

# A VIEW FROM FEW

An organization for opportunity and equality for women in Government



January 2007

Space Coast Chapter, P.O. Box 21201, Kennedy Space Center, FL 32815

<http://www.ksc.nasa.gov/groups/few/>



## President's Message Sandy Eliason

I trust you all had a Happy New Years! I sure hope so, I must admit though, "I didn't even stay up to midnight." It seems like the start of a New Year is a good time to look back at your past and more importantly to look ahead to the coming year. It's a great time to reflect on the changes we want (or need). I'm not sure if I even made my new years resolution, but I am busy working on a goal.

Some of us the Space Coast Chapter members survived our first day coming back to work this year, while several of our friends retired. Our chapter took a big hit with six of our members retiring. "Congratulations" and "Best Wishes" goes out to Connie Dobrin, Becky Fasulo, Maxine Johnson, Jim Kennedy, Barb Powell and Marlene Satterthwaite. Hooray! You made it!!! I know you are all only an email or phone call away but right now it seems different for those of us who remain. You are missed.

Our Chapter has begun the year with our seminar meeting being held earlier this week. It's only a few weeks until the seminar. Come on out and help us plan the event. Our next schedule seminar/business meeting will be held on Jan. 23<sup>rd</sup> at Kelsey's, PSJ, right after work, around 4:30 p.m. Connie and her committee are doing a great job; they are completely devoted and dedicated to give you the best seminar ever. Don't be afraid to come on out and get involved, we won't let you fail. Space Coast is a great bunch of folks who continually produce worthy ideas!

I wish you all a great healthy, happy, and successful January and 2007.

***Sandy***

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## Sunshine Committee

Eva Coffman

**Happy Birthday!**

A special Happy Birthday to the following Chapter member(s):

**Michelle Lehr-Church - 1/1**

**Congratulations and Best Wishes** to the following on their NASA retirement:

Becky Fasulo   Connie Dobrin  
Jim Kennedy   Maxie Johnson  
Marlene Satterthwaite  
Barb Powell

Please notify me, 639-4881 or Becky Fasulo, 867-4436 or ([Rebecca.J.Fasulo@nasa.gov](mailto:Rebecca.J.Fasulo@nasa.gov)) with any information you have on members that have extended illnesses, hospital stays, or news that deserve recognition or congratulations.



## New Year's Safety Tips

Submitted by Vickie Hall

- 1. Never Get Into a Vehicle with Someone You Don't Know.** FBI Crime Stats show that your chances of surviving an attack once you get into a suspect's vehicle plummet. Do whatever it takes not to get into the car. Once inside the vehicle you are in the suspect's world and subject to unimaginable crimes. One FBI agent told me that even if she had a gun pointed at her head she would not comply. She would rather take her chances on the street than to get into a suspect's car.
- 2. Always Be Aware of Your Surroundings.** This can never be stressed enough. I am amazed at the women who wear head phones when walking outdoors. There is no way you can pay attention to what is going on around you while listening to

music. Save the headphones for the treadmill or stair climber at the gym.

- 3. Trust Your Intuition.** Intuition is knowledge. It is something that can't be explained. Many victims of crime state they felt something just wasn't right but gave no validity to their feelings. Trust your feelings!
- 4. Helmets Save Lives.** Make sure all members in your family wear a helmet while riding a bicycle or scooter. Place a sticker inside the helmet with the family member's name, address, and emergency contact. This information is important to medical personnel in the event of an emergency.
- 5. Always Wear Your Seat Belt.** Traffic crashes aren't "accidents." They are both predictable and preventable. The quickest, easiest, and most effective way to prevent traffic injuries and fatalities is to always wear a seat belt. No exceptions. Injuries sustained in motor vehicle collisions are the leading cause of death for people ages 6-27. Every year over 41,000 Americans die in collisions. Don't become a statistic. Remember to always buckle up.

**6. Just Say No!** Under no circumstances should you give any personal information about yourself over the phone--this includes credit card information, bank account information, and your social security number. Guard your identity very closely.

**7. Use Car Seats and Booster Seats Correctly.** Each year thousands of children are injured in vehicle crashes because they are not using carseats or booster seats properly. Parents who allow their children ages 4-8 years of age, to use a seat belt without the use of a belt positioning booster seat, are putting them in danger of serious injury. Injuries to the spinal cord and internal organs can be greatly reduced if children over the age of four years and forty pounds are placed in a booster seat. Boosters are purchased at the same store where you would buy an infant car seat. Please take the time to invest in one of the most important safety devices your child will ever use.

**8. Secure Your Home.** Is the front entrance of your house well lit? Use timer or sensor lights that illuminate the area around your house. Make sure the lights are installed

high enough so would-be burglars can't reach up and unscrew them. Steel security storm doors installed on the front of your doors are an added safety benefit. They allow a safety space between you and unknown visitors at your doorstep.

9. **Lock Your Doors.** Make it a habit to always lock your doors when driving in a vehicle. The same applies at home.

10. **Beware the Green Light.** A lot of motorists in this town run red lights. When driving through an intersection on the green light, take a moment and look at the traffic around you. Are they stopped? This safety tip may help to avoid a nasty collision.

## Environmental Corner Martha Carroll

### Environmental tip:

The EPA has decided to allow sewage sludge fertilizers on farms. Farmers and others are free to use this sludge despite the amount of dioxins it contains. Studies have shown that dioxin poses a cancer risk in humans. EPA spokeswoman, Lisa Harrison, is quoted as saying, "We're deciding not to regulate dioxin in land-applied sludge that farmers use." Harrison added that the agency will instead "encourage proper management" of the chemicals.

