

2016 INCREDIBLE WOMEN HONOREES

ANGELA A. ALLEN '81
Raleigh, NC (Computer Science)



Angela Allen is currently active as either the chair, vice chair, or a member of the board of directors for several non-profit and education-focused organizations, including the Women's Roundtable at ECU, ECU Foundation, ECU Board of Visitors, ECU College of Engineering and Technology Industry Advancement Council and the Creating IT Futures Foundation. Allen spent 34 years working for

the technology giant IBM with 20 years as an executive and retiring with the title of as vice president of Global Industry Solutions Centers. She received her undergraduate degree in computer science from East Carolina University and a master's degree from the Harvard Business School. She's an award-winning and top performing global leader with years of experience and success in global business and technology services. Her awards include a 2014 Pirate Alumni Distinguished Service Award, multi-year winner of IBM's Golden Circle winner, a 2000 IBM Chairman's Award and various other profession-oriented awards during her career. Through all of her accomplishments, Angela credits her family, husband Steven, and faith as the backbone of her incredible life.

ALTA WHALEY ANDREWS '74
Ayden, NC (Nursing)



Alta Andrews has a professional portfolio of accomplishments a mile long, but when looking at them, you might not be able to see what she considers a crowning achievement. Andrews says finishing her doctorate and her second master's degree while working full-time and raising three children is among her proudest achievements. All that hard work has paid off for the thousands of young nurses who were mentored

by Andrews and the hundreds of new clinical contracts she facilitated for undergraduate and graduate nursing students. While she was a professor in the ECU College of Nursing, Andrews won the Outstanding Faculty Award five times, along with Outstanding Leadership and Outstanding Mentor awards from Beta Nu Chapter of Sigma Theta Tau a nursing honor society. Though Andrews is retired now, she is still the Director of Community Partnership and Practice in the College of Nursing. Andrews is also a founding member of MEND (Medically Enduring Neighborhood Dream) and is on the boards of the Pitt County Health Education Foundation, and Pitt County CARE.

CHARLENE BREGIER '82
Charlotte, NC (Textile Design)



Charlene Bregier wants to inspire you. Her goal as the director of the Hinson Art Museum and Visual Arts Coordinator at Wingate University is for "all students to realize their greatest potential and to prepare them for the evolving opportunities of the 21st century through the teaching and exhibition of art and creative process." Bregier is a sculptor and when it comes to her art, she said her challenge is to capture a

person's spirit. You may have seen her work in 2007 during the ECU Alumni Exhibition. Her art has also been showcased throughout the Charlotte area, including a sculpture at Charlotte Douglas Airport. She was recognized by former N.C. House Representative Ruth Samuelson for "providing quality sculpture" to the community of Charlotte. But Bregier's works of art go beyond North Carolina's borders and have been a part of exhibits in Oregon, South Carolina and Washington, D.C. The Charlotte Observer newspaper has featured Bregier's sculptures on at least two occasions, and her sculptures have been showcased in magazines like Southern Accents and Charleston Home Design. Besides creating art, she has given art lectures on several topics including art as it relates to religion, music and science.

MARY BRIMMAGE CHATMAN '90, '96, '12,
Savannah, GA (Nursing)



Mary Chatman has climbed the professional ladder. She started her career as an entry-level nursing assistant at Pitt County Memorial Hospital in Greenville, now Vidant Medical Center, and today is the second in command at the Memorial Health System in Savannah, Georgia. Her resume lists more than a dozen positions but Chatman didn't necessarily seek them out. She is proud of the fact that during

her 26-plus year career, she has interviewed for only two jobs, that first nursing assistant position while she was still in college and her initial job with Memorial University Medical Center, where she is now Chief Operating Officer and Chief Nursing Officer. Her ability to connect with people and her work ethic has pushed her up the proverbial ladder, she said. Her recognitions by groups speak to her dedication to nursing and health care. Her awards include a recent induction into the ECU Nursing Hall of Fame, ECU Alumni of the Year in 2003, and an appointment to the Georgia Board of Nursing, where she served as vice chair for one year. Chatman has more than a dozen professional and community affiliations and has been a commencement speaker for Armstrong Atlantic School

of Health Sciences and a LPN guest graduation speaker for Savannah Technical College. With all of this, Chatman is a Pirate through and through, receiving her undergraduate, graduate, and doctoral degrees from ECU.

