



**January Branch Meeting**  
**Stress and Brain Health**  
**Dr. Michael Zigmond**

**Thursday, January 12, 2017 9:30 AM**  
**Municipal Meeting Room**  
**Murrysville Community Library**  
**4100 Sardis Road**

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Michael Zigmond is a professor of Neurology and Psychiatry at the University of Pittsburgh, where he has worked since 1970. He has a PhD from the University of Pittsburgh with advanced training in neuroscience at MIT. He has published almost 200 papers and co-edited two books in the area of neuroscience. He has also taught courses in the Osher Life Long Learning Institute at Pitt and CMU on life style, brain health, and aging, and is working on a book on this subject.

In this lecture, Dr. Zigmond will trace how our lifestyle has been altered over the past 10,000 years and the consequences of these changes for "health span" and lifespan. Particular attention will be given to stress – the value of stress and its dark, toxic side. He will discuss how the nature of stress has changed over the millennia and the implications of those changes for the non-communicable diseases that are so prevalent in our society, diseases such as stroke and Alzheimer's. Participants will be encouraged to join in the discussion with questions and their own comments.

 Like us at  
AAUW-Murrysville Branch

**Snow Policy**

If Franklin Regional Schools are cancelled,  
AAUW meetings are cancelled.



## President's Letter

Our December meeting was festive and fun, wasn't it? What a great turnout! Having a few minutes to visit with each other was a treat. The delicious cookies and lovely table decorations surely made us feel "Tis the holiday season!" A big thank you to those who provided cookies, coffee and table decor.

And wasn't our speaker, Dr. Jerry Colclaser, enjoyable as he explained the patent process, its history and some of the more peculiar inventions over the years? I came away thinking he could not possibly have ever experienced a boring day on the job.

Book Sale Chair Jane Kerr certainly deserved our big round of applause for her excellent leadership and hard work. She gave a great wrap up report on our very successful sale, then went on to explain that she is moving! Thus, we need a new Chair. Please give thoughtful consideration to whether you might fill this important role. You will have lots of help and guidance already in place. This Branch KNOWS how to do a Book Sale!

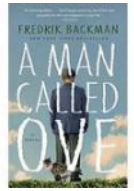
As I write this, the busy holiday season is upon us, snowflakes are falling and a new year is around the corner. Wishing each of you a happy and healthy 2017! Stay warm and see you all at our January meeting.

Susan Petrie



## Reading for Pleasure

On January 26, 2017 Reading for Pleasure will be discussing ***A Man Called Ove***, a novel by Fredrik Backman. Ove, referred to as "the bitter neighbor from hell", is the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. When new neighbors move in next door he finds himself having to put up with a chatty young couple with two chatty daughters. This is a heartwarming story that is sure to encourage an interesting conversation about the profound impact one life has on countless others. The meeting will be hosted by Sue McPherson at Redstone Highlands, at 10:00 AM with Betty Hollingsworth leading the discussion. Please park in the upper parking lot and come down the steps to the front door. Sue will greet you and take you to the meeting room. For more information and to RSVP, please call or email Sue.



Sally Hallen

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## Membership

Welcome to our newest members:

Patti Menick

Eleanor Sharp, "Ellie"

Betty Hollingsworth

## Great Decisions 2017 -- Order Now



GREAT DECISIONS 2017 is here. The Foreign Policy Association and its GREAT DECISIONS Discussion Program have some fascinating topics for us to

discuss. If you have not signed up for the GREAT DECISIONS 2017 Briefing Book yet, please email or text Annie S. Rivers. The following people have signed up for a book: ASR, BG, ND, SH, DB, NV, CG, SG, SH, MC, FL, IMC, and JS (MC, FL, and IMC are paid). If your initials are not on the above list and you want a book, please let ASR know right away.

Once again we will be meeting in the Murrysville Municipal Meeting Room on eight consecutive Wednesday mornings from approximately February 15, 2017, through April 5, 2017. We will meet from 10:00 AM until 11:30 AM. As suggested last spring, a corresponding DVD documentary of each week's topic will be played thirty minutes before the discussion at 9:30 AM. All are invited to come and watch the DVD. The GREAT DECISIONS Discussion Group is open to the public and guests are welcome.

The discussion topics this year are as follow:

- "The Future of Europe"**
- "Trade and Politics"**
- "Conflict in the South China Sea"**
- "Saudi Arabia in Transition"**
- "U.S. Foreign Policy and Petroleum"**
- "Latin America's Political Pendulum"**
- "Prospects for Afghanistan and Pakistan"**
- "Nuclear Security"**

A short summary of the above topics are available from [www.fpa.org](http://www.fpa.org) (Foreign Policy Association). The briefing books come in January and are \$25.00 each. If paying with

a check, please make it out to Murrysville Area AAUW. Payment will be taken at the Branch meeting or checks can be sent to Annie S. Rivers. Think of the topic you would want to lead the discussion on. Discussion Leaders will have access to the DVD beforehand.

If you have any questions, contact Annie S. Rivers.

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### Problems Solved with Problem Solver List


I'm hoping that you have been thinking of people and services that you can recommend for our new, updated **Problem Solver Services – 2017**. The 2006 list has proved invaluable to many of us for ten years, but it is in need of a face lift. Don't worry about categories, anything goes. We will figure that out later. I will bring a sample of the old list to the January meeting as an example. Basically, we need the name of the person or company, the phone number or email, location, any comments you want to add and your name with no limit on the number of recommendations. Just make sure that if it is an individual, you get the okay to add the name.

You can bring your suggestions to the meeting in January, February or March, email them to me.

I'll be looking for someone who can make a classy looking pamphlet after all is compiled. That's not my strong suit!

Judy Johnson

## January 2017

1	Sun.		
5	Thurs.	9:30 AM	<b>Board Meeting</b> – Municipal Meeting Room† Board Members, please email Susan if you cannot attend.
12	Thurs.	9:30 AM	<b>Branch Meeting</b> – Municipal Meeting Room† Bring a guest!
16	Mon.		<b>Focus Deadline</b> – Email articles to Donna Beard.
20	Fri.	10:00 AM	<b>Duplicate Bridge</b> at the home of Dodie Hagan. Please let her know if you cannot attend.
26	Thurs.	10:00 AM	<b>Reading for Pleasure</b> will be hosted by Sue McPherson at Redstone Highlands. Please RSVP Sue if you plan to attend.

† The Municipal Meeting Room is located at the entrance to the Murrysville Community Library, 4100 Sardis Road.



Check out our Facebook page at **AAUW-Murrysville Branch**

The FOCUS is published monthly, except in July and August, by the Murrysville Area Branch of the American Association of University Women. President: Susan Petrie, Editor: Donna Beard, Email: MurrysvilleAAUW@gmail.com.

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