In 2001, an EPA scientific advisory committee prepared a report stating that dioxins cause cancer in laboratory animals and possibly in people. This pollutant is known to build up in the fatty tissues of animals. Dioxins can potentially affect milk, beef, and fish. Humans are exposed to them when they eat animal fats. Breast-fed and unborn infants are at risk if exposed to high levels of this carcinogen.

The Organic Foods Production Act (OFPA) was passed in 1990 and created the U.S. National Organic Standards. The USDA is authorized to enforce the OFPA. One of the regulations of this act prohibits the use of irradiation, sewage sludge, or genetically modified organisms in organic production. Regulations also prohibit antibiotics in organic meat and poultry; and require 100% organic feed for organic livestock. More at <http://www.ota.com>

All the more reason to eat and live organically...

## Cultural Diversity Muzette Fiander

**Cultural & Linguistic Diversity:** Cultural and Linguistic Diversity asserts that (1) everyone deserves the same opportunities to achieve quality of life, (2) discrimination based on a person's or family's culture, ethnicity, race, language, or other traits impairs those opportunities, and (3) responding to diversity in a positive way enhances those opportunities.

For more information and discussion on this topic, please go to <http://www.beachcenter.org/books/?act=view&type=General%20Topic&id=14>

## FEW Annual Training Program (ATP) Connie Dobrin

Time will be here before you know it. Our FEW team continues to be busy preparing for our 28<sup>th</sup> Annual Training Program to be held in Cocoa Beach, February 28<sup>th</sup> and repeated on March 1<sup>st</sup>, 2007.

The team met on January 9<sup>th</sup> and our next meeting will be January 23<sup>rd</sup> after the Chapter Business Meeting at Kelseys in Port St. John.

If you are not yet a member of our ATP Planning Team, please feel free to come and join us.

## Programs Marlene Satterthwaite

NEXT FEW MEETING:

WHAT: FEW BUSINESS MTG:

WHEN: TUESDAY - 1/23/07

WHERE: KELSEY'S (Port St. John)

TIME: SHOW UP ~ 4:30 - 5:00 pm

We look forward to seeing you at our monthly meetings and value all your inputs that keeps our Chapter running so smoothly.

An old Chinese proverb says...



**"You get sick by what you put in your mouth, but you can be hurt by what comes out of your mouth."**

## Membership Charmel Anderson

Soon it will be time to renew your FEW dues. So keep your eyes open for your renewal notice. Also, I encourage each of you to bring a friend to our next meeting and invite them to become a member of this dynamic group.

And as always if you have any questions concerning FEW or your membership in FEW, please do not hesitate to call me at 867-2938 or drop me an email Charmel.L.Anderson@nasa.gov.

## Differences Between Men and Women

Marriage: A woman marries a man expecting he will change, but he doesn't. A man marries a woman expecting that she won't change and she does.

## Government News & Legislation Arden Belt



### TALLAHASSEE, Fla. --

The laws cover everything from the serious, such as children's health care, to the silly, such as an official state pie, WESH 2 News reported.

Children whose parents make a little too much money to be eligible for the state KidCare program may now be able to get health insurance under a new law that expands eligibility. Parents will have to pay a bit more, but it will be much cheaper than private insurance.

Another new law seals the records on who has a concealed weapons permit in Florida.

Juvenile boot camps will be revamped and renamed "STAR" programs. They'll get more

money from the state and a more respect- and relationship-based, less-militaristic approach to rehabilitating young offenders.

Police said they'll get a break with a new law that takes away the "I didn't know it was stolen" excuse from drivers of stolen vehicles.

Lt. John Bagnardi said authorities have had to let many car thieves go because a judge bought the argument that the driver didn't know a car with a broken ignition was hot.

"Here's a car with a screwdriver that needs to start the car, where they might have thought something was amiss, and hopefully this law will address those stupidity issues, if you will," Bagnardi said.

Communities will now have the option of legally allowing dogs to dine with their owners in outdoor restaurants.

The state motto officially becomes "In God We Trust," even though it's been on the state seal since 1868.

And dessert-lovers now have an official pie to enjoy -- the key lime pie becomes the state pie of Florida.

### Telephone Tax Refund --

For more information about the IRS's telephone tax refund go to [http://www.irs.gov/newsroom/article/0,,id=161506\\_00.html](http://www.irs.gov/newsroom/article/0,,id=161506_00.html). then, <http://www.irs.gov/pub/irs-pdf/f8913.pdf> to download the form needed to apply for the refund.

### Another Tax Deduction --

Just before adjourning for the year, Congress renewed some important tax deductions that will save Floridians an estimated \$850 million annually. Included in this package is the state sales tax deduction that allows Florida residents to continue deducting state sales tax expenses through 2007. The bill was signed into law 12/21/06.

Just wanted to make sure you knew about this deduction, because it does not appear on the forms the Internal Revenue Service has already published for filing 2006 returns. Please use this [link to the IRS website](#) to access updated forms and

get additional information about how you can apply these tax credits and deductions on your 2006 federal tax return. You also can call the IRS help line toll free at 800-829-1040.

## **Business push to ease laws passed after Enron --**

### ***As memory of scandals fade they seek to undo corporate governance rules***

**AP** Associated Press

Updated: 11:03 p.m. CT Dec 1, 2006

WASHINGTON - The push by business interests for a softening of the laws enacted in response to the 2002 corporate scandals is advancing as an influential private group urges revisions in company accounting rules and reining in lawsuits against corporations.

The campaign has gained traction with Treasury Secretary Henry Paulson questioning whether regulations are hurting the competitiveness of U.S. financial markets by driving some companies away from them.

