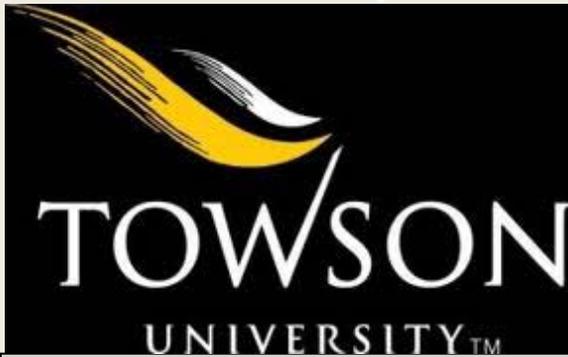




# USM WOMEN'S FORUM

## NEWSLETTER

### 22<sup>nd</sup> Annual USM Women's Forum Conference at Towson University in 2013



The University System of Maryland's Women's Forum (USMWF) is holding its annual conference on Friday November 15, 2013 at Towson University. The conference is an opportunity for those interested in women-related matters to engage in professional and personal development.

The conference theme this year is:  
**"Redefining Having it All."**

Conference Location:

**West Village Commons, 3rd & 4th Floors  
Towson University**

The USMWF annual conference brings together students, staff, faculty and administrators who have an interest in issues that relate to enhancing the status of women.

We have lined up outstanding speakers for the many breakout sessions, and we are sure that you will find each session worthwhile.

The conference theme "Redefining Having it All" will be demonstrated through a variety of presentations. Presentations which will seek to promote the USMWF mission to enhance the status of women and to encourage and strengthen their participation in all facets of the University System of Maryland and their lives.

We look forward to seeing you at the conference!

### 2013 University System of Maryland Women's Forum Student, Faculty and Staff Scholarship Winners



The USMWF recognizes and fosters the achievements of all students within the USM. Specifically, the USMWF Scholarship Program provides monetary awards to eligible undergraduate and graduate students, Faculty for Research and Staff Professional Development awards for individuals currently enrolled or working in an USM institution.

Our 2013 recipients of the **Student Scholarship Awards** are:

#### **Kristin Gavigan-Simpson**

University of Baltimore - Applied Psychology, Counseling  
 Eventual goal is to work with female inmates who are not only dealing with incarceration but the additional loss of their mother-child relationship.

#### **Miranda Laure Tafou Fassi**

The Universities at Shady Grove - Respiratory Therapy  
 Came to the United States from Cameroon through the Diversity Lottery Program in 2007. Due to the loss of my daughter from respiratory infection, I choose this field of study and am working as a registered respiratory therapist. My ultimate goal is to become a pulmonologist.

#### **Shaunelle Moon**

Bowie State University - Accounting  
 My main focus is on auditing, payroll, and taxes and currently am studying for my Certified Public Accountant examination.

#### **Ashley James**

Salisbury University - Nursing  
 Currently exploring the many different field within nursing with the ultimate goal of getting a Masters degree in a specific area and working at the Johns Hopkins Hospital.

#### **Devon Taliaferro**

University of Maryland Eastern Shore - Criminal Justice  
 After completing my studies, I plan on establishing various community outreach programs that cater to the youth in my community who come from non-affluent backgrounds. I want to serve my community in a capacity that allows them to learn from my mistakes and shortcomings so that they may better themselves so we, as a race, can progress.

#### **Interested in Joining or Donating?**

Want to have your voice heard? What to make a difference in the lives and careers of women in the USM system? We can help. Please contact our

USMWF Chair, Mrs. Nancy Jones, at [jones@umces.edu](mailto:jones@umces.edu) or contact our Public Relations committee for details at [pilowite@af.umaryland.edu](mailto:pilowite@af.umaryland.edu)



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## NEWSLETTER

### New Series:

## What's Bugging You?

### On Eating Bugs

by

Dr. Jeurel Singleton, Entomologist



People in many in many parts of the world do this as necessity to obtain adequate nutrients such as proteins and high quality lipids. Oftentimes, insects are considered to be a special food reserved for a special occasion such as a wedding or birth of a child. and even a special food. Insects are our most fierce competitors for food, water, shelter, transportation and economic stability. This age old practice is mentioned in ancient religious texts as an acceptable source of food for human consumption (The Book of Leviticus of the Christian Bible). Here is a quote from a recent article by the National Geographic Society that shows the slow acceptance of Entomophagy:

"It's estimated that the average human eats one pound (half a kilogram) of insects each year unintentionally," says Lisa Monachelli, director of youth and family programs at New Canaan Nature Center in Connecticut.

Cochineal insects give a red or pink coloring to foods, lipsticks, and beverages. The small, scaled bugs are listed as cochineal extract on the ingredient list.

The U.S. Food and Drug Administration (FDA) also allows certain levels of natural or unavoidable defects in foods, as long as they doesn't pose a health risk.

For example, chocolate can have up to 60 insect fragments per 100 grams, tomato sauce can contain 30 fly eggs per 100 grams, and peanut butter can have 30 insect fragments per 100 grams (3.5 ounces), according to the FDA."

