

LocalNews

Local authors write a different history

Holly Cook
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The history of the United States, from roughly the 1500s through the middle of the 20th century, has been written almost exclusively by men. In turn, many women's accomplishments were ignored or simply forgotten.

For two local authors, the goal was to shed light on hundreds of American women, from all walks of life, who have broken barriers and created paths of noteworthy, inspiring achievement.

"Her Story: A Timeline of Women Who Changed America" is a documentation of the breadth and diversity of American women's achievements throughout U.S. history. It highlights and illustrates the varied contributions of writers, actors, artists and athletes to doctors, scientists, social and political activists, educators and inventors.

"We enjoy the rights and freedoms we do today because of these earlier women and their courageous actions," the authors said. "Today's women can do it all because of all the women who came before and on whose shoulders we stand."

The authors will sign copies at Borders in Park Meadows mall at 2 p.m. Sept. 13.

Charlotte Waisman was teaching a women's leadership class when she mentioned Margaret Singer, the first woman to have been nominated for a Nobel Prize for her work in schizophrenia.

Waisman was greeted by a class of blank stares. They'd never heard of Margaret Singer.

"As a professor, I wanted to find a book to give to my students for more information on influential women in history," Waisman said. "There were books about great African-American women, books about ballet dancers, the top-100 female journal-

ists, but no one had made a timeline compiling all of these women's accomplishments."

That all changed when the two authors joined forces.

Jill Tietjen, an electrical engineer, had been doing her own research and had been making note of influential women in science and technology fields for years. Her list exceeded 200 names by

the time she met Waisman.

Though the selection process was painstaking, Tietjen and Waisman say picking the women to include in "Her Story" was the most rewarding part.

To become part of the story, each influential American woman was assessed based on the following criteria: they

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"STINKIN" GOOD GREEN CHILI CHEESE SQUARES

Submitted by: Kerri Ann Manning

Ingredients:

- 2 cups shredded cheddar cheese
- 2 cups shredded Monterrey Jack cheese
- 8 ounce jar of Mark Schlereth's "Stinkin" Good Green Chile
- 2 eggs
- 1/2 cup flour
- 1 can evaporated milk
- Sliced jalapeño peppers

Directions:

- Grease 9x13 inch pan.
- Mix together cheeses and spread half in the pan.
- top with Mark Schlereth's "Stinkin" Good Green Chile and jalapeño peppers.
- Sprinkle remaining cheese.
- In a bowl, stir together eggs, flour and milk. Pour this mixture evenly over the cheese.
- Bake at 350° for 26-30 minutes. Cool slightly before cutting.



E-mail your "Stinkin" Good Recipes to:
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Local News

History

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had to be the first woman to do something out of the ordinary; they had to provide some sort of ah-ha moment in history; they changed America.

The authors started without any specific women in mind, but were amazed by the amount of names they discovered along the way.

"Charlotte wanted to include Isadora Dunkin, the mother of modern dance. I had no idea who she was," Tietjen, said. "And I wanted to include people [Waisman] hadn't heard of."

"We just kept discovering new ones as we went along," Waisman said. "Our original lists had thousands of names because

people who knew we were doing this would come to us and tell us about people we'd never heard of."

Tietjen and Waisman said they have about 300 names already compiled if a second edition is written.

Once the nearly 900 women were chosen, the authors set out to illustrate their text, gathering pictures from the U.S. Library of Congress, various museums and family members. The book's layout and design exceeded both author's expectations with sepia-colored pages and thousands of authentic photos.

"We had seen the designer's work in other books, but we had no idea this would turn out so

well," Waisman said.

The authors hope the book will eventually become a best seller.

"Too many Americans think men fought their way to this country on dangerous sailing ships while women arrived on cruise ships," said Pat Schroeder, president and chief executive officer of the Association of America Publishers and former Congresswoman on the back cover of the book.

"HER STORY sets the record straight. Men and women came on the same ships and, shoulder-to-shoulder, built this great country together."

For more information on the book, visit www.herstorytime-line.com.



"Her Story: A Timeline of Women Who Changed America" is a documentation of women's achievements throughout U.S. history. *Courtesy Photo*



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Consumers

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did before.

Costco officials recently announced they are raising prices by as much as 15 percent on some items to accommodate transportation, packaging and processing of

food.

The cost increase is unprecedented, according to Jim Sinegal, president and CEO of Costco.

"This is the first time in our history since my partner and I started the business 25 years ago that we've had this type of situation where we've had inflation," Sinegal said in a statement.

At Costco, the price of diapers is up 7 percent.

The cost of poultry is up more than 10 percent, and holiday items are expected to cost about 12 percent more than last year.

trillion on groceries, snacks, carry-out food and meals in restaurants.

But shopping more at discount stores is among the biggest changes in consumer behavior as a result of inflation, according to a survey by ChangeWave, a research network identifying emerging consumer trends.

Over 50 percent of people surveyed by ChangeWave said they are more inclined to shop at big box discount stores because of rising prices.

"The shift by consumers

Eating out less, buying fewer designer items and substituting expensive groceries are other ways consumer behavior is changing, the survey said.

Shoppers are putting into practice the substitution principle, which includes everything from replacing expensive steaks with hamburger, to buying off-the-rack clothes rather than designer labels. Others are buying more rice and pasta and less dairy, meat and produce, according to Costco officials.

Lorie C. Jones, MD

*Specializing in obstetrics,
gynecology, infertility
and menopause*