With the string of scandals that began with Enron Corp.'s collapse nearly five years ago fading further from memory, an array of companies and business leaders have been making the case that the laws and rules enacted amid the crisis are overly onerous and costly. Two groups — one formed by the U.S. Chamber of Commerce, the other a committee of business, legal and academic figures — have been drafting proposals touching on corporate governance rules, class-action lawsuits against companies and executives, criminal prosecution of companies by the government and other areas.

The Committee on Capital Markets Regulation, which describes itself as an independent group of business, legal, investor advocate and academic figures, is releasing a report Thursday billed as "a major study of how to improve the competitiveness of the U.S. public capital markets," with recommendations to policymakers and Congress for changes in laws and regulations.

Among them: easing of the rules for corporate financial controls that are a key part of the 2002 Sarbanes-Oxley anti-fraud law. In the last

few years, companies — especially smaller ones — have been complaining vocally and publicly about the costs of complying with the requirements for companies to file reports on the strength of their internal financial controls and to fix any problems.

The private-sector committee is headed by Glenn Hubbard, the dean of Columbia University's business school and a former economic adviser in the Bush administration, and John L. Thornton, chairman of the Brookings Institution think tank and a former Wall Street executive. Its mission won praise from Paulson, who said in a speech last week that "the right regulatory balance should marry high standards of integrity and accountability with a strong foundation for innovation, growth and competitiveness."

But New York Governor-elect Eliot Spitzer, who pursued major Wall Street investment firms and mutual fund companies as the state's attorney general, called the group's positions "tired old criticisms from people who have never come to grips with the fact that there were serious ethical lapses that needed to be remedied."

"Contrary to their claims, fighting fraud is good for business because it levels the playing field for honest corporations," Spitzer told The Associated Press Thursday.

The influential private-sector panel also is recommending tightening the legal standard the government must meet to charge companies with crimes, reducing the liability of auditors in shareholder lawsuits over accounting fraud and a shift to a financial regulatory system based on principles rather than rules.

Companies should be prosecuted for wrongdoing "but just do it in extreme circumstances where top-to-bottom you've got a bunch of crooks or incompetent people," Hal S. Scott, a professor at Harvard Law School and director of the Committee on Capital Markets Regulation, said in a telephone interview. At the same time, it makes sense for the government to go after miscreant company executives, he said.

Overall, Scott said, shareholder rights need to be enhanced while "the burdens of wasteful

regulation and legislation need to be decreased."

The Securities and Exchange Commission is planning to make some changes next month to the Sarbanes-Oxley internal-control rules that will reduce compliance costs for companies.

But Sen. Christopher Dodd, D-Conn., who will become chairman of the Senate Banking Committee in the new Congress, said recently he believed the rules' effect on competitiveness was exaggerated by the critics. "I'm not quite as convinced as others are that there's as big a problem associated with Sarbanes-Oxley as some have suggested," Dodd said.

And some observers, including Lynn Turner, a former SEC chief accountant, have warned against a major easing by the SEC of the rules — saying that would erode the investor protections in the 2002 law.

"We think these are critically important issues," said David Chavern, chief legal officer at the Chamber of Commerce, who is leading the lobbying organization's initiative. "The regulatory and legal constraints" pose a challenge to the financial markets and also can hurt investors, he said.

The Chamber, whose report will be released in February, has been waging a legal assault against what it views as excessive regulation since 2002, suing the Securities and Exchange Commission over rules and scoring several victories in high courts.

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New email addresses for some of our recent retirees:

Connie Dobrin [Mike-Connie@OleanderPointe.com](mailto:Mike-Connie@OleanderPointe.com)  
 Becky Fasulo [beckyjf@yahoo.com](mailto:beckyjf@yahoo.com)  
 Barb Powell [noahsark@cfl.rr.com](mailto:noahsark@cfl.rr.com)  
 Maxie Johnson [cjmjohnson@earthlink.net](mailto:cjmjohnson@earthlink.net)  
 Marlene Satterthwaite [mbsatt44@aol.com](mailto:mbsatt44@aol.com)

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## NASA NEWS Submitted by Vickie Hall

### A Bright Comet Is Coming

If you watch the morning or evening sky these days and have a clear view of the horizon, you will be able to spot a bright object with a prominent tail.

**Image right:**  
Comet McNaught from Hammerfest, Norway Jan. 6, 2007. Credit: Roger Johansen.



Instructions for viewing the comet in the morning from Spaceweather.com: At dawn, go outside and face east Using binoculars, scan the horizon The comet is located just south of due east.

Instructions for viewing the comet in the evening fromSpaceweather.com: At sunset, go outside and face west Using binoculars, scan the horizon The comet is located low and to the right of Venus A clear view of the horizon is essential.

The object is comet C/2006 P1 (Comet McNaught). It was discovered on August 7th, 2006 by the hugely successful comet discoverer Rob McNaught. At time of discovery, the comet was a very faint object, but the predicted perihelion distance (closest distance to the sun) of just 0.17 astronomical units (the average distance between the Earth and sun, about 150 million kilometers) indicated that the object has the potential to become very bright indeed. Nobody really knows just what this comet will look like at its closest point to the sun and that is where SOHO comes in! The LASCO instrument aboard SOHO has the ability to watch comets as they get extremely close to the sun. Fortunately for us, C/2006 P1 is going to pass right through the LASCO C3 field of view in less than a weeks' time! As soon as SOHO's cameras capture the comet, we will post images and further information to the [SOHO](http://www.nasa.gov/vision/universe/solarsystem/comet_mcnaught.html) website.

