



# THE EQUALITY STANDARD

February 2012

---

*This is the monthly publication on women's issues, local and global, published by 50/50 Leadership, A non-profit organization promoting women's equal leadership*

## February: Heart Health Month

**Heart disease affects more than one in three women -- and kills more than 500,000 women -- each year in this country, making it the leading cause of death among women**

In this issue:

*Click on the item to jump to it*

1. [In the News](#)
2. [4<sup>th</sup> Annual Women of the World Awards](#)
3. [Why We Need Equal Leadership](#)
4. [What Leadership Looks Like](#)
5. [Women at Work](#)
6. [From the Bookshelf](#)
7. [Health](#)
8. [Women Around the World](#)
9. [50/50 Leadership News](#)
10. [Subscriptions](#)
11. [Events](#)
12. [Final Words](#)

\*\*\*\*\*

## IN THE NEWS

The Violence Against Women Reauthorization Act (S. 1925) was successfully voted out of the Senate Judiciary Committee on Thursday. The bill retained key provisions addressing tribal jurisdictions, underserved populations, communities of color, and important components of the Campus SaVE Act that address sexual violence and assault on college campuses through prevention education. *Source: AAUW*

Elizabeth MacDonough became the first female Senate parliamentarian this week. The parliamentarian advises the entire body on Senate rules and procedures. *Source: AAUW*

**FOR MORE NEWS, FOLLOW US ON TWITTER @5050LEADERSHIP**

Some recent tweets:

- We rock! There was such an uproar that Susan G Komen Fdtn reversed their stand and renewed partnership w Planned Parenthood
- Planned Parenthood raked in almost as much as they lost when Susan G Komen Fdtn withdrew their funding.
- Susan G Komen for the Cure cut funding to Planned Parenthood. 830,000 breast exams a year wont happen now.

\*\*\*\*\*

## 4<sup>TH</sup> ANNUAL WOMEN OF THE WORLD AWARDS

**Save! [Register](#) TODAY and Save**

50/50 Leadership is partnering with the United Nations Association of Pasadena for the 4<sup>th</sup> Annual Women of the World Awards celebration.

**On Sunday, March 11<sup>th</sup> at the beautiful La Canada Flintridge Country Club**

**Eat ... a sumptuous brunch**

**Celebrate ... Women's History Month, and World Leadership Day**

**Honor ... 3 outstanding women making a difference**

**Sarah Culberson, Founder, The Kposowa Foundation.** Sarah is the author of "A Princess Found", which chronicles her life as an adopted child raised in the United States with little knowledge of her ancestry, and her discovery that she was descended from African royalty. She founded the The Kposowa Foundation to support the children and community in Sierra Leone, West Africa. [www.bumpefund.org](http://www.bumpefund.org)

**Carmel Jud founded Rising International**, an organization currently working with women in 24 countries while simultaneously helping homeless women here. Rising International has agreements to market many different types of products which are sold mainly through home parties. Her volunteers find people to host a party, then connects them with a homeless woman who runs the party and who then benefits by receiving the profits from the party. [www.risinginternational.org](http://www.risinginternational.org)

**Dove Pressnall is the Founder of Survivors' Truths**, a non-profit organization which aims to challenge assumptions and change perspective on the challenges and strengths of marginalized communities. Survivors' Truth currently has projects in post-war Liberia, as well as transgendered youth in Los Angeles to shape a new understanding of these communities, bringing together all people through awareness and compassion, utilizing different types of media to bring their stories to life. Ms. Pressnall's dedication and commitment continues to expand the organization to include more projects all over the world. [www.survivorstruths.org](http://www.survivorstruths.org)

At the event:

### **A sumptuous buffet that includes:**

Omelet Station	French Toast	Bacon & Sausages
Potatoes	Bagels, Muffins and Croissants	Fresh Fruit
Prime rib Carving Station	Fish and Chicken	Vegetables
6 Different Salads	Desserts	Chocolate Fountain
Ice Cream	Champagne or Bubbly Cider	Coffee

