

AAUW Community Action Grant

## HLP: Healthy Lifestyles Program

By Capri G. Foy, Winston-Salem Branch Project Director

The Healthy Lifestyles Program (HLP), funded by a two-year AAUW Community Action Grant awarded to the Winston-Salem Branch, provides intervention that embeds math and science instruction within a physical activity and nutritional education program. It seeks to improve health-promoting behaviors, as well as math and science skills and interest.

- Target group: 100 African American and Hispanic American girls, 12-14 years, from the Salvation Army Boys' and Girls' Club of Winston-Salem.
- Year One (7/2005-2006): Start-up and planning procedures, such as developing intervention materials, and hiring an interventionist.
- Year Two (7/2006-2007): Implementation and evaluation of the program, as well as data cleaning and dissemination of findings.

### Well-planned strategy

- April 17-June 2, 25 girls recruited into a six-week pilot program to determine feasibility.
- Beginning in August: Recruit at least two more groups of 30-35 girls.
- Participants meet in one-hour sessions, twice weekly for two months – a physical activity or nutrition concept will be introduced and discussed. Participants will be given in-class practice that involves math and science skills, as well as at-home assignments.
- As the girls' confidence grows, more complex physical activity/nutrition and math/science concepts will be introduced.
- Ultimate goal: An enjoyable intervention that can be developed into an independent, long-term program.
- Project team includes Winston-Salem Branch members: Capri G. Foy, project director; Vanessa Duren-Winfield, project co-director); Ellen Morris, Judythe Atkinson, and Lois Ward. Sylvia Adams, director, Girls' Club of the Salvation Army of Winston-Salem, project team member/partner, has offered the use of the Girls' Club. Tiffany Conrad-Fuller is the senior interventionist. A full report about the program at will be presented at the 2007 Convention!

### Educational Foundation grants/fellowships

Applications for 2007-2008 are available. Please refer to each program for application details, eligibility requirements, and deadlines. To order multiple copies of the Educational Foundation fellowships brochure with program descriptions, e-mail [aauw@act.org](mailto:aauw@act.org); call 319-337-1716 ext 60; or write to the customer service center at AAUW Educational Foundation, Dept. 60, 301 ACT Drive, Iowa City IA 52243-4030. Questions about applications **MUST** be directed to the Iowa City office – NOT the AAUW Educational Foundation office in Washington, D.C. or local branches.



## Book Sale Earns Big Bucks

By Jenny Pierce and Carole Pohl, Brevard Branch

The AAUW Brevard Branch fundraiser has a theme: 'So Many Books, So Little Time.' The annual used-book sale raises money for scholarships for women and girls (locally and nationally). This year's gross sales were over \$31,000, with very few expenses.

The sale is a true community effort because many individuals join with branch members to support the event. Here's how it happens!

- **January:** A strong marketing effort announces that yellow boxes are placed around town to collect book donations the community.
- **January-June:** Branch members pick-up books from the yellow boxes, transport them to a warehouse, price them, and sort them into 20 different fiction and non-fiction categories. More than 1,000 boxes were ready for the start of the sale this year!
- **Moving Day:** One week before the sale, spouses, family, and friends assist branch members in moving the books to the Brevard College sale site.
- **Getting Ready:** Work continues through the week, as the books are placed on tables, according to categories, including 'Bargain Books.'
- **Book Sale:** Always held over a three-four day period of the July 4 holiday, resulting in many 'repeat attendees.'
- **Success:** Jenny Pierce, Pam Winstead, and Carole Pohl, coordinators, say, "The sale activities and goal of raising the scholarship funds unite branch members by encouraging camaraderie and a sense of accomplishment. Their team effort and the community's support make this a worthwhile event for any branch to consider."

## Tryon Area Branch educates voters

By Barie Anderson Baker, Tryon Area Branch President

The AAUW Tryon Area Branch began producing non-partisan Voter Guides in 1998. This year, as they produce their fifth guide, they have contacted all Polk County candidates for commissioner who are on the ballot. Polk County newspapers, *The Tryon Daily Bulletin* and the *Polk County News Journal*, will print and distribute the guides in their newspapers at no cost to the branch. Barie Baker and Donna Radich led the effort.

The branch will hold a candidate's forum at the Polk County Courthouse in October, again, with those running for the county commission. Anna Pack Conner, past-president of the branch, is the moderator.

### International Notes

- AAUW has not paid its 2005 or 2006 dues to International Federation of University Women. If dues remain unpaid through 2007, IFUW will drop AAUW from its list of member organizations. Anyone with concerns about this complicated issue is asked to contact Nancy Shoemaker for more information.
- **Imagining Ourselves** – celebrating young women around the world – [www.aauw.org/international\\_corner/index.cfm](http://www.aauw.org/international_corner/index.cfm)

## Branches use the new AAUW NC web system!

<http://jacksonville.aauwnc.org>

The newsletter editor posts their e-newsletters at the state news site, <http://news.aauwnc.org>. When someone goes to the "branch website" they see the newsletters and other state news posts that reference Jacksonville. They are a click away from AAUW NC and AAUW news. Posts can include pictures and other attachments.

<http://asheville.aauwnc.org>

Asheville (shown at left) has a more complex site with pages (e.g., officer listing, branch calendar), as well as posts. They are linked to the AAUW NC system, so state news shows up automatically – with no additional work on the part of the branch web manager. They are just starting to add their e-newsletters to the site and plan other changes and updates soon.

Both of these kinds of systems are being provided by AAUW NC at no charge to the branches for this trial period. We don't expect to ever charge more than a nominal fee, and then only for the second kind of site. No special software is required for those who are maintaining these sites. Contact Nancy Shoemaker ([page 10](mailto:page10)) for more information.