Information taken from the following website:  
[http://www.nasa.gov/vision/universe/solarsystem/comet\\_mcnaught.html](http://www.nasa.gov/vision/universe/solarsystem/comet_mcnaught.html)

## Community Outreach

### Sandra Gettter



What a busy few months we have had! First, thank you to all of you who served as points of contact, gathered the goods, helped deliver and also who gave items out of the goodness of your hearts to those in need this Christmas. On December 15th we delivered 400 Christmas Stockings and approximately 200 gift bags filled with personal items for children ages birth to 16. A donation of 150+ beanie babies (new) were given to the Sharing Center in Cocoa. Approximately 30 large gift bags were taken to the Hacienda Girls' Ranch. (There was a mistake in the wording of the Spaceport News. Only specific items went to the Hacienda Girls' Ranch). On this same day Aneta Ott and her elves were playing Santa Claus to our residents at Baxley Manor. We had over 50 residents that thanks to your kindness were able to have a good Christmas. Now the Yoplait Lid drive is also over. We mailed 2,004 lids to the Save a Lid, Save a Life Campaign.

Just a note to remind you that Friday, January 19<sup>th</sup> will be delivery day for Baxley Manor. Remember these folks are on food stamps and any help that you can give monetarily or otherwise will be greatly appreciated. The monetary contributions that you make are used to buy food and personal items for these residents. My mail code is NE-E8. Thanks so much for making a difference!!

Although Aneta continues to coordinate from off center and is present at each delivery, I am coordinating the contribution for Baxley Manor here on Center with the help of some other very kind ladies. Valarie Franklin in O&C 1020, Sandy Eliason in LCC 4P23, Jan Hall in the Logistics Building 2610A, and Carol Moore HQ 3490 can take your contributions and items. I am in EDL 203 and can coordinate a pick up from you if you call or email me.

Here is the list...suggestions of items needed.

#### Food Items

Small cans of vegetables & fruits

Jell-O & pudding snacks

Graham crackers, Saltine crackers

Any meat/meal in a can with the flip top lid

Lunch meats, tuna, Spam, chicken, Vienna

sausage, ham, deviled ham, Sardines, beef stew

#### Personal Items

Paper products: Q-tips, facial tissue & toilet tissue (packages of 4 rolls)

Toothbrush, toothpaste, mouthwash

Hand lotion, hair spray, mousse or gel, comb/brush

Razor, Nail files, clippers, Socks, stockings, earrings

Reading material such as books or magazines

Thanks again for your support of this worthy cause.

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## Western Hemisphere Travel Initiative Rule Outlines New Document Requirements for Air Travel

Earlier this week, the U.S. Department of Homeland Security (DHS) and U.S. Department of State announced the official requirement for citizens of the United States, Canada, Mexico, and Bermuda to present a passport to enter the United States when arriving by air from any part of the Western Hemisphere beginning January 23, 2007.

The travel document requirements make up the departments of State and Homeland Security's Western Hemisphere Travel Initiative (WHTI). This change in travel document requirements is the result of recommendations made by the 9/11 Commission, which Congress subsequently passed into law in the Intelligence Reform and Terrorism Prevention Act of 2004. The Western Hemisphere Travel Initiative requires all citizens of the United States, Canada, Mexico, and Bermuda to have a passport or other accepted document that establishes the bearer's identity and nationality to enter or re-enter the United States from within the Western Hemisphere. By limiting the types of documents presented will result in a more efficient border. There are more than 8,000 different state and local entities in the U.S., which issue birth Certificates and driver's licenses.

Currently, a CBP Officer needs to assess the authenticity of each birth certificate and

license, regardless of when or where it was issued. The challenge at the borders is how to assess individual travelers, based on the documents they present, without significantly slowing the processing time for admission into the United States.

CBP Officers intercepted more than 75,000 fraudulent documents in FY2005 and apprehended over 84,000 individuals at the ports of entry trying to cross the border with fraudulent claims of citizenship or documents.

The only acceptable alternative documents to a passport for air travel will be the Merchant Mariner Document (MMD) and the NEXUS Air card. The MMD or "z-card" is issued by the U.S. Coast Guard to U.S. merchant mariners and the NEXUS Air card is issued to citizens of Canada and the United States, lawful permanent residents of the United States and permanent residents of Canada who meet certain eligibility requirements. The NEXUS Air card may only be accepted when used in conjunction with the NEXUS Air program. The MMD card may only be accepted when used on official business by U.S.

Citizen Merchant Mariners. Members of the United States military, when traveling on official orders, may continue to present their military ID and orders for entry.

A separate proposed rule addressing land and sea travel will be published at a later date proposing specific requirements for travelers entering the United States through land and sea border crossings. As early as January 1, 2008, U.S. citizens traveling between the United States and Canada, Mexico, Central and South America, the Caribbean, and

Bermuda by land or sea will be required to present a valid U.S. passport or other documents as determined by the Department of Homeland Security. While recent legislative changes permit a later deadline, the Departments of State and Homeland Security are working to meet all requirements as soon as possible. Ample advance notice will be provided to enable the public to obtain acceptable documents for land and sea entries.

Those wishing to view the final rule may visit [www.dhs.gov](http://www.dhs.gov) or [travel.state.gov](http://travel.state.gov). The rule was published in the Federal Register on Friday,

November 24, 2006, where it can be viewed at [www.regulations.gov](http://www.regulations.gov).

For Immediate Release / Office of the Press Secretary Contact: (202) 282-8010

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## GOOD FACTS TO KNOW

### A cheap miracle--Peroxide

Most of us have used this product for years for certain things. The health benefits of peroxide. This was written by Becky Ransey of Indiana. "I would like to tell you of the benefits of that plain little old bottle of 3% peroxide you can get for under \$1.00 at any drug store. My husband has been in the medical field for over 36 years, and most doctors don't tell you about peroxide, or they would lose thousands of dollars."