KAREN E. EVANS '80

Washington, D.C. (Nursing)



Karen Evans' career has soared since her time as an undergraduate nursing student at ECU. After graduating in 1980, Evans felt a calling as a nurse, so she enlisted in the Air Force as a second lieutenant and worked as an Air Force nurse for six years. Again, Evans thought there were other people she could serve, so she went back to school to become an attorney. She started her legal career representing doctors and

hospitals against medical malpractice claims. After that, Evans worked for the largest medical malpractice coverage carrier in the country. However, five years later she changed paths and began representing victims of medical malpractice. This is her calling, Evans said, helping people restore their lives. Today, she is a partner with The Cochran Firm in Washington, D.C., and president of the Washington Bar Association and is listed in Super Lawyers and The Best Lawyers in America. Evans was featured in the summer 2015 issue of EC Alumni Magazine and is a lifetime member of the ECU Alumni Association.

SARAH EVANS '01

Darien, CT (Political Science)



Sarah Evans is described by media job listing company, Media Bistro as a pretty tough businesswoman. That description could be because she is a partner in a worldwide public relations company or the fact that she is a trained Pilates instructor and an avid boxer. Together with her close friend and fellow ECU graduate Jamie Lynn Sigler, they formed J Public Relations and 7th & Wit. Their firms work with

more than 100 hotels on six continents and have offices in New York City, San Diego, Los Angeles and London. Last year, Evans helped launch eight major hotel openings and this year is doing the same for the Trump D.C. in the historic old post office building. J Public Relations is behind media campaigns for brands like The Ritz-Carlton and Jumeriah Hotels & Resorts. Her proudest accomplishment is creating a company of 50 women with her friend, in an environment that empowers women, celebrates their success, and drives them to succeed personally and professionally. Evans was named to ECU's inaugural "40 Under 40" list in 2015. On top of all that, Evans has been featured on Forbes, MSNBC, ABC and Fox. Among her several philanthropic projects, Evans and J Public Relations supports a scholarship at ECU for an undergraduate student who is majoring in Public Relations in the School of communication.

PAULINA SIERPINSKI HILL '04

Boston, MA (Biology, Chemistry, Biochemistry & Neuroscience)



There is smart and then there is *Paulina Hill* smart. It is an impressive feat to graduate magna cum laude from East Carolina University as Hill did in 2004. However, she did so while quadruple majoring in biochemistry, neuroscience, biology and chemistry and serving as a captain of the tennis team. After ECU, Hill attended Wake Forest University School of Medicine to earn her doctorate

in Molecular Medicine with a focus in tissue engineering. She completed her postdoctoral fellowship in chemical engineering at the Massachusetts Institute of Technology (MIT). While there, she was the founding president of the MIT Postdoctoral Association and served on the MIT Intellectual Property Presidential Committee. Hill's graduate work resulted in more than 40 published abstracts, awards and peer reviewed manuscripts, and her research led to numerous patents. Hill is a principal at Polaris Partners in Boston, which focuses on investments and company formation in healthcare. She is the founding CEO of Marauder Therapeutics, a rare genetic disease company that she has started based on scientific discoveries at Harvard and MIT. She serves on the boards of Marauder Therapeutics, Arsenal Medical, Faraday Pharmaceuticals and KinDex Pharmaceuticals and is an observer on the boards of MicroCHIPS and 480 Biomedical. Hill is also on the board of The Capital Network, which is a non-profit that provides fundraising education to startup entrepreneurs. One more thing... she also speaks Polish and is a mom to two young kids -- Jonah (3) and Evelyn (1).

ANNETTE IVEY PEERY, '96,

Greenville, NC (Nursing)



Annette Peery lives East Carolina University's motto, *Servire* or "To Serve." Since 2007, the *Servire* Society has sought out people who live that motto. The criteria include performing 100 hours or more of volunteer service outside of ECU. Peery was part of that inaugural class and has been a member ever since, with this year being her 9th year. Prior to becoming the associate dean of the undergraduate program in

the College of Nursing, Peery taught undergraduate, graduate, and alternate entry MSN pre-licensure students. She finds it especially rewarding to work with former nursing students who have progressed in their careers and have now joined ECU as nursing educators. Peery earned her bachelor's in nursing degree at UNC-Chapel Hill and then came to ECU for her master's degree. She earned her doctorate in education from N.C. State. To date, Peery has been published at least 35 times and has been given numerous awards. Besides being on dozens of boards and committees over the years, Peery is a former

deacon at Oakmont Baptist Church in Greenville and is a board member of the Oakmont Church Medical Clinic. But of all her accomplishments, Peery said she is most proud of her two sons, Roger and Ben Peery.

