
AWIS-PHL News



January 2004

President's Update

Nancy Rawson, President

On behalf of the AWIS-Philadelphia Board I would like to wish you all a very Happy New Year!

I am happy to report that attendance at our Fall events was impressive and I am sure the programs we have planned for you in the coming months will be equally tempting! We especially appreciate the participation of the Penn Women in Science group led by Kelly George, who organized a very enjoyable November meeting with Dr. Madeleine Jouillie. Hosting a meeting can be a great way to publicize your institution or lab group, and it is not necessary that you identify the speaker – we often have more speakers than slots, so please contact us if you would like to be considered as a meeting site in the future! Our Fall events also featured a very successful workshop for college students hosted by Drexel University. This workshop was a rewarding experience for both students and mentors, and is described in the accompanying article.

Our Spring events are described below and include a diversity of topics, starting off with a forum on Alternative Medical Therapies (Feb. 17). We will hear from a career consultant (March) and find out the results of a longitudinal study on female graduate students (April). Our annual awards banquet and presentation by our Bingham Award winner will be in May. I urge you to consider nominating a mentor who has made a significant contribution to promoting women in science. This is a great opportunity to say 'thank you' to someone who has made a positive impact on your life and the lives of other women scientists! All that is needed is a nominating letter and CV sent to me (president@awisphl.org) by March 1st!

Since we are on the topic of nominations, I also urge you to consider a more active role in AWIS-PHL! As much as any of you, I am faced with the need to balance many obligations and generally feeling there are just not enough days in the week! So - what are the rewards of adding a role in the AWIS-PHL organization to your plate? In spite of my many projects, I have found the role of President to be both rewarding and enjoyable. It has provided a welcome change from the daily routine in a way that

makes me feel like I have given something back to the community and to myself. It is also a good way to develop your leadership, organizational and delegating skills! You may nominate yourself or another individual simply by contacting Suzanne McCahan (president_elect@awisphl.org) by March 15th.

We often get requests from schools or individual students for various kinds of mentoring or outreach presentations. To address this need, we are considering developing a mentoring database where members could register and specify areas of expertise or interest. When an inquiry was received, we could then direct them to individuals with appropriate backgrounds. The list would not be available to the public – only through a member. This would prevent those who preferred not to be contacted from getting unnecessary email, and help those who have need of advice or outreach get connected with appropriate mentors. If anyone has suggestions or would like to help implement this program, please contact Angela Steele (past_president@awisphl.org) or any of the board members.

We have also been selected to host the summer meeting of the National AWIS Board in late June. This meeting will include a reception so that members can learn more about the current and future plans of the National organization. It will be a great opportunity to meet and exchange ideas with the board members, and we plan to invite members from the surrounding local AWIS chapters as well.

We look forward to meeting you at the coming events and, as always, encourage you to participate and share your ideas and suggestions.

All good wishes for 2004!

Web Address - Webmaster

Our webmaster is Becky Pearson. She can be contacted at webmaster@awisphl.org. We can be found on the web at the URL below.

AWIS on the Web

AWIS-PHL: <http://www.awisphl.org/>
National AWIS: <http://www.awis.org/>

AWIS-PHL Events for Winter/Spring 2004

February 17 - "Alternate Therapies Discussion"
- Panelists will describe/demonstrate their unique approaches to therapy and discuss the pros and cons; Donna Price, Chinese Healing Arts, T'ai Chi Therapist; Joanna Mell, Harpist, Music Therapist; Linda Ciccantelli, Magee Rehabilitation Center, Plant Therapist; Animal Therapist, to be announced. Philadelphia College of Osteopathic Medicine. RSVPs now being accepted until Feb 9, 2004.

March (date to be announced) - "How do you know where you're going if you don't know who you are?" - Jalma Marcus will speak on personal and career development. Swarthmore College

April 12 - Valerie Kuck will discuss her long term study on female graduate students - what are they doing 10 years after obtaining their degrees. University of the Sciences in Philadelphia.

May (date to be announced) - This years winner of the AWIS-PHL's Elizabeth Bingham Award will speak on her career and mentoring activities. Arcadia University. AWIS-PHL is currently accepting nominations for this award (deadline is March 1, 2004).

HEADLINES

We need your input!

Call for Nominations for Chapter Officers
Anyone wishing to nominate someone, or be nominated, for a position on the AWIS-PHL Board for 2004-2005 please contact Dr. Suzanne McCahan by email <president_elect@awisphl.org> or phone at 302-651-6817. The deadline for nominations is March 15, 2004.

Briefly, the duties of each officer are:
President-Elect (first year-coordinate elections, second year-President, third year-Past President, travel awards)
Vice-President (one year term) - coordinate meeting programs for the chapter

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Secretary (one year term) - coordinate all mailings for chapter (meeting announcements, newsletters, etc.)

Treasurer (one year term) - coordinate finances for chapter (chapter bills, membership dues, etc.)