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I do it when I bathe ) No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash. How can you do this without swallowing this?) (small print says mouth wash and gargle right on the bottle)
2. Let your toothbrushes soak in a cup of "Peroxide" to keep them free of germs.
3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. I had fungus on my feet for years - until I sprayed a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to ten minutes several times a day. My husband has seen gangrene that would not heal with any medicine, but was healed by soaking in peroxide.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every



bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.

8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose into a tissue.

9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.

10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, faddish, or dirty blonde. It also lightens gradually so it's not a drastic change.

11. Put half a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.

12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, Pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. I use peroxide to clean my mirrors with, and there is no smearing which is why I love it so much for this.

I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I'm glad there's a way to save tons of money in such a simple, healthy manner.

### Thought of the day

If you look like your passport picture, you probably need the trip.



## For Your Health

Submitted by Muzette Fiander

### **Not-So-Healthy 'Health' Foods** Some foods you think are good for you may not be all they seem

By Colette Bouchez

WebMD Weight Loss Clinic - Feature

No cholesterol, no trans fat, no added sugar, multigrain, all natural, organic? These are just some of the phrases that seem to shout "healthy food" from the labels of our favorite brands. But, experts say, unhealthy choices lurk among even the most healthy-seeming foods. "Many people assume that if something has a healthy buzzword on the label, or even that if it's sold in a health food store, that it's automatically a healthy food, but that is not always the case," says Samantha Heller, MS, RD, senior clinical nutritionist at New York University School of Medicine. A case in point, she says, is granola. "Granola got a reputation as a health food in the 1960s, because it was in fact, healthier than the heavily sugared, frosted cereals that were being sold," Heller tells WebMD. "But by today's standards, in terms of fats and just sheer calories, granola is not your healthiest choice."

The same is true of most cereal bars, as well as many energy bars and drinks, experts say.

"I think one of the biggest misconceptions people have about healthy eating is in thinking these so-called cereal or energy bars and drinks are a good choice, and most are definitely not," says Lona Sandon, MEd, RD, a spokeswoman for the American Dietetic Association. While they may contain a miniscule amount of vitamins, and sometimes even potentially helpful herbs, Sandon says most are so loaded with sugar and fat that the bad outweighs the good. "In many instances, you may as well eat a candy bar for all the nutrition you are getting from these products," Sandon tells WebMD.

Nutritionist Miriam Pappo Klein, MS, RD, agrees: "The high energy in many of these products comes from the fact that they are loaded with calories. There's no magic here; it's just high fat and high sugar," says Klein, a clinical nutrition manager at Montefiore Medical Center in the Bronx, N.Y.

### Hidden Diet Hazards

A bowl of whole-wheat cereal; a turkey burger; banana chips; a "healthy" frozen dinner; a handful of peanuts. On the surface, that seems like a pretty healthy menu for the day. But nutritionists say hidden nutritional dangers can be lurking even in these seemingly healthy foods. "The breakfast cereals and

frozen dinners can be loaded with sodium and sugar, the turkey burger loaded with fat, and peanuts coated with honey and sugar," says Sandon. "It's very easy to make otherwise healthy foods unhealthy."

For example, the advocacy group Center for Science in the Public Interest (CSPI) recently found that a popular brand of banana chips not only had added sugar, but were deep-fried in saturated oil, giving them 8 grams of fat per serving -- about the same as a fast-food burger. While even marginally health-conscious shoppers know that packaged lunch meats and canned soups can be laden with sodium, how many of us would think to check the label on our breakfast cereal? Some cereals, Heller says, contain as much as 500 milligrams of sodium per serving. Equally surprising is how much fat, sugar, or sodium may be lurking in your turkey meal. "Some ground turkey can have a higher percentage of fat than extra-lean ground beef," says Sandon, while many raw turkey breasts are injected with "flavor enhancers," which loads them with sugar and salt. "Come Thanksgiving, you should definitely read those turkey labels as well as asking your butcher for fat content on all ground meats before you buy," she says.

### Label Me Confused

Of course, reading labels is important whenever you're trying to make healthy food choices. But if you're only reading the front of the package, you could still get into trouble. According to the CSPI, a good example of why this is true can be found in certain brands of "enhanced water" (water with added vitamins and herbs). According to CSPI research, at least some of these brands also add sugar -- taking a glass of water from zero calories to 125 calories. Another healthy dose of confusion, say experts, can come from some foods labeled "light," "all natural," or even "organic."

"Most people don't realize that 'light' olive oil, for example, isn't lower in calories or fat -- it's just lighter in color and taste," says Klein. Potato chips labeled "all natural" she says, are nothing more than potato chips without the preservatives; they're still loaded with fat and sodium.

Many manufacturers use the front label to tout a product's most healthy attributes. Unfortunately, that doesn't always mean the food is a healthy choice. For example, consider products that boast "no cholesterol." "At first glance you think, 'Wow, this has no cholesterol, it must be good for me,'" says Klein. "But unless you stop to read the back label, you might not realize that it could also be loaded with fat, steeped in sodium or sugar, and generally high in calories, and not very good for you at all."

Klein tells WebMD it also easy to jump to the wrong conclusion about foods labeled "low fat," many of which are high in both sugar and calories. Another potential deceiver: Foods labeled "multigrain" or "seven grain." "Multigrain or seven grain does not mean whole grain, so you're not getting the fiber you think you are," Klein says. Unless the label says "whole grain," it's not the healthiest choice, she says.