### **Silent Auction with items including:**

- Books, including a signed copy of A Golden Cage by Nobel Prize Winner Shirin Ebadi
- Artwork, including exquisite etched gourds by Arboretum Artist in Residence Leigh Adams
- Dance Lessons from the Bloom School of Music
- A Macintosh Makeover from The Tech Daddy
- Food gift certificates from restaurants including the mouthwateringly good food from Porto's Bakery and Norwegian Specialty Cakes from Ellen Snortland
- Entertainment certificates including Fighter Jet Simulations
- Gift Baskets... and more

## Raffle Prizes!!!

## Goody Bags to take home!!!



**An opportunity to meet award-winning Author, Performer and Self-Defense Advocate Ellen Snortland, the Emcee for the Awards**

**SAVE! Early Bird Registration until February 14<sup>th</sup>!**  
[WomenoftheWorldAwards.eventbrite.com](http://WomenoftheWorldAwards.eventbrite.com)

\*\*\*\*\*

## WHY WE NEED EQUAL LEADERSHIP

*In What Leadership Looks Like below, you will see a letter to the Lego company by a 10-year old who is not so happy about the new line of products that stereotype girls. She was not the only one upset. Shari Roan, wrote on the Booster Shots blog and in the Los Angeles Times about the damage this line will do. Leadership that only looks at profitability, even when clothed in "its what the customers want," is just the kind of leadership we at 50/50 Leadership want to expose in this column because of its damaging impact on our culture:*

From Shari Roan: Lego toys have always seemed pleasantly gender-neutral. Perhaps that's why the new Lego Friends line for girls has triggered a fair bit of protest from some health and equal-rights organizations.

The new line, whose characters sport slim figures and stylish clothes, will contribute to gender stereotyping that promotes body dissatisfaction in girls, said Carolyn Costin, an eating disorders specialist. Online petitions have been started to protest the line, which includes a Butterfly Beauty Shop and a Your Fashion Designer Workshop. The International Assn. of Eating Disorder Professionals said the toys were "devoid of imagination and promote overt forms of sexism."

The toys send girls a message "that being pretty is more important than who you are or what you can do," Costin said in a statement.

Denmark-based Lego Group, however, said the Friends line was a response to consumer demand.

\*\*\*\*\*

The media, as you can read below in On The Bookshelf/At The Movies, mostly has a very negative effect on the lives of women and girls. **World Pulse** is a point of light in the middle of that darkness.

Thirty-one courageous grassroots women leaders from thirty countries have been writing from the frontlines of some

of today's most pressing issues. From Zimbabwe to Brazil, they are using their newfound skills in citizen journalism, new media, and empowerment to unleash the silent voices in their communities and broadcast their solutions to a global audience. Learn more about the 2012 Correspondents and the third annual year of our program. "Because you are listening, I have courage to speak." CongoLeezza, 2012 Correspondent, Democratic Republic of the Congo

[Read more about World Pulse](#)

\*\*\*\*\*

## WHAT LEADERSHIP LOOKS LIKE

*This month we see into the life of a woman who had a career in the military, and two young leaders who are speaking up to the corporate leaders who just don't get it that they can make a real difference in the world AND make money – rather than those two things being mutually exclusive.*

*This first article is the next in the series from the Pasadena Leadership Circle, this one an interview by Yolanda Osorio:*

**Master Sergeant Janet Santa** is a powerful example of commitment, dedication, and perseverance in spite of being a single mother of four. Master Sergeant Janet Santa was able to successfully carve out a career in the United States Air Force, where she served 23 years as an Intelligence Officer. She has retired from the military and is now currently teaching JROTC where she hopes to inspire young men and women in becoming future leaders to our country.

### ***What were the different jobs you had in the Air Force?***

I was in Intelligence my whole career, but different aspects of it. For most of my career I was in Target Intelligence. In this job we dealt with developing target sets for air strikes. For instance, if we were going into a country to drop bombs, one of the first set of targets to look at would be early warning radars. We would have aircraft carrying a specific bomb to take out the radars prior to the bombers going after their targets, and also recommend the type of weapon (bomb) to use to either destroy or degrade the target.

When I was at Travis I did the Operations side of Intel. This was more of the briefings of what was going on in the world to the Base Commander and those who were in command. I would also brief the crews before they went out to fly a mission. We would give them all the threat (missile sites), they may encounter and information on the weapon, and also give them their Escape and Evasion information just in case they were shot down, or had to land in enemy territory.

