



## “Go Green” and Donate Your Prom Dresses to the YWCA

Every year area teens and young women have an opportunity to “go green” by donating their prom gowns to the **YWCA Prom Dress Project** hosted by the Junior Board of Directors. The annual sale, which will be open to area high school girls, is scheduled for February 24, 2018, from 9:00 a.m. to 5:00 p.m. This sale features hundreds of previously worn gowns and accessories at deeply discounted prices. The YWCA is now in its **tenth** year of providing this service to the young women in our region.

“As you are going through your closet cleaning out for winter, please bring any prom gowns or accessories to YWCA Bristol located at 106 State Street or any of our partners in the community,” said Tammy Henkel, director of Mission Advancement at the YWCA. “All contributions are greatly appreciated and this is a great opportunity for ETSU students to get in some volunteer hours!”



The YWCA is looking for gently used, up-to-date gowns as well as accessories such as the jewelry, clutches, and shoes that accompany the prom attire. “We are in desperate need of fuller figure gowns, especially sizes 16 through 28, all sizes and styles are welcomed,” according to Henkel.

The Women’s Resource Center once again is partnering with the YWCA this year to assist in the donation process. Donations will be accepted through February 16, 2018, at the Women’s Resource Center. Location is the Campus Center Building, room 220. So

go through your closets at home and locate that “like-new” or “gently used” prom- and formal-wear clothing taking up your valuable closet space and donate those items to a great community-based project.

For more information about this project, contact the Women’s Resource Center at 423-439-5772 or Tammy Henkel, YWCA, at 423-968-9444 or by email at [t\\_henkel@ywcabristol.org](mailto:t_henkel@ywcabristol.org).

Please note: The YWCA Junior Board of Directors is a diverse group of young women ages 20-40 who have a desire to acquire more leadership and service skills within the community. Their goals are to build awareness and support of the YWCA in the younger adult segment and to enhance and support the mission of the YWCA.

## Murray conducting holiday card-making workshop in December 2017

**YOU ARE INVITED . . . to help create holiday cheer for the residents of NHC Healthcare in Johnson City.**



Express your holiday creativity and colors into greeting card-sized works of art. No skills required! Join **Pam Murray, B.A., M.B.A.**, local artist and creative coach, on **Tuesday, December 12, 2017**, for a **“Holiday Creative Card-Making” Workshop**. This marks the **sixth** year for this annual workshop.

In this workshop, Murray guides participants through creating “holiday”-themed cards that provide endless possibilities for true self-expression using all materials provided – from paints, pencils, decorative paper, stickers, stamps, shiny things, and more – just let your imagination flow! Most importantly, this is a chance for creating cards to share with the nursing home residents of **NHC Healthcare – Johnson City**, bringing some loving holiday cheer and joy from your heart to the residents in the Continuing Care Unit. This is a wonderful opportunity for each participant to **give back** to the community while having fun yourself. Come join us!

This one-time **holiday-inspired** session will be held on December 12<sup>th</sup> in the Campus Center Building, Global Understanding Video Conference Room, room 233, at noon.

**Reservations are required.** To reserve a space for Murray's *Women's Personal Enrichment Workshop*, contact the Women's Resource Center at 423-439-5772 or email [wrcetsu@etsu.edu](mailto:wrcetsu@etsu.edu). This workshop is free and open to the public.



## Women's health series seminars scheduled for January and February 2018

What would your life be like with an abundance of energy and vitality? Do you suffer from fatigue, stress, headaches, brain fog, or poor sleep and find yourself needing sugar and caffeine to get through your busy day? Do you feel like your life is passing you by simply because you don't have the energy to keep up? So many factors contribute to your sense of energy and vitality.



If any of these questions apply to your daily life, then join us on Tuesday, January 23, 2018, when Sarah Haas (pictured left), local integrative nutrition health coach and certified personal trainer, presents **"Eating for Energy: Create an Abundance of Energy and Vitality Without Dieting."** Location is the

Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

In this workshop, Haas discusses what gives you energy and what takes it away, so you can be that vibrant, awesome person you are meant to be. AND you will find out how to truly nourish yourself, skyrocket your energy, and take control of your life!

**IN THIS WORKSHOP YOU'LL LEARN:**

- Top foods that nourish your body for maximum energy
- How certain foods decrease your energy
- How lifestyle can impact your food choices and energy levels
- Easy tips to improve your health
- First steps to take back control of your energy and vitality.

