

2013-14 Yearbook Information

The 2013-14 Yearbook, including photos once again, will be distributed at the September meeting. If you cannot be there, we will mail the Yearbook with your October newsletter.

Corrections/changes to Yearbook information will be provided in subsequent newsletters.

If you lose your Yearbook, we are happy to provide a replacement copy for \$7.50.

Institute for Emerging Issues Leader Honored By White House



Anita Brown-Graham and NC State's Institute for Emerging Issues caught the eye of the White House during last year's *Redesigning Democracy Summit*, when national leaders gathered on campus to talk about innovative ideas for community engagement. Soon after, Brown-Graham was nominated separately by her staff and by UNC system president Tom

Ross as a Champion of Change, part of President Barack Obama's "Winning the Future" initiative.

On July 12, Brown-Graham was notified by email that she had been selected with 13 other individuals in a category called open government and civic hacking. In August, she traveled to the nation's capital to receive the award and to present at an educational workshop conducted by the winners for some 200 government, industry and civic leaders.

Brown-Graham is a native of Baton Rouge, La., who earned an undergraduate degree from Louisiana State and a law degree from UNC-Chapel Hill before becoming IEI's director in 2007.



NORTH CAROLINA STATE UNIVERSITY WOMAN'S CLUB

www.ncsu.edu/womansclub



"To unite NC State University women in common interests and to promote the welfare and advancement of the University"

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Message from President Jackie Wynne

Greetings Ladies of the NC State Woman's Club!! Can it be September already? Where did the summer go? Some of you, like myself, can't answer that question, except to say it was hectic. I hope most of you can say it was fun.

Our first program of the 2013-2014 year will be a "double-header." In an attempt to give you all more "bang for your buck," we are having a program both before and after the luncheon meeting. If we find that our members like this format and that it is workable, we will consider revising the schedule to allow for more "two-for-one programs" later in the year. Doors open at 10:45 and coffee will be available.

We are excited to welcome Drs. Joe and Terry Graedon of The People's Pharmacy as our featured speakers. Your reservation to attend the luncheon will be your "ticket" to the morning and afternoon programs. We hope your schedule allows you to attend both the morning and the afternoon sessions, but you can choose to attend only the morning program or only the afternoon program, provided you have a reservation for the luncheon meeting.

Some of you may be interested in reading or re-reading one or more of the People's Pharmacy books in advance of the meeting. The titles are available at Barnes & Noble and Quail Ridge Books as well as online. Several will also be available for purchase the day of the meeting, if you would like to reserve one now (on your registration form).

Jackie Wynne

EVENTS FROM THE NC STATE CALENDAR

Highlighted Events

Start Date and Time

Event Details

Saturday, September 14, 2013

10:00 AM - 2:00 PM

22nd Annual Dog Olympics
North Carolina State University's College of Veterinary Medicine will host the 22nd Annual Dog Olympics from 10 a.m. to 2 p.m. Saturday, Sept. 14 with fun competition, canine demonstrations, rescue groups, free microchip clinic, and a special Paralympics for dogs with spinal cord injuries.

Monday, September 16, 2013

2:00 PM - 5:00 PM

Paul Zia Distinguished Lecture: William F. Baker
William F. Baker, **the lead engineer behind Dubai's breathtaking Burj Khalifa tower, the world's tallest building**, will deliver an address entitled "Creating the Language of Architecture" that will showcase the tower and other projects in his legendary career. Location: McKimmon Center

Tuesday, September 24, 2013

6:00 PM - 7:30 PM

Clark Lecture Series - Harriet Washington
The NC State African American Cultural Center's annual Clark lecture features prominent author Harriet Washington, author of the book *Medical Apartheid*, which won the 2007 National Book Critics Circle Award for Nonfiction. All are welcome. Location: Witherspoon Student Center Room 126

Friday, September 27, 2013

4:00 PM - 7:00 PM

Chocolate Festival for Breast Cancer Research
The NC State Women's Center's annual Chocolate Festival has raised thousands for breast cancer research, honoring NC State Coach Kay Yow and many others we have lost to breast cancer while providing chocolate of all kinds from generous local companies. Get your tickets at NCSU Ticket Central. Location: Carmichael Gymnasium.

North Carolina's State Dances: Clogging and Shagging

While several states have an official dance, North Carolina is among the few with two official state dances. In 2005, the General Assembly passed a bill making clogging the official folk dance of North Carolina and shagging as the official popular dance of North Carolina. Both dances were chosen for the entertainment value that they bring to "participants and spectators in the State."