### Too Much Of a Good Thing?

Labels that tout their products as "trans fat-free" may also lead us astray, experts say. "The issue here is that any food in which a single serving contains less than 0.5 grams of trans fat is entitled to be called trans fat-free," says Heller, "but if you eat enough of those foods in a given day, you are in real danger of hitting a truly unhealthy level of this ingredient."

While no one has even established an upper limit for unhealthy trans fats in our diets, the general thinking is that anything over 2 grams a day is cause for alarm. And just four servings of a "trans fat-free" food containing 0.5 grams can get you to that limit.

The way to get around it says Heller, is to look for "hydrogenated" or "partially hydrogenated" oils in the ingredient list -- a sign that a product contains some trans fat, regardless of what's on the front label.

Even if your food choice is a totally healthy one, sometimes Sandon says there can be simply "too much of a good thing." She cites fruit juices as an example. "If you're drinking 100% orange juice, you think you're doing something great for your body by getting a lot of vitamin C, but your body can only absorb so much and beyond that you're just loading up on excess calories," says Sandon.

### 10 Foods That Can Fool You

While good food choices may vary from person to person, the experts we talked to help compile a list of some of the potentially unhealthiest "healthy" foods. Of course, in each category there are most likely some individual products that are good. Always check labels to find the best of the lot.

**Packaged cereals.** Check for excess sugar and sodium, and a lack of fiber.

**Multigrain or seven-grain products.** Unless the label says "whole grain," you're not getting full benefits.

**Deli foods.** Even "fresh" turkey or chicken breast can be loaded with sodium, while salads are frequently made with high-fat mayonnaise and other unhealthy oils.

**High-energy bars and drinks.** In many instances, the "high energy" claims come from the high level of calories -- most from sugar and fat.

**Cereal bars.** Many contain no fiber, lots of sugar, and substantial fat.

**Low-fat or no-fat dairy products that replace fat with fillers.** Fillers can jack up carbohydrate loads and increase sugar content, which can be a problem for some folks.

**Granola bars or cereal.** Many contain saturated fats (from ingredients like coconut), sodium as a preservative, and lots of sugar.

**Trail mix.** Containing things like chocolate chips and sugared fruit, most types weigh in at whopping 190 calories for a couple of ounces, and won't keep you full for very long.

**"Trans fat-free" cookies, crackers, snack chips, and baked goods.** Check portion sizes and look for hydrogenated oils on the ingredient panel.

**Soy milk, chocolate-covered soy nuts, soy bars.** The buzzword here is soy, which can indeed be healthy. But many of these products also contain lots of sugar and fat.

If you want to ensure you're eating healthfully, don't just read the front product label. Flip it over and read both the ingredient list and the nutrition label, and pay attention to serving size. Then prioritize each food according to your own health concerns. Says Klein: "There is no one perfect 'health' food for every person, so look for the foods that have the most benefits for your specific health concerns."

Loss or damage to items can be reimbursed through the system.

Donations can be sent to:

Walter Reed Army Medical Center  
Medical Family Assistance Center  
Bldg. 2, 3rd Floor, Room 3E01  
6900 Georgia Ave, N.W.  
Washington, D.C. 20307-5001

More information on the donation programs and the medical center can be found at:  
<http://wramc.army.mil/Soldiers/MedFac1/index2.htm>

### Trivia Question

What are the three types of columns found in Greek architecture?

Answer can be found on last page of Newsletter.

## Support Our Troops Submitted by Becky Fasulo

Officials at Walter Reed Army Medical Center are seeking donations for wounded troops who are forced to leave behind personal belongings when medically evacuated from war zones.

Many of the troops "arrive with nothing," said officials from the hospital's Family Assistance Center. Because of the speed with which the most serious wounded are evacuated from Iraq or Afghanistan, their belongings are often left behind and don't catch up.

So the center is looking for everything from shoes, gloves and winter jackets to postage stamps, prepaid phone cards and razors.

The Family Assistance Center requests that no cash or used items be donated. Among some of the more specialized needs are weightlifting gloves (for use by wheelchair patients); trousers with snaps or zips along the legs; umbrellas; and prepaid gas or grocery cards.

The center also helps patients file claims for personal belongings that were left behind during a medical evacuation.

## Scholarship Information Taken From Southeast Regional Newsletter

**Martha Lyle Scholarship** - The Southeast Region is now accepting applications for the Martha Lyle Scholarship to attend the SE Regional Training Program, March 15-16, 2007 in Louisville, Kentucky.

This scholarship was established in honor and memory of Martha Lyle who was a life time member of FEW, served at various positions at the Oak Ridge Chapter level (including President), and was Regional Manager for the Southeast Region in 1984-1986. Martha ran for National President in 1991 but had been diagnosed with breast cancer at that time. She was defeated by Jean Christiansen. After a valiant fight with continued dedication to FEW, Martha passed away later in 1991 and left a legacy of leadership and devotion to the Oak Ridge Chapter, the Southeast Region, and FEW as an organization.

Each year the Southeast Region presents a scholarship for actual expenses up to \$1,000 to attend the Regional Training Program.

Applicants for this scholarship must meet the following criteria:

- Be a member of FEW for at least 2 years
- Be an active member participating in meetings and programs
- During the past 2 years, served as an officer, committee chair or active member
- Be involved in self-improvement and community activities
- Support the goals of FEW and FWP
- Not a member of the current RTP host chapter

To obtain additional information or an application form, contact your chapter president or the Southeast Regional Manager, Anne Ramsey at [anneramsey@bellsouth.net](mailto:anneramsey@bellsouth.net). Deadline to receive applications is 1 March 2007.