**Reservations are required.** To reserve a space for Haas' *Women's Health Series* seminar, contact the Women's Resource Center at 423-439-5772 or email [wrcetsu@etsu.edu](mailto:wrcetsu@etsu.edu). This seminar is free and open to the public.



In February 2018, cardiac disease is the focus of an upcoming *Women's Health Series* seminar. In the face of cardiac disease, younger women are generally believed to have better cardiac function and survival when compared to age-matched men. Is this belief true?

Join us on Tuesday, February 13, 2018, for **"Matters of the Heart: Changes in Cardiovascular Disease across the Lifespan**

**"Matters of the Heart: Changes in Cardiovascular Disease across the Lifespan**

*in Women"* with guest speaker, **Cerrone Foster, Ph.D.**, (pictured earlier). Location is the Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

An assistant professor in the Department of Biological Sciences at ETSU, Foster will discuss current research and clinical studies on gender differences in heart disease. She will also discuss prevention strategies, hormone replacement therapy, and the importance of community and support to bring awareness of the condition.

Foster earned a Ph.D. in biomedical sciences from East Tennessee State University's Quillen College of Medicine, followed by a postdoctoral fellowship in cardiovascular physiology. Her research examines molecular signaling pathways and structural remodeling of the heart during failure and the role of estrogen deficiency and aging in cardiovascular disease. In addition to a heavy teaching load, Foster is also active in the community where she is a youth leader in her church and a member of Alpha Kappa Alpha Sorority, Inc.

**Reservations are required.** To reserve a space for Foster's *Women's Health Series* seminar, contact the Women's Resource Center at 423-439-5772 or email [wrcetsu@etsu.edu](mailto:wrcetsu@etsu.edu). This seminar is free and open to the public.

Some article contents adapted from the East Tennessee State University web site at [http://www.etsu.edu/news/collarts\\_sciences\\_news/wsp/2015-2016/carterwow\\_2.aspx](http://www.etsu.edu/news/collarts_sciences_news/wsp/2015-2016/carterwow_2.aspx).



## Worley to present 'S.A.F.E.' seminar

On Tuesday, February 27, 2018, ETSU Public Safety Officer Sgt. Amanda Worley, (pictured left), will facilitate **"STOP Violence Against**

**Teenage and Adult Women"** for the *Women's Personal and Professional Enrichment Lunch Break Series*. Location is the Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

The National Self-Defense Institute's (NSDI) **'S.A.F.E.' PROGRAM** is an initiative to *STOP Violence Against Teenage and Adult Women*. **'S.A.F.E.'** (an acronym for **Self-defense Awareness & Familiarization Exchange**) is an educational awareness, crime-victim prevention program – encompassing **Strategies, Techniques, Options, and Prevention (S.T.O.P.)** – that provides teenage and adult women with information that may reduce their risk of exposure to violence.



Worley guides participants through a 13-piece full-color folio packed with safety information every woman should know (a complete folio packet is given to every participant). The packet provides women with solid public safety-awareness information to incorporate into their daily lives.

**Reservations are required.** Join us for this important *Women's Personal and Professional Enrichment Series Lunch Break Seminar*. For more information, contact the Women's Resource Center at 423-439-5772 or email [wrcetsu@etsu.edu](mailto:wrcetsu@etsu.edu).

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**ETSU Women's Resource Center**  
**Program Schedule**

For more information on the events listed contact the *WRC* at 423-439-5772.

**DECEMBER 2017 – FEBRUARY 2018**

**Main Campus Programs**

**Tuesday, December 12**

**“Holiday Creative Card-Making” Workshop – A Women’s Personal Enrichment Lunch Break Workshop.** Pam Murray, B.A., M.B.A., local artist and creative coach, is conducting this one-session workshop. Join Murray as she guides participants through creating “holiday”-themed greeting cards to share with the nursing home residents at **NHC Healthcare – Johnson City**. **Reservations are required.** See article pages 1-2.

**LOCATION & TIME:** Campus Center Building, Global Understanding Video Conference Room, room 233, noon.

**Wednesday, December 13**

**Book Review Group.** Participants will meet to discuss “**your favorite reads of 2017.**” Come and discuss books you have read throughout 2017 that have not been included in our reading selections. New readers welcome.