Clogging, derived from the Gaelic word meaning "time," developed during the colonial period in the Southern Appalachian Mountains. The dance draws upon European, African-American and Native American folk dance traditions. Clogging was also selected because its "distinct, dignified and beautiful footwork" can be performed in groups, by couples, or alone. In the 1920s the dance's popularity increased and became a permanent fixture in Appalachian heritage when Bascar Lumar Lunsford, host of the Mountain Dance and Folk Festival in Asheville, added a team clogging competition to the Festival. Today, North Carolina is home to numerous clogging companies and clogging festivals including the Carolina Clogging Company and the Hickory Hoedown Clogging Festival.

According to the General Assembly, shagging "evolved from the jitterbug and jump blues of the big band era" and is considered a form of swing dancing. Some believe that the Shag originated in Carolina Beach during the 1940s, where the term "beach music" was also coined. North Carolina is home to multiple national shag champions, members of the Shaggers Hall of Fame as well as the Queen of Shag, Clarice Reavis of Fayetteville, and the Father of Shag, Harry Driver of Dunn. North Carolina has more beach music clubs than any other state in the Nation.

Sources:

"Dance: Clogging and Shagging" <http://ncpedia.org/symbols/dances> (accessed April 29, 2010); William Powell ed., *Encyclopedia of North Carolina* (Chapel Hill, 2006).

By Jessica Lee Thompson, North Carolina History Project

**September 19, 2013 Program
University Room at University Club**

Drs. Joe and Terry Graedon of The People's Pharmacy present, "Home Remedies and Healthy Living: Tapping Grandma's Wisdom."
<http://www.peoplespharmacy.com/>



Registration/ Coffee	10:45 a.m.
Program	11:15
Luncheon	12:00 p.m.
Q&A with Presenters	1:15
Adjourn	2:00

Reservations Due: Friday, September 13 to Dora Cornwell, 5317 Deep Valley Run, Raleigh, NC 27606.

Cancellations: Should be phoned in to Dora at 919-851-1191 (email ddrcornwell@aol.com) by Monday, September 15 for refund.

No refunds for cancellations later than that date. If you make a reservation and intend to pay at the door, but do not attend or cancel your reservation, you must still pay for your lunch(es).



Lunch Cost: **\$16 per person. Checks payable to: NCSU Woman's Club.** Reservations (with payment) must be received by Dora (information above) by **Friday, September 13.**

Number of Reservations ____ Member Name _____

Guest(s) Name(s) _____

Enclosed is \$ _____ (**\$16 per lunch**), payable to NC State University Woman's Club.

I would like to reserve the following titles:

____ (quantity) "Best Choices from the People's Pharmacy"

____ (quantity) "Dangerous Drug Interactions"

____ (quantity) "Favorite Home Remedies from the People's Pharmacy"

____ (quantity) "Medical Mistakes"

Please Indicate Your Lunch Entrée Selection(s):

____ (quantity) **Roast Inside Round** **AND/OR** ____ (quantity) **Grilled Salmon Fillets**

Sides: Baby Spinach Salad, Parsley Buttered New Potatoes and Steamed Broccoli Florets

Also included: rolls and butter, water, tea and/or coffee.

Other special needs (i.e. space for wheelchair at table, vegetarian entrée, etc.):

In 1976, when **The People's Pharmacy**® was originally published, it was one of the first books providing drug and health information to consumers. It went on to become a number one bestseller. Since then, **Joe and Terry Graedon** have gone on to write 18 additional books, one of which was a medical thriller co-authored with Tom Ferguson, MD (*No Deadly Drug*, Pocket Books, 1992). In addition, they write *The People's Pharmacy*® syndicated newspaper column, distributed by King Features®, co-host an award-winning health talk show on public radio, and speak frequently on health issues.

Joe received his BS from Pennsylvania State University in 1967 and then did research on mental illness, sleep, and basic brain physiology at the New Jersey Neuropsychiatric Institute in Princeton. In 1971 he earned his MS in pharmacology from the University of Michigan. In 1972 in a small village in the state of Oaxaca, Mexico, Terry was doing research in nutrition and health for her doctoral dissertation in anthropology. Joe began writing a book to explain medications in an easy-to-understand, friendly style. His master's degree in pharmacology from the University of Michigan and his teaching experience with medical students prepared him for this undertaking. Terry graduated magna cum laude with an AB from Bryn Mawr College in 1969, majoring in anthropology. She completed her doctoral degree from the University of Michigan and the Graedons moved to Durham, NC. Terry taught at the School of Nursing and the Department of Anthropology at Duke University and completed a postdoctoral fellowship in medical anthropology at the University of California, San Francisco (UCSF) in 1983. She is a Fellow of the Society for Applied Anthropology. Joe has taught at Duke University School of Nursing and the UCSF School of Pharmacy and is an adjunct assistant professor at the UNC Eshelman School of Pharmacy. From 1971 to 1974 he taught pharmacology at the School of Medicine of the Universidad Autonoma "Benito Juarez" of Oaxaca, Mexico.