raise or promotion
- How to conduct objective market research to benchmark a target salary and benefits
- About the pay gap, including its long-term consequences

The city of San Francisco recently partnered with AAUW to offer Work Smart workshops to women at no cost during 2018. Last year alone, more than 17,000 women attended 600 Start Smart and Work Smart workshops in 45 states and DC. AAUW's goal is to train more than 5 million women by 2022.

Book & Author Luncheon, 2018

We are very pleased that Paulette Miller has agreed to chair our Book & Author event, receiving the reins from Barbara Klementz, who relinquished the job after a long and successful run. Paulette acknowledges that she "has a great legacy to live up to" and will do her best with the help of members of the branch. If you have suggestions for the event, recommendations for local authors, or are willing to help before or on the day of the luncheon, please email Paulette (psmiller10847@verizon.net).

Speaking of Which . . . Save the Date!

November 3, 2018. Book & Author Luncheon is scheduled for the Springfield Golf & Country Club. Put it on your calendar. NOW!

Redistricting Forum

Sponsored by The League of Women Voters of the Fairfax Area and OneVirginia2021

Sunday, February 25, 2018

1 - 5 p.m.

Sherwood Community Center

3740 Old Lee Highway, Fairfax, VA 22030

Speakers include Delegate Ken Plum; Prof. Rebecca Green, William & Mary Law School; Brian Cannon, Executive Director, OneVirginia2021; Olga Hernandez, Redistricting Expert, LWV; William & Mary Law School students.

Free event, but register at: <https://www.eventbrite.com/e/redistricting-forum-with-lwv-of-fairfax-and-onevirginia2021-tickets-40002017110>

Scholarship Committee Members Needed

It is time again to begin the process of selecting the recipients of our Beverly Anderson Scholarship funds. The application will be posted on our branch website and on the George Mason University Financial Aid site. Last year we had an excellent response from several very qualified women. This year we are offering a larger scholarship and expect even more interest.

The timeline is as follows: The deadline for application is April 15, 2018. Once all applications are received, I will compile packets about each applicant and distribute them electronically to the committee members for review along with an evaluation matrix. The committee will then meet **once** to discuss the applications and select the recipients. Selection will be made in time to invite the recipients to join us at the May luncheon.

Please contact me if you would like to serve on this very important committee. Remember, this is the reason we hold the Book & Author Luncheon each year. It is very rewarding to be part of helping another woman fulfill her dream of returning to school.

—Paulette Miller (Psmiller10847@verizon.net or 703/250-0876)



Sexual Harassment Training

Workplace training to eliminate sexual harassment doesn't work particularly well. It is often legalistic and emphasizes definitions and what behaviors are unacceptable. What employees—or members of other groups—need to learn is what they can do if they encounter a situation where it appears that one person is harassing another. Using some of these strategies promotes the idea that everyone in the workplace is treated with respect.

- Empower the bystander. Confronting the harasser isn't usually recommended, but saying something like, "That wasn't funny" might work. A bystander can interrupt the activity by asking a victim to come to the conference room or making a loud noise. A bystander could speak with the harasser later saying, "Are you aware of how you looked?" or ask the victim, "I saw what happened. Are you OK with that?"
- Encourage civility. Training in respectful behaviors can improve workplace culture. Praising someone's work, not interrupting colleagues, avoiding multitasking while talking with a colleague, and listening to complaints without being dismissive can all help.
- Promote more women. Sexual harassment flourishes in situations where no or few women are in positions of power.
- Encourage reporting. Many women don't report harassment because they feel they are alone and fear retaliation. Most women don't want to get a harasser fired; they simply want the behavior to stop. Trainers recommend authorizing more employees to receive harassment complaints, thus increasing the chances that a victim can file a report with someone they feel comfortable with. A policy of not responding to a single complaint against an employee, but rather, initiating action only when a second complaint is made against the same employee can offer some protection to the complainants.

It is especially important that disciplinary actions are commensurate with the seriousness of the misbehavior. And that is quite a different issue.

Source: Clare Cain Miller, "Sexual harassment training doesn't work. But some things do." *NY Times*, 12-11-17.

The PROSPER Act

AAUW has taken a stand against this bill, H.R. 4508, which has been reported out of committee. It is a reauthorization of the Higher Education Act, and its nickname stands for “Promoting Real Opportunity, Success, and Prosperity through Education Reform.” Contrary to the sunny title, the bill proposes

- Eliminating student loan forgiveness for public service employees and changing income-driven repayment options, increasing debt burdens for borrowers.
- Weakening the requirements that schools prevent and end campus sexual assault and support survivors.
- Leaving the Pell grant program unchanged and not increasing its annual grant amount to reflect inflation.

