



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

September 2013 – Volume 16:1



Worley to present 'S.A.F.E.' program

On Tuesday, September 17, 2013, ETSU Public Safety Officer Amanda Worley will facilitate **"STOP Violence Against Teenage and Adult Women"** for the *Women's Personal and Professional Enrichment Lunch Break Series*. Location is the Meeting Room 6, D.P. Culp University Center, at 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 **S**trategies, **T**echniques, **O**ptions, and **P**revention (S.T.O.P.) – that provides teenage and adult women with information that may reduce their risk of exposure to violence.

Worley, who is the Tennessee state R.A.D. (Rape Aggression Defense) director and advanced R.A.D. instructor, 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). Teaching that "90 percent of self-defense is awareness, risk reduction, and avoiding confrontation; and only 10 percent physical", and focusing on both mental and physical preparedness, **'S.A.F.E.'** provides women with solid public safety-awareness information to incorporate into their daily lives.

Worley, who is the Tennessee state R.A.D. (Rape Aggression Defense) director and advanced R.A.D. instructor, 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). Teaching that "90 percent of self-defense is awareness, risk reduction, and avoiding confrontation; and only 10 percent physical", and focusing on both mental and physical preparedness, **'S.A.F.E.'** provides women with solid public safety-awareness information to incorporate into their daily lives.

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.

Hall Auditorium on September 25. Start time is 7:00 p.m. on both evenings.

Marshall Miller and Dorian Solot, the husband and wife co-creators of **"The Female Orgasm,"** have presented their sex education programs at over 500 colleges and universities, businesses, churches, regional and national conferences, and adult education centers around the country. Their expertise and comfort, combined with their honest, playful style, give audiences the tools they need to stay healthy and have fun.



Presented to **standing room only audiences** on the ETSU campus, the Solot and Miller program combine sex education and women's empowerment with a hearty dose of laughter and they are packing the house on college campuses.

With warmth and humor, the subject of female orgasm is illuminated for women who aren't having them, guys who want to make their girlfriends happy, and students who are debating the existence of the G-spot or "to fake or not to fake?" Students love that Solot and Miller's sex education programs bring both a male and female perspective to the conversation. Administrators often compliment them on presenting "sexy" material in a tasteful, appropriate manner. The program is inclusive of people of all genders and sexual orientations. Solot and Miller's straightforward and candid program focuses on individuals making sexual decisions that are right for them, including whether to use the information now or when married or in a serious relationship.

Sponsors for **"The Female Orgasm"** are FMLA @ ETSU, OASIS (Outreach and Advocacy Sexuality Information for Students), Student Government Association, Women's Studies Program, and Women's Resource Center. For more information contact the Women's Resource Center at 423-439-5772 or any of the offices or departments listed.

Some article contents adapted from the *Sex Discussed Here* web site at <http://www.sexualityeducation.com/index.php>.



Miller and Keenan-Bolger to present **"The Female Orgasm"**

On Tuesday, September 24 and Wednesday, September 25, 2013, **Marshall Miller**, along with **Maggie Keenan-Bolger**, (both pictured left), one of the newest members of the sex and relationship education team lead by Dorian Solot and Miller, will return to the ETSU campus to present **"The Female Orgasm."** Location is the Martha Street Culp Auditorium, D.P. Culp University Center on September 24 and Brown



"Envisioned Landscape: A Group Exhibition"

The *landscape* as a genre is one of the most popular subject matters in the history of art. From the realists to impressionists, even the surrealists, the landscape as a changing muse has inspired artists for centuries. The landscape as an art concept has further evolved in contemporary art, at times veering away from the romanticized picturesque images of nature toward other planes, like earth art, installations, and multimedia images. Women's deeper understanding of birth origins, connections of the womb and Mother Earth are perspectives that imbue

art with distinct terrain, a geography embodied differently from the dominant male-dominated landscape.

Opening September 30, 2013, and running through October 25, 2013, **“Envisioned Landscape: A Group Exhibition”** explores the landscape from the female point of view. An *Opening Reception*, with artists’ talk, is scheduled for First Friday, October 4, 2013, from 6:00 p.m. to 8:00 p.m. with guest of honor Dr. Wilsie Bishop. Location is the Tipton Gallery, 126 Spring Street, Johnson City, Tenn. The exhibit is co-curated by Karlota Contreras-Koterbay, Slocumb Gallery director, and intern Michael Hale.

“Envisioned Landscape: A Group Exhibition” features work that manipulates the landscape and embeds it with a more complex content. The co-curators are interested in exploring the artists’ ‘created’ and ‘imagined’ terrain as opposed to its traditional representation of scenery as it is. Some of the envisioned landscape presents its subject as apocalyptic or mystical and even psychedelic, revealing the artists’ exploration of media and their efforts to push the boundaries of what is considered ‘landscape’.

The participating artists are Diane Fox (Tenn.), Megan Levacy (Ga.), Adriane Little (Mich.), Allison Luce (N. Carolina), Theresa Markiw (Tenn.), Mary Nees (Tenn.), Mary Bates Neubauer (Ariz.), Esther Randall (Ken.), Suzanne Stryk (Va.), and Denise Stewart-Sanabria (Tenn.).