**FEW Foundation for Education and Training Announces 2007 Academic Scholarship Program** - Patricia Wolfe, President of the FEW Foundation for Education and Training proudly announces that the Foundation is accepting applications for one full four year-scholarship in the science and technology career fields with Grantham University, a 100% online university based in Kansas City, Missouri. The scholarship includes all books and software for the completely online academic program.  
([www.grantham.edu/few.htm](http://www.grantham.edu/few.htm))

The Foundation's Scholarship Program was established to assist members of Federally Employed Women (FEW) and their immediate families who are looking to further their academic goals. FEW recognizes the value of a quality education and is committed to assisting members and their families in reaching their goals. While the intent of the Foundation is to award the full four-year scholarship to one individual, the Foundation reserves the right to divide the scholarship if it determines that it may better meet the needs of the individual(s) applying for the scholarship.

Applications must be postmarked by March 19, 2007. Scholarship recipient(s) will be notified by May 1, 2007. For additional information, you may contact:

- Patricia Wolfe at (202) 447-5573 or email: [wolfepatriciam@aol.com](mailto:wolfepatriciam@aol.com)
- Connie Stenlund at [csflowerboutique@yahoo.com](mailto:csflowerboutique@yahoo.com)

- Dawn Nester at (603) 594-1110; Fax (603) 594-1119; or email: [histrylady@yahoo.com](mailto:histrylady@yahoo.com)
- Melinda Hendrix at (812) 854-5418; or email: [ericblmfld@aol.com](mailto:ericblmfld@aol.com)

**The United States Department of Agriculture (USDA) Public Service Leaders Scholarship Program** - provides combined scholarship and internship opportunities to undergraduate and graduate students leading to permanent employment upon completion of their degree. The program is designed to promote public service and create access to higher education. The scholarship program offers full tuition scholarships, paid internships, career development, leadership training and personal use of computer. Applications will be available in January, 2007. Apply online at [www.usdascholarships.com/applications/](http://www.usdascholarships.com/applications/).

**FEEA Scholarship Applications now available** - The Federal Employee Education & Assistance Fund is pleased to announce applications for its 2007-08 scholarship program are now available. Eligible applicants are civilian federal and postal employees with at least three years of service, and their dependents. Dependent applicants must be full-time students in an accredited degree program and must have a cumulative GPA of 3.0 or higher. Employee applicants must meet the same academic criteria, however they may be part-time students. Additional qualifications are discussed on FEEA's web site [www.feea.org/scholarships.html](http://www.feea.org/scholarships.html). A downloadable version of the application is also available on the web site.



### **Member Spotlight** **Submitted by Clara Anderson**

As most of you know, my mother **Mavis Honeycutt Timmons** is one of our members. I signed her up as a Chapter member 12/1/1997 as we had just moved her from Texas to Florida to be near to me and I felt she needed to be with other people than the "older" group at Courtenay Springs.

Mavis was born in Starks, Louisiana (Calcasieu Parrish) to Gus and Clara Belle Honeycutt - she was the 4th of 8 children. At that time they had the only telephone in town. Her mom Clara was the postmistress and Mavis worked for the Department of the Navy as a PBX operator during World War II (for you youngsters, that's a telephone switchboard - much like Lilly Tomlin portrays with the headset and all - remember 1 ringy dingy??). So you can see I come from a long line of civil servants.

After she married Don Timmons - a swabbie from Nebraska who worked the late shift with her at the Naval Shipyard in Orange, Texas, they flew to Santa Cruz, California to start their new life. Don and Mavis co-owned a sandwich shop on the Boardwalk in Santa Cruz. They were shopkeepers for about 6 years then Don went back into the Navy and they proceeded to move all over the lower 48 as it was known then and Hawaii and Alaska - Hawaii was not a state at the time we lived there. Mavis was mostly a stay at home mom. She participated in all her kids' activities, Brownies, Girl Scouts, Cub Scouts, Boy Scouts - all the scouts, she took us to and from swimming lessons and she was our coach for our bowling leagues (not much out door activities in Alaska and we all became darn good bowlers).

Mavis has 4 grandchildren - I have a girl and boy and my brother George has a boy and girl. She has 8 great grand children. I have 2 girls and 2 boys and my brother has 3 girls and one boy - only 1 Timmons so far to carry on the name. As most of you know, mom loves to play bingo and some weeks she plays 3 different locations. We played lots and lots of cut throat pinochle as I was growing up, now we play 99. She is an avid reader and would rather read than eat or sleep.

Mavis loves to be with the members of our chapter in all "food functions." She often tells me

and anyone else who will listen what a great group of women are in our Chapter and how wonderful you all are and truly looks forward to seeing everyone at our meetings. She also never misses our card games and has turned into quite the card shark. She would never sit down and write this all up, but I wanted to let you know a little bit about her. She has helped at some of our ATPs as a hostess or helped with registration, but she won't ever hold a committee chair or office in our chapter, but really enjoys the sisterhood and she holds your friendships most dear.

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**Got an IDEA?? --**  
**Looking for some NEW Program Topics**

Do you have any topic suggestions or contact information - presenter names/phone numbers for future FEW SPACE COAST PROGRAM MEETINGS. Long-Term Care, Investing for Women, Diversity, Cap-Wiz, etc. are a few that have been suggested.

