

LWV Voter

THE LEAGUE OF WOMEN VOTERS OF CLARION COUNTY

Volume 54, No. 7, March 2020

CALENDAR

Sunday, March 8

[International Women's Day](#)

"Pack the Plaza," 1 pm – 2 pm, Central Avenue Plaza, Oil City

Wednesday, March 11

Film: *Line in the Streets*, a documentary about partisan gerrymandering
5 pm, Hart Chapel, Clarion University

Tuesday, March 17

Nutrition Program, 6:30 pm, Main Street Center

Monday, March 23

[Fair Districts PA Rally to End Gerrymandering](#)

Check the website to register and (optional) sign up for transportation.

Tuesday, March 24

Board Meeting, 5:15 pm, Literacy Council Room, Clarion Free Library

WELCOME, NEW MEMBERS!

Prince Brooks
Michaela Gilliland
Autumn Martino

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MESSAGE FROM THE PRESIDENT

Man may work from sun to sun,
But woman's work is never done.

H. Plotz, "Saturday's Children: Poems of Work"

Since we started planning our year's activities, the March schedule stood empty, "Program to be Determined." Now we have several events on our calendar. The Gerrymandering events are very time sensitive. If our Legislature doesn't pass one or a pair of bills in the next four months, the chances of having a less political process in place for the 2021 redistricting is about zero.

Tied to the redistricting process is the Census. **Explore a sample census form** and **learn about the kind of questions** that will be asked on the 2020 census. We all should be getting forms in March. I encourage everyone who can to answer electronically. Don't hesitate to offer to help friends, neighbors, and relatives who might not have internet access.



An outgrowth of our interview with Representative Oberlander in December and our Program Review in January is a program on nutrition-related health. Oberlander's work with the Diabetes Caucus has highlighted the growing percentage of our Pennsylvanian population with diabetes and pre-diabetes. While I expect the panelists will reinforce the ubiquitous message, "Eat more veggies," I hope we get at least some discussion of how the politics of big ag and the profit motive of big food impact our health and our economy.

Finally, if you are interested in helping to decide on future League activities, our nominating committee is active. Let any of the four women on the committee know of your interest. They are Jennifer Fulmer Vinson, Patty Bell, Jamie Shropshire, and Pam Hufnagel. This is a monthly reaffirmation that women power not just the vote but many other issues.

In League,
Catherine

MARCH PROGRAM: NUTRITION PANEL DISCUSSION

Pennsylvania, as with much of the world, has a disturbingly high rate of nutrition-related chronic disease. Poor diet raises the risk of some cancers, heart disease, type-2 diabetes, obesity, dementia, other inflammatory-mediated disease, and human misery. These diseases are costly to treat and also impact our economy through lost wages. Mark Hyman, MD, of Cleveland Clinic's Center for Functional Medicine claims, "our country is spending more than \$1 trillion every single year on diseases that could be prevented through the right lifestyle choices."

We are constantly bombarded with dietary recommendations -- frequently changing, often contradictory. How do we sort out the strongly supported, trustworthy, up-to-date advice from the outdated, the mistaken, or that driven by marketing and the profit motive? As individuals, how can we improve our own diets? As politically active citizens, how can we improve the state of the average Pennsylvania diet?

On March 17th at 6:30 pm at the Main Street Center in Clarion, the League of Women Voters of Clarion County is hosting a panel discussion to shed light on some of these questions. Panelist include Claire Orner, one of the stewards of Quiet Creek Herb Farm & School of Country Living, who teaches whole foods nutrition and sustainability in agriculture and food; Alaria Sun, a home health aide, who educates children and others on growing microgreens; and Alice Thureau, a registered dietitian, who provides dietary advice for people receiving dialysis due to kidney failure.

The League of Women Voters of Clarion County is a nonpartisan political organization, which encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. The League through its national association has strong agricultural, environmental, and health care policies. Nutrition is an issue that lives in the space between these areas.

Please join us at this general interest program open to the Public on March 17th at 6:30 pm at the Main Street Center in Clarion.

More about the panelists:

Alice Thureau is a registered dietitian. She has an M.S. in Nutritional Sciences from the University of Wisconsin-Madison, and a post graduate fellowship at the University of Washington in Maternal and Child Nutrition. She has practiced in a variety of settings -- clinics for pregnant women and children, a hospital, a behavioral health facility, and a nursing home. For the past 13 years, she has been a dietitian for people receiving dialysis

due to kidney failure. Alice loves to hike and grow her own food. She's a former ultra-marathoner and marathoner, running in the Olympic Marathon Trials twice.

Through presentations to students in schools and to members of community organizations, and through work as a home health aide, **Alaria Sun** teaches people about the benefits of microgreens and how to grow them. She often asks herself how she can inspire people to begin making changes in their diets to live healthier lives. Adults are sometimes resistant to making changes, so Alaria stated, "That's one of the reasons I like planting seeds, literally and figuratively, with the elementary students."