The **“Envisioned Landscape: A Group Exhibition”** is sponsored by Department of Art and Design, Urban Redevelopment Alliance, Women’s Studies Program, and Women’s Resource Center. For more information, contact Karlota Contreras-Koterbay at 423-439-4291 or the Women’s Resource Center at 423-439-5772. This exhibit is free and open to the public.

The artwork included in the article is “Camel Back in Monsoon” by Mary Bates Neubauer.



Holifield to present **“Foundations of Investing”**

On Tuesday, October 29, 2013, **Joseph M. Holifield**, financial advisor with Edward Jones Investments in Johnson City, Tenn., will present **“Foundations of Investing.”** Location is the East Tennessee Room, D.P. Culp University Center, at noon.

This *Personal Finance Lunch Break Seminar* is geared to people who are either new to investing or need a refresher. Participants will learn:

- The key features of bonds, stocks, and mutual funds
- The importance of asset allocation
- The impact of inflation on your long-term goals

For more information on the **Holifield Personal Finance Seminar**, contact the Women’s Resource Center at 423-439-5772. This seminar is free and open to the public.



Women’s Health Series

The three macronutrients of protein, fat, and carbohydrates all perform essential roles in the human body. Macronutrients are the main components of our diet. Our bodies require other nutrients as well, such as vitamins and minerals. However, these are needed in much smaller quantities, and thus are referred to as micronutrients. All three macronutrients are needed in the diet, as each perform vital functions in the body.

On Wednesday, November 6, 2013, **W. Andrew Clark, Ph.D., R.D.**, professor in the Department of Allied Health Sciences, is guest speaker for **“Achieve Your Optimal Weight – Managing Macronutrients.”** Location is the East Tennessee Room, D.P. Culp University Center, at noon.



Clark will provide a closer look at the functions of these nutrients, aid participants in making wise eating choices, and discuss the role nutrients play in weight loss and maintenance.

For more information on the **Clark Women’s Health Series** seminar, contact the Women’s Resource Center at 423-439-5772. This seminar is free and open to the public.

Some article contents adapted from the **FITDAY** web site at <http://www.fitday.com/fitness-articles/nutrition/vitamins-minerals/the-3-primary-macronutrients-and-their-importance.html>.

Saluting the Women of ETSU



2013 Distinguished Staff Awards

Outstanding staff members at East Tennessee State University are honored by their peers through the *Distinguished Staff Awards* – presented annually at the university’s Staff Picnic sponsored by the Staff Senate – which include a \$2,000 check, provided by the ETSU Foundation, and an engraved recognition memento from the Staff Senate. On May 24, 2013, four ETSU women were recognized for their commendable efforts.



The Career Award was presented to **Christine Collins**, (pictured left), of the Office of Housing and Residence Life. Collins, an executive aide, is in her 40th year of employment at ETSU. Through the years, the ETSU alumna has served on various committees and organizations, including the Wellness Committee, Student Affairs Staff Development Education Committee, and Staff Senate, and she has been a captain and co-captain for the Relay for Life Survivor Team for four years.

Congratulations, Chris!



Karlota I. Contreras-Koterbay, (pictured left), director of Slocumb Galleries in the Department of Art and Design, received one of two Distinguished Staff Awards in the Professional Non-Faculty category. Since joining the university in 2006, she has “demonstrated her commitment to the cultural and artistic betterment of the campus and community” by developing a year-round exhibition program of shows and collaborative activities with various ETSU academic units and area organizations. Seeing the need for additional exhibition space, she worked to secure the Tipton Gallery in downtown Johnson City and has maintained this in-kind gift to the university since 2007. Contreras-Koterbay has strengthened Slocumb Galleries’ Visiting Artist Series and has met funding challenges through partnerships, collaborations, and grant-writing.

Congratulations, Karlota!



Sue Russell, (pictured left), Student Support Services office manager in the James H. Quillen College of Medicine, received a Distinguished Staff Award in the Professional Non-Faculty category as well. Russell has a hand in nearly all the major events ETSU’s medical students experience, from orientation and their White Coat Ceremony as they enter the college all the way to graduation. She organizes Alpha Omega Alpha and Gold Humanism honor society induction ceremonies and provides support for a variety of student group activities, including fundraisers and travel.

Congratulations, Sue!



Linda Adams, (pictured left), received the Distinguished Staff Award in the Clerical and Secretarial category. Adams, an information research technician in the Quillen College of Medicine’s Department of Pediatrics, is praised by the faculty and medical residents of her department for her “professionalism, dedication and good humor. She is often the first point of contact in solving a wide variety of time-consuming problems,” one physician wrote in support of her nomination. “Her knowledge of ETSU rules and procedures, along with a cordial, yet focused, approach, invariably results in a solved problem.”

Congratulations, Linda!