### ***You had mentioned that you were stationed in Germany, Netherlands, and Saudi Arabia for a year. What did you experience as a woman in Saudi Arabia?***

I experienced what it was like for women not to have the same rights as a man. In Saudi Arabia there are restaurants and stores that women are not permitted to go into. I wasn't allowed to drive in town, and had to wear the traditional Saudi women's wear. It was a black scarf over the head and a black robe that went over your clothes. It was frustrating at times at eating establishments. Men were charged less for their food, if eating on the men's side of the restaurant. They also were waited on before a woman, even if you were there first and a man would walk in, he was automatically waited on.

### ***What would you tell young women if they choose to be in the Air Force?***

It's a great career. It gives you self-confidence and it challenges you. You can't quit, so you have to do your job even if you're not quite sure how to do it. It pushes you to be confident and have good self-esteem.

### ***Who has had an impact on you as a leader?***

There hasn't been just one person who has impacted my life. I have learned from many people that I have encountered. Either bad or good, everyone you come in contact with has an impact on your life. I learned how I didn't want to be, or act. You take their good qualities and you try to model them.

### ***Tell me more about the JROTC program you are teaching?***

The overall objective of the JROTC program is to instill values of citizenship, a sense of service to the United States, personal responsibility, a sense of accomplishment, and value of leadership. The program provides opportunities for

cadets to practice their leadership skills by planning and organizing each JROTC event and activity under the supervision of their instructor.

***What are the characteristics that you believe every great leader should possess?***

Integrity: Do what is right when no one is looking. That is how I describe it to my students.

Fairness, honesty, and care about the people that work for you. Put them first. Life is not about you, it's helping others achieve their full potential.

***Thank you Master Sergeant Janet Santa and to all the military men and women for the sacrifice, commitment, made to helping protect our country.***

**Yolanda Osorio** is owner of A-1 Custom Draperies, currently a member of the Pasadena Leadership Circle, and a volunteer for the 4<sup>th</sup> Annual Women of the World Awards

\*\*\*\*\*

*Here is the letter by a 10-year old to the head of Lego:*

Dear Lego Company,

Rosalind Elsie Franklin, Lise Meitner, and Grace Murray Hopper. Do you think those great women scientists spent time playing with vintage style dressing rooms when they were girls? Do you think they decided to sit and look at a girl brushing her hair? No. They would be walking in museums, reading, conducting experiments, researching, and doing creative thinking. Legos are a great way to do the latter and I congratulate you on that. Legos are amazing and a great idea. They're fun, brain building and easy to use. But when you turn them into a stereotypical toy, that's just destroying the individuality so many people have been working for. Martin Luther King Jr. fought for blacks and whites to be equal. Today people are fighting for the equality of gay people. Susan B. Anthony and Gloria Steinem were fighting for women's equality. And when I walk into a toy store and an attendant leads me to an aisle plastered with putrid pink I think you just swept all those people fighting for equality out of the way and ignored what they said. Generalizing is saying any group of people is all one way, or likes one thing. Even if it's complimentary, saying a group of people is all the same is just not true. Every person is unique and has a spark, different likes and dislikes, and faults of their own. You must respect that.

There are plenty of smart and creative girls out there eager to play with Legos. Do you want that to be ruined, by giving them only a beauty salon to create? Please don't. But I'm not proclaiming you should stop making those products, because they make generalizations about girls. But why just give us one option? There are plenty of girls ready to play with your 'girl's' Legos. Plenty eager to pretend to comb hair and such. But then the girls who want superhero toys or adventure toys or dinosaurs or space toys or Harry Potter toys or Egyptian toys are forced to go to the boy's aisle. They shouldn't have to do that. Are you saying toys they want are for boys only? It's not right to make a girl feel like she's not acting like a girl should or is different. Are boys the only people who can do constructive things? No! But forcing a girl to go to the boy's aisle, making her feel like she shouldn't use Legos that aren't pink and girly is just plain stupid. Why don't you even have a boy's category on your website? Are you saying boys can play with everything they want, unlike girls who have pink beauty salons? You have a girl science lab Lego set, yet it's still pink and calls the things included "accessories". The other themes, such as Ninjago call them staffs, or weapons. So even girl science lab appliances are called the same girly thing as jewelry. Why do that? To make money? That really makes me feel so much better about the world I live in.