Please send your suggestions to Marlene Satterthwaite @ [Marlene.E.Satterthwaite@nasa.gov](mailto:Marlene.E.Satterthwaite@nasa.gov)

### Calendar of Events

#### January

- 9 ATP Meeting @ Kelsey's PSJ
- 19 Baxley Manor Delivery Day
- 23 Business & ATP Mtg @ Kelsey's PSJ

#### February

- 15 Delta II Launch
- 27 Stuff folders for Seminar Holiday Inn, CB
- 28 ATP - Day 1

#### March

- 1 ATP - Day 2
- 10 KSC All-American Picnic at KARS Park
- 16 STS-117 Launch



**Newsletter  
Vickie Hall**

This monthly publication is a means of sharing information and ideas with members and friends. Please send your news articles or items of interest for this Newsletter to Vickie Hall, IT-D1, or e-mail at [Vickie.C.Hall@nasa.gov](mailto:Vickie.C.Hall@nasa.gov). If you are interested in joining this vital organization, a Membership Application is attached.

**FEW's Mission Statement**

Federally Employed Women (FEW) is a membership organization working for the elimination of sexual

harassment and the advancement of women in government. This will be accomplished by:

- encouraging diversity and equity in the workplace
- enhancing career opportunities for women
- establishing and maintaining relationships with organizations to advocate the fair application of EEO and personnel laws, policies, procedures, and practices
- improving the quality of life for women by influencing Congressional and Administration actions
- committing to achieve and maintain a unified and diverse membership; and
- providing opportunities for professional growth through leadership development, education, mentoring, and networking.

The FEW mission and purpose statement was revised to recognize that the mission of an organization is its driving force, and that FEW's mission needed to be consistent with the needs of federal women today on into the 21st century.

**SPACE COAST CHAPTER, FEW  
2006- 2008  
Officers and Committees**

**Chapter**

- President
- VP for Programs
- VP for Membership
- Treasurer
- Secretary
- Nominations Officer
- Imm. Past President
- Compliance
- Diversity
- Legislative
- Annual Trng Program
- Finance
- Scholarships
- Newsletter Editor
- Parliamentarian
- Environmental
- Community Outreach
- Sunshine
- Historian
- Webmaster

- Sandy Eliason
- Marlene Satterthwaite
- Chamel Anderson
- Johanna Velasquez
- Barbara Powell
- Jean Grenville
- Dawn Partlow
- Becky Fasulo
- Muzette Fiander
- Arden Belt
- Connie Dobrin
- Clara Anderson
- Aneta Ott
- Vickie Hall
- Carolyn Burnham
- Martha Carroll
- Sandra Getter
- Eva Coffman
- Ana Contreras
- Debbie Ward

**Regional**

- Nominations
- Compliance

- Jean Grenville
- Vickie Hall

**National**

- VP for Mbrship & Chapters
- Bylaws & Resolutions

- Becky Fasulo
- Karin Biega

Trivia answer: DORIC, IONIC, CORINTHIAN

**MEMBERSHIP APPLICATION  
FEDERALLY EMPLOYED WOMEN**  
P. O. BOX 75551  
BALTIMORE, MD 21275

**Membership ID**  
**Month/Year Joined** \_\_\_\_\_ /2006

**LAST NAME** \_\_\_\_\_ **FIRST NAME** \_\_\_\_\_ **MI** \_\_\_\_\_

**ADDRESS 1**  
\_\_\_\_\_

**ADDRESS 2**  
\_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP CODE + 4** \_\_\_\_\_

**OFFICE PHONE:** \_\_\_\_\_ **HOME PHONE:** \_\_\_\_\_

**FAX:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**GRADE (check)**

- GS-1-4
- GS 5-8
- GS 9-12
- GS 13-15
- SES
- WG
- Military
- Other

**FWP/EEO (check)**

- FWP Full-Time
- FWP Part-Time
- EEO
- Other FWP/EEO

**DEMOGRAPHICS**

SEX (M/F) \_\_\_\_\_  
 RACE: \_\_\_\_\_  
 YEARS OF SERVICE: \_\_\_\_\_  
 RETIRED (Y/N): \_\_\_\_\_

**ABOUT THE ORGANIZATION**

FEW is comprised of chapters throughout the world. Membership is open to all Federal and DC Government employees (regular members) and to any other person supporting the goals and objectives of FEW (associate members). More information about the organization is posted on the FEW web site: <http://www.few.org>

National membership dues are \$25.00 for chapter members, and \$35.00 for members-at-large (no chapter affiliation). Chapter dues are established by each chapter and payable in addition to national dues. Eligibility for chapter members is contingent upon national membership. National lifetime membership is a one-time fee of \$250.00. Chapters may set their own lifetime fee.

Membership Dues are prorated. Month chosen must match "month/year joined" above.

<input type="checkbox"/> March	\$25.00	<input type="checkbox"/> September	\$12.00		
<input type="checkbox"/> April	\$23.00	<input type="checkbox"/> October	\$10.00	Total National	\$ _____
<input type="checkbox"/> May	\$21.00	<input type="checkbox"/> November	\$ 8.00		
<input type="checkbox"/> June	\$19.00	<input type="checkbox"/> December	\$ 6.00	Total for Chapter	\$ <u>5.00</u>
<input type="checkbox"/> July	\$17.00	<input type="checkbox"/> January	\$ 4.00		
<input type="checkbox"/> August	\$15.00	<input type="checkbox"/> February	\$ 2.00	Check Amount	\$ _____

- I wish to join the Space Coast (009) Chapter as a member.
- I wish to join as a Member-at-large (prorated amount from above + \$10.00 enclosed).
- I wish to join as a Lifetime Member. Payment of (\$250.00) is enclosed.

**\*\*Chapter Info Only\*\***

**Mail Code:** \_\_\_\_\_

**Birthday (MM/DD):** \_\_\_\_\_