JAMIE LYNN SIGLER, '01, San Diego, CA (Communications)



Jamie Lynn Sigler is a public relations expert who uses her talents to help others. While Sigler's business skills are quite impressive, it's her ability to serve that might be her greatest trait. After a family member was diagnosed with cancer, Sigler founded the San Diego chapter of the St. Baldrick's Foundation in 2009. With their annual Shave-a-Thon, the chapter has raised more than \$250,000 to benefit

childhood cancer research. She also helps budding publicists with in-house and agency jobs and has landed jobs for more than 100 candidates so far. Together with her business partner Sarah Evans '01, they fund an annual scholarship for ECU public relations and communications students. All this is made possible with the help of the public relations company she started, J Public Relations and its new digital strategy agency 7th & Wit. Sigler launched JPR 11 years ago and it has grown into a worldwide company with offices in New York, Los Angeles, San Diego and London and has clients on six continents. "Relationships make the world go round," said Sigler, who credits her success by making business personal and connecting with her clients. Her out-of-the-box thinking has created "Fit Fridays" at J Public Relations, where they have group cycling classes or hikes. They also host an office swap program, where team members spend a week working in other offices to meet other team members and clients and explore a new city. JPR was named "Small Agency of the Year" in 2015 and a Top Place to Work in 2014 by PR News and has been on Inc. Magazine's "Inc 5000" list of Fastest Growing Travel & Hospitality Brands in the U.S.

CATHY THOMAS, '79, '86 Raleigh, NC (School and Community Health and Health Education)



You can tell what kind of a leader someone is by what her peers say. When it comes to *Cathy Thomas*, the Women's Roundtable received more than a half dozen nominations singing her praises. Her peers described her as being an "incredible mentor" and having "never ending compassion." Thomas is working to make North Carolina a healthier state. She is a branch manager

with Community and Clinical Connections for Prevention and Health for the North Carolina Department of Health and Human Services. Her branch addresses obesity, heart disease, stroke and diabetes. Thomas' goal is to get everyone in North Carolina to eat better and become more active. She founded the "Eat Smart, Move More North Carolina" movement. She and her colleagues created Color Me Healthy (CMH), a healthy eating and physical activity program for children. CMH is now taught across the country and in four other countries. The program has also won two national awards, the Nemours Vision Award for Child Health and the Dannon Institute Award for Excellence in Community Nutrition. Thomas is also the co-author of "Eat Smart, Move More, Weigh Less," which is a 15-week weight management program.

LINDA THOMPSON THOMAS '81 Charlotte, NC (Science Education)



During her career with Duke Energy when opportunities were presented to her, *Linda Thomas* decided to take them. After graduating in 1981 from East Carolina University with a major in science education, Thomas took her first job in the energy industry as a radiation protection technician at Catawba Nuclear Station. She progressed from there in a variety of roles and then volunteered to move to a newly

created business unit that formed from a Pan Energy merger in 1997. This opportunity resulted in management roles for Thomas in training and consulting services. Last year, Thomas retired as the Director of Human Resources Business Partners after more than 33 years with Duke Energy. While she was at Duke Energy, Thomas received approval to launch the Business Woman's Network. The BWN consisted of an executive women's steering committee for Duke Energy employees with more than eight chapters across the United States and Canada. She received the Ruth Shaw Award in honor of her contribution to women at Duke Energy and in the community. Thomas has a strong history with service for her alma mater. She is the past president of the ECU Black Alumni Chapter and is a member of ECU's Alumni Association Board, Board of Visitors and Student Affairs Advancement Council. In her community, she has been involved with the United Way, Girl Scouts and is a past president of the Deltas of Charlotte. As for her greatest accomplishment outside of her career, Thomas said she is proud of her son Joshua, who followed in his mother's footsteps and graduated from ECU this past May.

Please visit the Women's Roundtable on Facebook 
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