And there's another thing that makes me more secure about today's lifestyle. If the girl does go to the boy's aisle what meets her eyes is the sight of war. Legos you can use that create a war scene, or spies shooting at each other or a spaceship with guns to shoot aliens. Does this seem right? Do we need more war in our bloodstained world? It gives kids the idea that war is funny or nothing to be worried about. Movies surround us with people fighting each other with powers and guns. Little boys like my cousin see people getting blown up, but then just singed or bouncing. Getting hit with lasers and just looking wounded but then reviving quickly or pretending to be dead than sneaking up on the bad guy because they missed. This isn't real life. Many people have died in war, families torn apart, torturings of innocent people and betrayal driven by fear. This is war. Children need to understand that.

You say, 'I'm just making a living. The kids like it, it's not your fault the world isn't perfect and they don't understand it. Or that some girls feel like they're weird or that they should be making beauty salons instead of whatever they feel like.' But it is in a way. You're just a piece of the fault. You are a part of that thought growing in a kid's mind about how they should be and what to think. Make it be the right idea. Please. Make a kid's world a little less narrow-minded and stereotypical. Make some of it right.

*Callie W., age 10*

*Thanks to Margot Magowan and ReelGirl blog <http://margotmagowan.wordpress.com/> for this letter.*

\*\*\*\*\*

*In response to a lesson on social responsibility and the problems for people in China who work for suppliers of Apple, this 13-year old wrote to Tim Cook, CEO of Apple:*

Dear Mr. Cook,

I am an eighth grader from Maine, and I have recently listened to the Public Radio broadcast, "Mr. Daisey and the Apple Factory." This story, which I assume you may have heard, was told by a man named Mike Daisey, who is a devotee of your company, and independently went to one of your supplier's factories in Shenzhen, China.

I am writing to you and Apple because of what Mike Daisey, and other sources, have witnessed in the Apple Factory, Foxconn. I learned many things in Mr. Daisey's talk, the first being that your products are assembled manually by humans in massive Asian factories. The second fact is Foxconn's workers, the hundreds of thousands of them, have very low wages. And the third and most distressing thing that Mike Daisey saw was the employee's hands. Carpal tunnel at young ages, hands ruined by the continuous motions of assembling the same piece over and over again. I, at this moment, feel so lucky to live in a place where I will never have to do such a job.

I feel it is my civil duty to write to you in the hope that with a collective effort, your prestigious company can rise out of the cult of inhumane factories.

I am not suggesting that you change your whole system, for I am aware that it is important for Apple to make money, and these people to have jobs, but Apple can make small changes, like shorter work hours, rotations on the lines, and/or slightly larger wages, to deeply change many lives.

Thank you for your consideration, Mr. Cook.

Respectfully,

Abigail Frost (age 13)

[Read the article about Apple and its suppliers](#)

\*\*\*\*\*

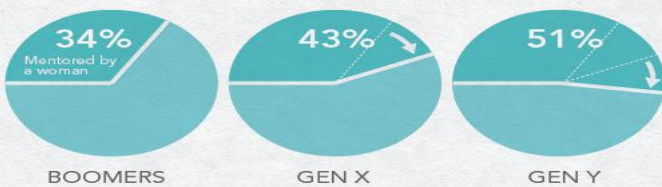
## WOMEN AT WORK

# WOMEN AND MENTORING in the U.S.



Nearly **1** out of every **5**  
women in the U.S. does not have a mentor.

More than half of Gen Y women have been mentored by a woman, up from only 34% of Baby Boomers.



Still waiting for someone else to make the first move...

**67%**  
of women who said that they have never **been** a mentor said it's because

No one ever asked

**52%**  
of women who said that they have never **had** a mentor said it's because

They never encountered someone appropriate

Women rely on their professional networks for more than job hunting...

- #1  PROFESSIONAL GUIDANCE
- #2  RECOMMENDATIONS
- #3  CAREER ADVANCEMENT
- #4  COLLABORATION
- #5  KEEPING CURRENT WITH INDUSTRY NEWS AND TRENDS

**66%**  
connect with their mentors in person (vs email, instant message or phone)



## Mentoring/Coaching critical component to women's career success

Research has shown that women who are mentored in the workplace, climb career ladder faster. In a survey of nearly 1000 female professionals in the US, revealed that 82% of women agree that having a mentor is important. And 19% (that's nearly one out of every five women) have never had a mentor.