Claire Orner is a steward at the Quiet Creek Herb Farm & School of Country Living (QCHFSL) in Brookville. Quiet Creek Herb Farm is not only non-profit; it is for-social-profit by building community locally and globally.

Claire has a BS in Geology from WVU and two Master degrees in Middle School Science and C&I from ASU and the UW, respectively. She is certified to teach biology, earth science, and environmental science. She has extensive experience in environmental issues; she worked as a hydrogeologist monitoring the water quality/quantity problems associated with the coal and solid waste industries, conducted seminars on renewable and non-renewable energy, generation of electricity, and electrical safety, and coordinated a university Science/Mathematics Fellows Program.

At Quiet Creek, the stewards work with local school districts, churches, businesses, and global organizations to teach whole foods nutrition, sustainable energy & regenerative agriculture.

Quiet Creek Herb Farm & School of Country Living received the H. Clark Gregory Award for grassroots efforts in backyard composting, vermi-composting, and public education. QCHFSL also won the 2015 PASA Sustainable Business Leadership Award: "PASA is proud to present this award to Quiet Creek who exemplifies the spirit of sustainability in agriculture and food system education. This year's honoree embodies the versatility and resilience required of those leading the way to a sustainable food future."

SUPPORT AGENCIES WHOSE MISSIONS WE SUPPORT

The Bridge Builders Community Foundations 4th annual **Week of Giving** is occurring March 16 beginning at 8 am and continuing until March 20 at 11:59 pm. There are several organizations which we support that are participating. They are

- **Clarion Community Parks Project** - Although there hasn't been much movement on this in many months, the committee is cautiously optimistic that this year will see progress. LWVCC has a local position supporting increased recreation in the county.
- Another of our positions is support of Clarion County libraries and, since we have members in Forest County, we can extend support there. The following libraries are registered for the Week of Giving:
 - **Clarion Free Library**
 - **Foxburg Free Library**
 - **Marienville Area Library**
- **Mill Creek Coalition of Clarion and Jefferson Counties** - LWVCC is one of the member organizations of this Coalition that works to restore the Mill Creek and Little Mill Creek streams to living streams after decades of mining and drilling degradation.
- **SAFE (Stop Abuse For Everyone)** - LWVCC is one of the founders of this organization that works to protect people from abuse, to help those who have experienced abuse recover their sense of worth, and to educate young people and adults about it.

All donations will have a prorated match added, so your donations will be increased by a percentage from the "pot." It is recommended that all donations, minimum of \$25.00, be made by credit card through the website www.bbcfgives/organizations.org. You can also send a check to Bridge Builders Community Foundations, 206 Seneca Street, Oil City, PA 16301 with your chosen organization in the memo line. When you visit the site, you can browse the organizations participating and donate to other organizations that appeal to you. I strongly urge you to join the Week of Giving.

-- Submitted by Janice Horn

WOMEN'S HISTORY WIKIPEDIA EDIT-A-THON

Are you interested in creating or editing Wikipedia pages about influential women in history?

From March 23 through 26, Women's History Edit-a-Thons will be held at several Penn State Campuses. The University Park (State College) event will be on Tuesday March 24, from 9:00-4:00 in the Mann Assembly Room in the Paterno Library. From 1:00 – 3:00, editors will have the opportunity to use materials from the Special Collections to use in their editing.

There is no prior experience required, and the event is open to people who are not affiliated with Penn State. Volunteers can decide for themselves how long to work. The [website](#) dedicated to Penn State's Edit-a-Thon lists suggested pages to work on and links to information about how to get started as a Wikipedia editor.

--Submitted by Pam Hufnagel

CELEBRATING OUR 100th ANNIVERSARY!

We celebrated the 100th anniversary of the founding of the League of Women Voters with a presentation, "Sufferin' Suffrage," presented by Carole Briggs, a noted historian and educator from Brookville on February 18.



We also gave the gift of reading to the Clarion Free Library, donating the following books:

The Myth of Seneca Falls: Memory and the Women's Suffrage Movement, 1848-1898, by Lisa Tetrault, The University of North Carolina Press, 2017 (**Save the date:** Dr. Tetrault will speak at Clarion University on **Tuesday, April 14**, at an event co-sponsored by Clarion University, our League, and the Heinz History Center through a Community Fellows Grant.)

African American Women in the Struggle for the Vote, 1850-1920, by Professor Rosalyn Terborg-Penn, Indiana Univ Press, 1998

Why They Marched: Untold Stories of the Women Who Fought for the Right to Vote, by Susan Ware, Belknap Press: An Imprint of Harvard University Press, 2019

Roses and Radicals: The Epic Story of How American Women Won the Right to Vote, by Susan, Hasak-Lowy, Todd Zimet, Puffin Books, 2020

We're waiting on a children's picture book called **Around America to Win the Vote: Two Suffragists, a Kitten, and 10,000 Miles**, by Mara Rockliff, Candlewick Press, 2016.



Catherine Holt, Janice Horn, and Clarion Free Library Director Ian Synder enjoyed a browse of the books – while Tabby Shah photographed. Please check these books out!