Call for Nominations for the 2004 Elizabeth Bingham Award

Think back on your career, no matter how long or short it has been. Has there been someone who has had a great impact on your career as a role model, or as a mentor? Was there someone who helped you and others select or advance in your careers or who was willing to listen to your problems and give you support when needed? If so, you now have an opportunity to recognize that person's contribution.

AWIS-PHL is now accepting nominations for our Elizabeth Bingham Award. This award is given to a distinguished scientist who has significantly influenced the advancement of women in science. An engraved plaque is presented to the winner at our May awards banquet. Nominating letters, accompanied by a brief biography (no set format for nominations) are due by March 1, 2004, to Nancy Rawson, Monell Chemical Senses Center, Philadelphia, PA 19104. Contact Nancy by email <president@awisphl.org> or phone at (215) 898-0943.

Online Articles of Interest

Dr. Mildred Cohn, University of Pennsylvania, was featured in the "First Person" column of *The Scientist* (October 6, 2003 issue) in celebration of her 90th birthday. Access this article in the website archives (http://www.the-scientist.com/yr2003/oct/upfront4_031006.htm) and discover all the details of Dr. Cohn's fascinating career, from her early work with Nobel laureate Harold Urey through her pioneering research in NMR of enzymes. *The Scientist* is an international news magazine. You will need to enroll for free access to The Scientist web site.

Mary Morris Heiberger 1946-2003

AWIS-PHL lost a good friend and strong supporter in the passing last November of Dr. Mary Morris Heiberger, Associate Director of Career Services at the University of Pennsylvania. In our early years, Mary offered sound advice and guidance as we began to focus on chapter goals and how to achieve them. As our program plans took shape, Mary shared what she had learned from Penn students and alumnae about the career needs of women in academe and industry. Mary was the author or coauthor of several books, including *The Academic Job Search Handbook* and *The Graduate School Funding Handbook*, and many papers in professional journals. Several members of the AWIS-PHL board attended a memorial service for Mary on Dec. 4, 2003, just prior to our meeting at Monell. Many of the speakers recounted the unlimited supply of great ideas that Mary could generate without advance notice. AWIS-PHL is grateful to have been a recipient on several occasions.

Career Workshop for Undergraduate Women



On November 15th, AWIS-PHL sponsored “Women, Science, Careers : Speed Networking”. This was a career workshop for undergraduate women considering careers in the sciences. The event was attended by approximately 30 women representing numerous area colleges and universities. Participants were welcomed by Mary K. Howett, Ph.D., Chair of the Bioscience and Biotechnology, College of Arts and Sciences, Drexel University. The workshop opened with talks by Dr. Lisa Kozlowski, from Thomas Jefferson University (seated on the left), Dr. Ellie Cantor of C.J. Resources (seated on the right) and Dr. Margaret Kasschau from USP (speaking). These women spoke about the

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career paths they took and offered some very practical advice. The students then broke into small groups to discuss different careers in science with a great group of Mentors from industry, academia, and government. AWIS members who are part of the scientific recruiting industry were also available to provide resume writing assistance to the attendees. The consensus at the end of the morning was that the event was very helpful for the students and extremely rewarding for the Mentors.



Special thanks to the women who took the time from their busy weekends to take part: Meg Baker (Centocor), Dr. Kim Eberle-Wang (Springside School), Monique Gary (Fox Chase Cancer Center), Dr. Phoebe Qi (USDA), Kelly Schmatz (Sunoco), Lauren Sperber (University of Pennsylvania), Dr. Kathie Young (Wyeth), Alice Lurain (Penn), Kelly George (Penn), Christine DiRienzo (Jefferson), Dr. Nancy Rawson (Monell), Dr. Ellie Brown (USDA), and Dr. Diane VanHekken (USDA). Also sincere thanks go to Donna Mueller, Sue Kilham and Dr. Donna Murasko for hosting the event at Drexel and to Melanie Foy and On Assignment for providing the give-aways sent home with the students.

“The Science of Ergonomics”

On April 22, 2003 the AWIS-PHL chapter sponsored a presentation on “The Science of Ergonomics” by Lisa Clayton, BSN, MBA, ergonomics consultant for DuPont Safety Resources. After the meeting, Lisa provided the following information on Ergonomics in the Office, courtesy of DuPont Safety Resources. This is the second of three installments.

Computer Work Area

The design of your computer work area is especially important if you are an active computer user for more than 4 hours a day

(total). Recovery time is a must, to prevent cumulative trauma disorders. Unfortunately, this is often overlooked. A 2 to 3 minute stretch pause every 30 minutes is recommended. Setting a kitchen timer is a great reminder of the need to take a stretch break!

The position of your keyboard in relation to your body is critical. You will need a tape measure and someone's assistance to determine the proper height. As you sit in your chair, relax your upper arms by your side, bending your elbow so that your forearms are parallel to the floor (not resting on the chair's armrests). While you assume this position, have your assistant measure the distance from the floor to the tip of your elbow. Record this as your "elbow height". Now measure the distance from the floor to the surface that your keyboard is sitting on, adding 1" to this number. The result is what is known as your "keyboard height". Take a look at the measurements you have taken. Do the numbers match? To be in correct alignment, working in neutral upper extremity postures, there should be no more than a 1" difference. Better yet, they should be the same. If they are not, consider raising or lowering the chair or raising or lowering the keyboard. In addition to addressing height, the keyboard should be positioned flat (not angled up or down) and should be at the edge of the work surface directly in front of you.