More job shadowing opportunities for women will ultimately result in more women in senior positions. Men on the other hand seem more likely to have mentors who hold more senior positions, and therefore move up more quickly.

### Boomers (1946-1964):

Post WW2, The Vietnam War and John F. Kennedy as President era

### Generation X (1965-1980):

2 income family, latch key children, independent, ambitious and resourceful and self sufficient

### Generation Y (1981-2002):

Grew up with technology, plugged in 24/7, prefers to communicate thru email and texting, rather than face to face. Source: LinkedIn

*Thanks to Lorraine Johnson of Jet Propulsion Laboratories and a member of the 50/50 Leadership Circle for this article*

\*\*\*\*\*

## From the BOOKSHELF /At the MOVIES

As friends and I watched the movie **Miss Representation** the other night I was enraged, appalled and disgusted. **Jennifer Siebel Newsom** has put together a must-see documentary about the impact the media has had and is having on women and girls. The movie won an award at Sundance last year and was shown on Oprah's OWN network.

The film **Miss Representation** exposes how American youth are being sold the concept that women and girls' value lies in their youth, beauty and sexuality. It's time to break that cycle of mistruths. It reinforced for me the need to have more women making decisions, being leaders particularly in the media industry which touches all our lives every day.

*"Miss Representation, is a must see film, by women, men, girls and boys. I was very surprised to see the subtle ways that women have and continue to be undermined in their work and efforts in general.*

*I loved that a gentleman seated in back of me, brought his daughter who was no more than 12 or 13 yrs old. I will definitely see it again. It is VERY empowering!!!!!!!!!! " Lorraine J, Equality Standard subscriber.*

Check out their website at [www.MissRepresentation.org](http://www.MissRepresentation.org) and find a screening near you- they are all over the country and they are listed by state. Once you have seen it, their organization urges us to get into action.

\*\*\*\*\*

## OUR BODIES, OUR HEALTH

**February is Heart Health Month – and heart disease kills more women than all the cancers together.**

In the Huffington Post this week, Marlo Thomas had the following to say: Dr. Oz told me what women should look out for, heartwise, and, as always, his response went straight to the point:

"The #1 symptom to watch out for is shortness of breath, especially if it occurs during activities that don't ordinarily bother you. This is your body's way of giving you a warning. To guard against heart troubles, I recommend DHA Omega 3 fats -- which are found in fish oils. They're the most important supplements."

Marlo also contacted Barbra Streisand, who has become a front line soldier in the fight against women's heart disease and who pointed out to me, "Twenty-five to fifty percent of women don't fit male patterns for heart disease. Women having a heart attack, for example, don't always experience what men usually do, like chest pain associated with exertion. Instead, they may feel chest pressure, indigestion, shortness of breath, or fatigue. Women need to know this."

\*\*\*\*\*

**Ovarian Cancer Whispers** - so listen carefully. I recently received this email and am passing the information along. I checked the details out with the Mayo Clinic and with City of Hope. These are symptoms that we may otherwise not think anything of:

- Watch for Pelvic or abdominal pain or discomfort;
- vague but persistent gastrointestinal upsets such as gas, nausea, and indigestion
- frequency and/or urgency of urination in the absence of an infection;
- unexplained weight gain or weight loss
- pelvic and/or abdominal swelling, bloating and/or feeling of fullness;
- ongoing unusual fatigue;
- unexplained changes in bowel habits.

If symptoms persist for more than 2 weeks, ask your doctor for a combination pelvic/rectal exam, CA-125 blood test, and trans-vaginal ultrasound.

A pap test WILL NOT detect ovarian cancer.

Want to learn more – click on the City of Hope’s website and type in Ovarian Cancer [www.CityOfHope.org](http://www.CityOfHope.org)

\*\*\*\*\*

North Dakota - The Red River Women’s Clinic of Fargo, North Dakota’s only abortion provider, challenged a law that restricts drug-induced abortions as unconstitutional.