We know that student debt repayment is particularly burdensome for women, given their lower starting salaries, and that more women than men make accusations of sexual assault on campus. These aspects make the bill unfair to a large segment of the university population.



Vienna Branch Program Note

The Vienna branch has scheduled a special program for 10 a.m. on February 10 at the Vienna Community Center (120 Cherry Street SE, off Park Avenue in Vienna). Sister Simone, a nationally recognized expert on social justice and the author of *A Nun on the Bus* will speak.

Springfield-Annandale Branch AAUW 2018 Spring Fling

Saturday, March 24, 11 to 2:30

Springfield Golf and Country Club, 8301 Old Keene Mill Rd., Springfield

Silent Auction, Luncheon, and Guest Speaker, U.S. District Judge Leonie Brinkema: “Judging in Difficult Times: From Road Rage to Terrorism”

Reservations: Rose Clark SpringFlingAAUW@gmail.com

DEADLINE: **March 12**

Certainly the Constitution does not require discrimination on the basis of sex. The only issue is whether it prohibits it. It doesn't.

—Justice Antonin Scalia, September 2010



Interest Groups

Afternoon Lit

Wednesday, February 21, at 1 p.m.
Home of Sonja Hancke
10328 Sager Avenue, Fairfax
shanke1@verizon.net
703/277-2804



The group will be discussing *Behold the Dreamers* by Imbolo Mbue. Please let Sonja know by Sunday, February 18, if you plan to attend.

Great Decisions–Salon Discussion Group

Great Decisions is postponed until March.

Lunch Bunch

Wednesday, February 7, at 11 a.m.
First Watch
9600 Main Street, Fairfax

Please email Gale Rogers (gale.rogers63@gmail.com) if you can come. We are also meeting on March 7 at 11 a.m. at Artie's, 3260 Old Lee Highway, Fairfax.

Musical Notes

Friday, February 2, at 1 p.m.
Home of Olga Burns
10623 Timberidge Road, Fairfax Station
rubato12@aol.com
703/239-2876



We will be watching Verdi's *Othello* with Domingo and Fleming. Please let Olga know you are coming.

Night Owls

Saturday, February 10, at 12 p.m. (*Note the special day and time*)
Home of Kelly Espy
5814 Spruce Grove Court, Haymarket
kellyespy@aol.com
703/403-0263

Lunch will begin at noon, followed by our discussion of *Americanah* by Chimamanda Ngozi Adichie, led by Olga Burns. Please let Kelly know if you will be attending.

In March we will read *LaRose*, by Louise Erdrich. New members are always welcome. Please contact Paulette Miller for more information (703/250-0876; psmiller10847@verizon.net).

I always knew I'd get old. How fast it happened was a bit of a surprise, though.

Our Mission:
Advancing equity for women and girls through advocacy, education,
philanthropy, and research.

**AAUW—FAIRFAX CITY BRANCH
HALF-YEAR MEMBERSHIP APPLICATION**

For New or Lapsed Members

Membership is open to all graduates who have a two-year or a more advanced degree from an accredited institution. AAUW values and seeks a diverse membership.

Name: _____

Address: _____

City, State, Zip: _____

Phone: (H) _____ (W) _____ (C) _____

E-Mail: _____

Degree: _____ College: _____ Field: _____

Degree: _____ College: _____ Field: _____

Optional: Name of spouse or significant other _____

Name of member who introduced you to AAUW _____

DUES amount enclosed (See below): _____

For new or lapsed AAUW members* only, half-year membership dues, **\$38.50** (\$24.50 national, \$7.50 state, \$6.50 branch) for membership through June 30, 2018 will be in effect for dues paid from January 1 through March 15. Note: \$23 of the national dues is tax deductible.

For only new or lapsed AAUW members* who join at a branch meeting from January 1 through March 15, half-year dues combined with AAUW's Shape the Future discount reduce dues to only **\$26.25** (\$12.25 national, \$7.50 state, \$6.50 branch). Note: \$11.25 of the national dues is tax deductible.

*A lapsed AAUW member has not been an AAUW member for two or more years.

Make check payable to *AAUW—Fairfax City Branch*.

Send this form and your check to the treasurer:

Dottie Joslin
11110 Del Rio Drive
Fairfax, VA 22030-5339

Branch Website: <http://fairfaxcity-va.aauw.net/>

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Book and Author Luncheon:
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STEMtastics: Gale Rogers
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Interest Group Chairs:

Afternoon Literature: Jean Arnold
arnoldjh52@aol.com

Night Owls: Paulette Miller
psmiller10847@verizon.net

Salon Discussion Group: Kay Corbett
kaycorbett1@msn.com

Musical Notes: Olga Burns
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Lunch Bunch: Gale Rogers
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