In the western culture, eating insects intentionally is not yet a common practice whereas, it is popular among the peoples of many other regions of the world including Africa, Asia, Australia, Mexico and South America. These areas have developed specific recipes for specific regional insects and include the eating of insects as part of their daily diet. In general, insects provide a high source of protein and area relatively inexpensive to purchase in many developing countries as compared to vertebrate animal meat products. All insects cannot be eaten because some contain defensive or toxic substances to prevent being eaten as a protective agent. Therefore, it is imperative to identify, know the preparation method, and some life history information before sitting down to dine upon the lowly carcasses. Another little tidbit of information is to know if you have allergic reactions to insects. Many people who believe they are asthmatics have allergies to cockroaches, dust mites, fleas, and even crickets.

The agave worm is also a popular insect to eat or drink whether swallowed whole in a preserved state in a bottle of tequila or eaten cooked inside of a tortilla. After drinking all the tequila, the reward is the alcohol and flavorfully

Here is one of my favorite insect recipes:

#### Nygakryslé's Grasshopper Oreo® Pie

1 Container of Chocolate Pie Crust (there is a low fat version of this)

1 lg container of Marshmallow Cream

1 box of French Vanilla Jello® (instant)

1 container of Regular Cool Whip® (Lite or Free works well)

1 3/4 cups of Milk (skim or soya milk will work)

25 Jumbo Grasshoppers

25 Regular Grasshoppers

Take French vanilla Jello® out of the package. Add the 1 3/4 cups of Milk, whip until the mixture is liquid( there should be no lumps). Add four loafs of Marshmallow Cream and blend in with Jello® mixture. Then, add 5 tubs of Cool Whip®. Blend with mixture. Add all of the Grasshoppers to the filling. Blend in Grasshoppers. Place chocolate pie crust in oven at 350° F for 5-8mins (depending on preference). Pour filling into pie crust. Place crushed Oreo® cookies on top of the filling. Refrigerate a minimum of 2 hours before serving. Enjoy. This is really sweet and you can reduce the calories and it does not compromise the flavor if you use sugar and fat free items.

#### References:

[http://www.essortment.com/all/entomophagyeati\\_rnkm.htm](http://www.essortment.com/all/entomophagyeati_rnkm.htm)

<http://ohioline.osu.edu/hyg-fact/2000/2160.html>

<http://www.thesurvivalexpert.co.uk/how-find-eat-insects-other-small-creatures.html>

Scott Trimble is an Entomophagist, a [location scout](#) on Hollywood movies such as [Star Trek Into Darkness](#), [Man of Steel](#), and [The Avengers](#). Who is originally from San Francisco and a graduate of U.C. Berkeley with a degree in Anthropology, and he currently lives in Los Angeles, California.



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## NEWSLETTER

### 2013 University of Maryland Women's Forum Executive Council Members



USMWF  
Congratulates:

Salisbury  
UNIVERSITY



USMWF Executive Council Member – Mrs. Debra Truitt, M.A., Salisbury University recently published in the Alaska Journal of Dispute Resolution Journal. "I Want None of Your Gifts!" A Moliere Mediation and the Study of Failures in Third Party Intervention -Boudreau & Truitt Volume 2012 Number 1 pages 83-94.



### AFFORDABLE CARE ACT

Written By: Patricia Ilowite

Every newscast since the middle of November has a segment on the Affordable Care Act, otherwise known as "Obamacare". Given that this topic also played a major role in the recent federal government shutdown, one would think that all citizens would know exactly what the Affordable Care Act means to them. Unfortunately, politics has had a significant impact on how the details of this program have been communicated to the American people.

The Affordable Care Act requires all individuals who are over age 18 to have healthcare coverage or face IRS penalties when they file their 2014 tax returns in 2015. For those individuals who currently have coverage through an employer, there is no need to act. However, those individuals who do not have any healthcare coverage will likely need to take action to obtain healthcare coverage by January 1, 2014.

Healthcare exchanges have been formed throughout the country that allow individuals to determine which plans work best for them, both in design and cost. Lower income individuals can benefit by using the healthcare exchanges because they may be eligible for tax credits based on income and family size and other incentives that will help make the coverage more affordable. Employees of the University System of Maryland, along with other state of Maryland employees, will likely find their employer coverage will be much cheaper than insurance from the exchange because our health insurance is largely subsidized by the state.

A facet of the Affordable Care Act that is currently being debated is the requirement for employers with more than 50 workers to provide "affordable" healthcare to employees deemed to be full-time or face significant penalties. This controversial aspect of the Affordable Care Act defines full-time as working at least 30 hours a week during a specific measurement period. This Affordable Care Act mandate, however, has been postponed until 2015. Many employers with large part-time workforces, such as Trader Joe's and Home Depot, have decided to limit employee hours to less than 30 and drop the healthcare coverage to current part-time employees in an attempt to reduce overall employer healthcare costs. These workers would be forced to go to the healthcare exchanges in order to comply with the Affordable Care Act.

Unfortunately, the roll-out of the healthcare exchanges has been less than smooth. High traffic volume and computer glitches significantly marred the initial success of the federal healthcare exchange. Resources and responsibilities have been assigned to high level individuals to ensure the problems are all addressed and resolved. It is too early to tell how successful this program will be and how employers will respond to it. Employers are continuing to grapple with compliance concepts introduced within the Affordable Care Act such as minimal essential coverage, minimum value and affordable coverage. The government has claimed that the Affordable Care Act would not impact workers covered by employer plans. With large employers like Home Depot no longer providing part-timers with healthcare coverage, it is difficult to predict the long-term impact the Affordable Care Act will have on employer-provided healthcare coverage in the future.