The clinic performs some abortions using a combination of two drugs, mifeprax and misoprostol. The federal Food and Drug Administration has approved the marketing of mifeprax as a drug for ending pregnancies and doctors use that drug in combination with misoprostol, a treatment for stomach ulcers that is not labeled as an abortion-inducing drug.

North Dakota’s law states that the use of any drug to cause an abortion must meet the “protocol tested and authorized” by the FDA and outlined on the drug’s label. Proponents of the law say because misoprostol is not labeled as an abortion-inducing drug the law prohibits its use for that purpose. North Dakota law does not prohibit the “off-label” use of any other drug.

\*\*\*\*\*

## WOMEN AROUND THE WORLD

Almost half of all abortions performed globally are done so without trained clinical assistance. That’s according to a new study by the **World Health Organization**.

Overall abortion rates have remained steady at 28 per 1,000 women a year. But the number of unsafe abortions rose significantly from 44% in 1995 to 49% in 2008. Unsafe abortion is one of the main contributors to maternal death and includes procedures outside hospitals, clinics and surgeries, or without qualified medical supervision.

The WHO also found that countries with restrictive abortion laws did not have any corresponding decrease in the number of abortions performed. In fact, usually the opposite was true, proving yet again that criminalizing abortion does not end abortion, it just unnecessarily risks women’s lives.

Family planning saves lives, especially in the developing world. Whether it is legal or illegal women will seek and obtain abortions because they are a fundamental component of women’s health care. It’s time we recognize it as such.

[Read more...](#)

\*\*\*\*\*

## 50/50 LEADERSHIP NEWS

Congratulations to **Nayely Martinez**, Volunteer with 50/50 Leadership and a Senior at Westridge School. She was accepted at her first choice of colleges and will be in the Class of 2016 at Carleton College in Minnesota. Well done Nayely!

\*\*\*\*\*

## EVENTS

Tell us about events in YOUR area that we can post here.

**Friday, February 17<sup>th</sup>**

**6:30 – 8:30 pm**

**Appointments Training**

**Mona Pasquil, Appointments Secretary for Governor Brown**

NWPC California is hosting an appointments training in Altadena. This is a golden opportunity for training directly from the woman responsible for overseeing all of Gov. Brown’s appointments to boards, commissions, taskforces and other advisory and decision-making bodies in our state.

Be a part of our State – Get involved – Find out how to apply.

Altadena Library  
600 E Mariposa Street, Altadena  
\$10

Registration: [www.nwpcca.org](http://www.nwpcca.org)

*Thanks to Monica Hubbard of Wired Women for letting us know about this training.*

\*\*\*\*\*

**Saturday, February 18<sup>th</sup>**

**10:00 am – 12 Noon**

**Huntington Library Womens Study Seminar Committee presents  
Seeking Transcendence: Women's Spirituality as Liberatory Practice**

Huntington Library, 1151 Oxford Road, San Marino, CA 91101

**Free Admittance. No RSVP needed**

Registration: 9:30 – 10:00 a.m., Program: 10:00 a.m. – 12:00 p.m., Lunch: 12:00 p.m.  
You are invited to bring lunch and join the speakers on the patio following the seminar.

**Attendees will receive complimentary admission to the grounds and museums.**

**Parking is free.**

**For panel and more information: <http://huntingtonwomensstudies.blogspot.com>**

\*\*\*\*\*

**Sunday, March 11**

**4<sup>th</sup> Annual Women of the World Awards**

**La Canada Flintridge Country Club**

**Information and Registration: [WomenoftheWorldAwards.eventbrite.com](http://WomenoftheWorldAwards.eventbrite.com)**

\*\*\*\*\*

**May 31 – June 2<sup>nd</sup>**

**National Conference for College Women Student Leaders**

University of Maryland, College Park

**Leadership for Today and Tomorrow**

Presented by

AAUW and NASPA

[More information here](#)

[Register here:](#)

\*\*\*\*\*

## FINAL WORDS

*I will not die an unlived life.*

*I will not live in fear of falling or catching fire.*

*I choose to inhabit my days, to allow my living to open me,  
to make me less afraid, more accessible, to loosen my heart  
until it becomes a wing, a torch, a promise.*

*I choose to risk my significance;*

*to live so that which comes to me as seed,*

*goes to the next as blossom  
and that which comes to me as blossom,  
goes on as fruit.*

— Dawna Markova Author of Open Mind

---

[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link:  
[Unsubscribe](#)

---

50/50 Leadership  
PO Box 11202  
Glendale, California 91226  
US



[Read](#) the VerticalResponse marketing policy.