**LOCATION & TIME:** Women’s Resource Center, Campus Center Building, room 220, noon.

**Wednesday, January 17**

**Book Review Group.** Participants will meet to discuss *An Italian Wife* by Ann Hood. New readers welcome.

**LOCATION & TIME:** Women’s Resource Center, Campus Center Building, room 220, noon.

**Tuesday, January 23**

**“Eating for Energy: Create an Abundance of Energy and Vitality Without Dieting” – A Women’s Health Series Lunch Break Seminar.** Sarah Haas, a local integrative nutrition health coach and certified personal trainer, is guest speaker. In this workshop, Haas discusses what gives you energy and what takes it away, so you can be that vibrant, awesome person you are meant to be. AND you will find out how to truly nourish yourself, skyrocket your energy, and take control of your life! **Reservations are required.** See article page 2.

**LOCATION & TIME:** Campus Center Building, Global Understanding Video Conference Room, room 233, noon.

**Tuesday, February 13**

**“Matters of the Heart: Changes in Cardiovascular Disease across the Lifespan in Women” – A Women’s Health Series Lunch Break Seminar.** Cerrone Foster, Ph.D., assistant professor in the Department of Biological Sciences at ETSU, is guest speaker. Foster will discuss current research and clinical studies on gender differences in heart disease. She also discusses prevention strategies, hormone replacement therapy, and the importance of community and support to bring awareness of the condition. **Reservations are required.** See article page 2.

**LOCATION & TIME:** Campus Center Building, Global Understanding Video Conference Room, room 233, noon.

**Tuesday, February 13**

**Love Your Body Day Expo.** The ETSU Counseling Center’s OASIS (Outreach and Advocacy: Sexuality Information for Students) will sponsor a variety of interactive information booths, along with free giveaways, for **Love Your Body Day**. Exhibitors include the Women’s Resource Center. ETSU students, faculty, and staff will have access to everything from free massage therapy to healthy eating tips to women’s health information. See article page 4.

**LOCATION & TIME:** D.P. Culp University Center, Ballroom, 11:00 a.m. to 3:00 p.m.

**Wednesday, February 21**

**Book Review Group.** Participants will meet to discuss *A Spool of Blue Thread: A Novel* by Anne Tyler. New readers welcome.

**LOCATION & TIME:** Women’s Resource Center, Campus Center Building, room 220, noon.

**Tuesday, February 27**

**“STOP Violence Against Teenage and Adult Women” – A Women’s Personal and Professional Enrichment Series Lunch Break Seminar.** ETSU Public Safety Officer Sgt. Amanda Worley is guest speaker. In her hour-long seminar, Worley guides participants through an educational awareness, crime-victim prevention program that provides teenage and adult women with information that may reduce their risk of exposure to violence. **Reservations are required.** See article page 2.

**LOCATION & TIME:** Campus Center Building, Global Understanding Video Conference Room, room 233, noon.

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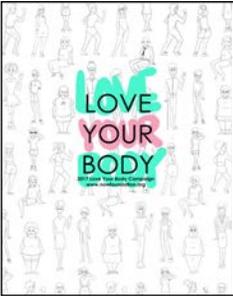
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**ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.**

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## MORE CAMPUS NEWS & UPDATES



### LOVE YOUR BODY DAY 2018

On Tuesday, February 13, 2018, from 11:00 a.m. to 3:00 p.m., OASIS (Outreach and Advocacy: Sexuality Information for Students) will sponsor a variety of interactive information booths, along with free giveaways, for **Love Your Body Day**. Exhibitors, which include the Women's Resource Center, will be set up in the Ballroom, D.P. Culp University Center. ETSU students, faculty, and staff will have access to everything from free massage therapy to healthy eating tips to women's health information.

In response to unhealthy and exploitive images of women in the media, NOW Foundation established the **Love Your Body Campaign** to promote positive, healthy images of women and girls, protest harmful and offensive advertisements, and raise awareness about women's health issues.

For more information on **Love Your Body Day**, contact Jessica Cook, OASIS graduate assistant, at 423-439-4333 or email [oasis@etsu.edu](mailto:oasis@etsu.edu).

Poster acknowledgment: Samantha Kallen, Grand Prize Winner for the 2017 **Love Your Body Day** Poster Contest. Article partially adapted from the **National Organization for Women** (NOW) website <http://now.org/now-foundation/love-your-body/>.



#### HOLIDAY CLOSINGS

ETSU will be closed December 22, 2017, through January 1, 2018.

The university will be closed on January 15, 2018, in observance of **Martin Luther King, Jr. Day**.

#### Spring Semester 2018

Classes begin January 16, 2018.



#### Women's Resource Center NEWSLETTER

The ETSU Women's Resource Center Newsletter is published quarterly at East Tennessee State University, Johnson City, Tenn.

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Visit our web site at: <http://www.etsu.edu/wrcetsu/>

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