The next step is to analyze your wrist posture, both as you type and during pauses in typing. Your wrists should remain straight at all times. The most frequent mistake is dropping the wrists down (wrist extension) onto the work surface. If this is a habit of yours, a wrist rest will prevent you from being able to do so.

A wrist rest is also a common way to avoid resting the wrists on sharp work surface edges. If you use a wrist rest, remember that it is to be "rested on" only during pauses in keying. While you are engaged in keystrokes, you should keep your wrists straight and float above the wrist rest.

If your job requires frequent computer mouse usage, the mouse should be located at "elbow height", directly next to your keyboard. Excessive reaching should be avoided. While using your mouse, your wrist should again, remain straight. Because of this, a traditional mouse is preferred over a trackball (or turbo) mouse.

The computer monitor is the next component. For those who do not wear glasses, wear full lens glasses, or wear contact lenses, the top line of print on your screen should be parallel to eye level.

In other words, you should be able to draw a straight line (parallel to the floor) from your eyes to this point on the screen. The goal is a neutral (straight) neck posture. If you find that you are moving your head, looking up or down to view the monitor, the monitor's height should be adjusted accordingly. If you wear bifocals or trifocals you will need to work with this positioning to reach the best spot for a neutral neck posture. Generally, with bifocals, lowering the screen is helpful. The monitor should be positioned directly in front of you, not to the right or to the left of your keyboard. If you type from documents, position your documents in a holder directly next to the screen, at the same height as the screen.

If you haven't joined (or rejoined) AWIS, please consider doing so. Your membership dues help support our section and allow us to present programs of interest to all. Contact Edyth Malin for membership forms at membership@awisphl.org.

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Do We Need Your Current E-Mail Address?

If you received this electronically, we have your current e-mail address and you need do nothing. If you did not receive this via e-mail, please forward your current e-mail address to Ellie Brown at ebrown@errc.ars.usda.gov. Thanks!

New AWIS-PHL Members

New members since January 2003:

Laureen Aaronson, Sita Awasthi, Angela Bricker, Leslie Buenger, Debra Cabanas, Rima Chanda, Christine DiRienzo, Stella Evans, Melanie Foy, Monique Gary, Stefanie Gilbreth, Becky Greenwood, Heidi Hertler, Manhua Mandy Lin, Alice Lurain, Francisca Mata, Leilah McNabb, Kathryn Matthews, Sommer Miller, Mohan J. Mohan, Birgit Neuhuber, Kathleen Rajkowski, Marie Scearce, La-Toya Stacey Richards, Sally Rosen, Hillary Van Valkenburgh, Chandi Wijey

Members who joined in 2002 but were omitted from the previous list by mistake:

Kristen Marie Bartoli, Marquita M. Qualls, Susan L. Fitzpatrick, Deborah Jaworski, Kristy Shuda

Seeking New Members for AWIS

We are always on the lookout for new members for our chapter and AWIS National. Please encourage your colleagues to come to a meeting or visit our web site to learn more about us.

Here are some reasons to join:

- To improve your connections within the local scientific community
- To support the national mission of education and advocacy
- To participate in programs promoting science education and awareness among girls and women
- To learn about alternate careers for scientists

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- To receive and share information on career options and employment opportunities
- To attend programs on topics in science, professional development, and women's health

Being a member has other benefits. Members can participate in all chapter activities, vote in local and national AWIS elections, and hold governing positions in the chapter. Members receive all chapter event announcements, notices, and newsletters and also the *AWIS Magazine*; in addition, members have access to the AWIS online membership directory as well as various online publications such as *Science's Next Wave*.

Science's Next Wave

(<http://nextwave.sciencemag.org/>) is a subscription-based weekly online publication that covers scientific training, career development, and the science job market. The Next Wave is published by *SCIENCE* magazine and the American Association for the Advancement of Science. If you are a member of AWIS and don't have a subscription through your institution, you can use the AWIS institutional subscription to access The Next Wave. Go to <https://www.sgmeet.com/awis/memberlogin.asp>, log in and click on the link for *Science's Next Wave*. One article to check out is <http://nextwave.sciencemag.org/cgi/content/full/2003/11/19/5> for practical communication tips for women from women.

Spread the word about AWIS. Bring a friend to the next AWIS meeting!

Join AWIS-PHL Online

Our chapter membership activities are now migrating into a paperless world. On Jan.26, 2004, AWIS-PHL inaugurated a system for joining the Philadelphia chapter and national AWIS online. Please check our web site. We ask new members to read the instructions, fill out the form for local membership, and then use the link to national AWIS to join both national and AWIS-PHL. The information for local membership is important; if we don't have it on our site, we won't know that you are a new member for a month or two. Use the same form to update address and e-mail changes. If you still prefer a paper form, an updated version will always be available from Edyth Malin (membership@awisphl.org).