---

### **Boomers (1946-1964):**

Post WW2, The Vietnam War and John F. Kennedy as President era

### **Generation X (1965-1980):**

2 income family, latch key children, independent, ambitious and resourceful and self sufficient

### **Generation Y (1981-2002):**

Grew up with technology, plugged in 24/7, prefers to communicate thru email and texting, rather than face to face. Source: LinkedIn

*Thanks to Lorraine Johnson of Jet Propulsion Laboratories and a member of the 50/50 Leadership Circle for this article*

\*\*\*\*\*

## **From the BOOKSHELF /At the MOVIES**

As friends and I watched the movie **Miss Representation** the other night I was enraged, appalled and disgusted. **Jennifer Siebel Newsom** has put together a must-see documentary about the impact the media has had and is having on women and girls. The movie won an award at Sundance last year and was shown on Oprah's OWN network.

The film **Miss Representation** exposes how American youth are being sold the concept that women and girls' value lies in their youth, beauty and sexuality. It's time to break that cycle of mistruths. It reinforced for me the need to have more women making decisions, being leaders particularly in the media industry which touches all our lives every day.

*"Miss Representation, is a must see film, by women, men, girls and boys. I was very surprised to see the subtle ways that women have and continue to be undermined in their work and efforts in general.*

*I loved that a gentleman seated in back of me, brought his daughter who was no more than 12 or 13 yrs old. I will definitely see it again. It is VERY empowering!!!!!!!!!! " Lorraine J, Equality Standard subscriber.*

Check out their website at [www.MissRepresentation.org](http://www.MissRepresentation.org) and find a screening near you- they are all over the country and they are listed by state. Once you have seen it, their organization urges us to get into action.

\*\*\*\*\*

# OUR BODIES, OUR HEALTH

**February is Heart Health Month – and heart disease kills more women than all the cancers together.**

In the Huffington Post this week, Marlo Thomas had the following to say: Dr. Oz told me what women should look out for, heartwise, and, as always, his response went straight to the point:

"The #1 symptom to watch out for is shortness of breath, especially if it occurs during activities that don't ordinarily bother you. This is your body's way of giving you a warning. To guard against heart troubles, I recommend DHA Omega 3 fats -- which are found in fish oils. They're the most important supplements."

Marlo also contacted Barbra Streisand, who has become a front line soldier in the fight against women's heart disease and who pointed out to me, "Twenty-five to fifty percent of women don't fit male patterns for heart disease. Women having a heart attack, for example, don't always experience what men usually do, like chest pain associated with exertion. Instead, they may feel chest pressure, indigestion, shortness of breath, or fatigue. Women need to know this."

\*\*\*\*\*

**Ovarian Cancer Whispers** - so listen carefully. I recently received this email and am passing the information along. I checked the details out with the Mayo Clinic and with City of Hope. These are symptoms that we may otherwise not think anything of:

- Watch for Pelvic or abdominal pain or discomfort;
- vague but persistent gastrointestinal upsets such as gas, nausea, and indigestion
- frequency and/or urgency of urination in the absence of an infection;
- unexplained weight gain or weight loss
- pelvic and/or abdominal swelling, bloating and/or feeling of fullness;
- ongoing unusual fatigue;
- unexplained changes in bowel habits.

If symptoms persist for more than 2 weeks, ask your doctor for a combination pelvic/rectal exam, CA-125 blood test, and trans-vaginal ultrasound.

A pap test WILL NOT detect ovarian cancer.

Want to learn more – click on the City of Hope's website and type in Ovarian Cancer [www.CityOfHope.org](http://www.CityOfHope.org)

\*\*\*\*\*

North Dakota - The Red River Women's Clinic of Fargo, North Dakota's only abortion provider, challenged a law that restricts drug-induced abortions as unconstitutional.

The clinic performs some abortions using a combination of two drugs, mifeprax and misoprostol. The federal Food and Drug Administration has approved the marketing of mifeprax as a drug for ending pregnancies and doctors use that drug in combination with misoprostol, a treatment for stomach ulcers that is not labeled as an abortion-inducing drug.

North Dakota's law states that the use of any drug to cause an abortion must meet the "protocol tested and authorized" by the FDA and outlined on the drug's label. Proponents of the law say because misoprostol is not labeled as an abortion-inducing drug the law prohibits its use for that purpose. North Dakota law does not prohibit the "off-label" use of any other drug.

\*\*\*\*\*

# WOMEN AROUND THE WORLD

Almost half of all abortions performed globally are done so without trained clinical assistance. That's according to a new study by the **World Health Organization**.

Overall abortion rates have remained steady at 28 per 1,000 women a year. But the number of unsafe abortions rose significantly from 44% in 1995 to 49% in 2008. Unsafe abortion is one of the main contributors to maternal death and includes procedures outside hospitals, clinics and surgeries, or without qualified medical supervision.

The WHO also found that countries with restrictive abortion laws did not have any corresponding decrease in the number of abortions performed. In fact, usually the opposite was true, proving yet again that criminalizing abortion does not end abortion, it just unnecessarily risks women's lives.

Family planning saves lives, especially in the developing world. Whether it is legal or illegal women will seek and obtain abortions because they are a fundamental component of women's health care. It's time we recognize it as such.

[Read more...](#)

\*\*\*\*\*

## 50/50 LEADERSHIP NEWS

Congratulations to **Nayely Martinez**, Volunteer with 50/50 Leadership and a Senior at Westridge School. She was accepted at her first choice of colleges and will be in the Class of 2016 at Carleton College in Minnesota. Well done Nayely!

\*\*\*\*\*

## EVENTS

Tell us about events in YOUR area that we can post here.

**Friday, February 17<sup>th</sup>**

**6:30 – 8:30 pm**

**Appointments Training**

**Mona Pasquil, Appointments Secretary for Governor Brown**

NWPC California is hosting an appointments training in Altadena. This is a golden opportunity for training directly from the woman responsible for overseeing all of Gov. Brown's appointments to boards, commissions, taskforces and other advisory and decision-making bodies in our state.

Be a part of our State – Get involved – Find out how to apply.

Altadena Library

600 E Mariposa Street, Altadena

\$10

Registration: [www.nwppca.org](http://www.nwppca.org)

*Thanks to Monica Hubbard of Wired Women for letting us know about this training.*

\*\*\*\*\*

**Saturday, February 18<sup>th</sup>**

**10:00 am – 12 Noon**

**Huntington Library Womens Study Seminar Committee presents**

**Seeking Transcendence: Women's Spirituality as Liberatory Practice**

Huntington Library, 1151 Oxford Road, San Marino, CA 91101

**Free Admittance. No RSVP needed**

Registration: 9:30 – 10:00 a.m., Program: 10:00 a.m. – 12:00 p.m., Lunch: 12:00 p.m.

You are invited to bring lunch and join the speakers on the patio following the seminar.

**Attendees will receive complimentary admission to the grounds and museums.**

**Parking is free.**

**For panel and more information: <http://huntingtonwomensstudies.blogspot.com>**

\*\*\*\*\*

**Sunday, March 11**

**4<sup>th</sup> Annual Women of the World Awards**

**La Canada Flintridge Country Club**

**Information and Registration: [WomenoftheWorldAwards.eventbrite.com](http://WomenoftheWorldAwards.eventbrite.com)**

\*\*\*\*\*

**May 31 – June 2<sup>nd</sup>**  
**National Conference for College Women Student Leaders**  
University of Maryland, College Park  
**Leadership for Today and Tomorrow**  
Presented by  
AAUW and NASPA  
[More information here](#)  
[Register here:](#)

\*\*\*\*\*

## FINAL WORDS

*I will not die an unlived life.*  
*I will not live in fear of falling or catching fire.*  
*I choose to inhabit my days, to allow my living to open me,*  
*to make me less afraid, more accessible, to loosen my heart*  
*until it becomes a wing, a torch, a promise.*  
*I choose to risk my significance;*  
*to live so that which comes to me as seed,*  
*goes to the next as blossom*  
*and that which comes to me as blossom,*  
*goes on as fruit.*

— Dawna Markova Author of Open Mind