Pendley appointed to TNCPE Board of Examiners



Dr. Robin Pendley, (pictured left), an assistant professor with the East Tennessee State University College of Public Health, has been appointed to the Tennessee Center for Performance Excellence (TNCPE) Board of Examiners.

Pendley is a faculty member in the ETSU Department of Health Services Management and

Policy. Her research is focused on public health services and systems, the public health workforce, quality improvement and health outcomes.

Every year, the TNCPE award program recognizes organizations that demonstrate excellence in business operations and results. In appointing examiners, the TNCPE Board of Directors chooses experts from all sectors of the regional economy, including health care, manufacturing, education, government and the service and non-profit industries.

As an examiner, Pendley will be responsible for reviewing and evaluating organizations that apply for the TNCPE Award. Each examiner must complete extensive training in the Baldrige Criteria for Performance Excellence.

Congratulations, Robin!



October is National Breast Cancer Awareness Month

Looking for a way to make a difference?

Access to mammography is a critical issue. Breast cancer is the leading cause of cancer deaths among women ages 40 - 55. Early detection is the key to survival and better treatment options, and mammography is among the best-known methods of early detection, yet 13 million women in the U.S. over 40 have never had a mammogram.

The Breast Cancer Site provides a feel-good way to help promote awareness and prevent breast cancer deaths every day — through easy online activities. With a simple daily click of the **pink** button at *The Breast Cancer Site*, visitors help provide mammograms to those in need and visitors to the site pay nothing. Mammograms are paid for by the site's sponsors and distributed by the National Breast Cancer Foundation, Inc. So log on today. Visit *The Breast Cancer Site* at <http://www.thebreastcancersite.com/> to help provide access to a mammogram for one of the 13 million women in the U.S. over 40 who have never had a mammogram.

Some article contents adapted from *The Breast Cancer Site* at <http://www.thebreastcancersite.com/>.



Women's Resource Center NEWSLETTER

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

Mailing Address: Box 70272, Johnson City, TN 37614.

Phone: (423) 439-5772. Fax: (423) 439-5760.

E-mail address: wrcetsu@etsu.edu.

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

Harriet P. Masters, director

Jan Royston, secretary

Karli Garceau, student assistant

ETSU Women's Resource Center

Program Schedule

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

SEPTEMBER – NOVEMBER 2013

Main Campus Programs

Tuesday, September 17

“STOP Violence Against Teenage and Adult Women” – A Women’s Personal and Professional Enrichment Series Lunch Break Seminar. ETSU Public Safety Officer 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. See article page 1.

LOCATION & TIME: D.P. Culp University Center, Meeting Room 6, noon.

Wednesday, September 18

Book Review Group. Participants will meet to discuss *The House at Tyneford: A Novel* by Natasha Solomons. New readers welcome.

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

Tuesday, September 24 and Wednesday, September 25

“The Female Orgasm” – A Special Event Program. Presented by sex educators Marshall Miller and Maggie Keenan-Bolger, *“The Female Orgasm”* combines sex education and women's empowerment with a hearty dose of laughter. Sponsored by FMLA @ ETSU, OASIS (Outreach and Advocacy Sexuality Information for Students), Student Government Association, Women’s Studies Program, and Women’s Resource Center. See article page 1.

LOCATION & TIME for Tuesday, Sept. 24: D.P. Culp University Center, Martha Street Culp Auditorium, 7:00 p.m.

LOCATION & TIME for Wednesday, Sept. 25: Brown Hall Auditorium, 7:00 p.m.

Friday, October 4

“Envisioned Landscape: A Group Exhibition” – A Special Event Program. Opening September 30, 2013, and running through October 25, 2013, the *“Envisioned Landscape”* exhibition explores the landscape from the female point of view. An **Opening Reception**, with artists’ talk, is scheduled for First Friday, October 4, 2013. Sponsored by Department of Art and Design, Urban Redevelopment Alliance, Women’s Studies Program, and Women’s Resource Center. See article pages 1-2.

LOCATION & TIME: Tipton Gallery, 126 Spring Street, Johnson City, Tenn., 6:00 p.m. to 8:00 p.m.

Wednesday, October 16

Book Review Group. Participants will meet to discuss *Hotel on the Corner of Bitter and Sweet* by Jamie Ford. New readers welcome.

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

Tuesday, October 29

“Foundations of Investing” – A Personal Finance Series Lunch Break Seminar. Guest speaker is Joseph M. Holifield, financial advisor with Edward Jones Investments in Johnson City, Tenn. This seminar is geared to people who are either new to investing or need a refresher. Holifield will discuss the key features of bonds, stocks, and mutual funds, the importance of asset allocation, and the impact of inflation on your long-term goals. See article page 2.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, November 6

“Achieve Your Optimal Weight – Managing Macronutrients” – A Women’s Health Series Lunch Break Seminar. W. Andrew Clark, Ph.D., R.D., professor in the Department of Allied Health Sciences, is guest speaker. Clark will provide a closer look at the functions of these macronutrients, aid participants in making wise eating choices, and discuss the role macronutrients play in weight loss and maintenance. See article page 2.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, noon.

Wednesday, November 20

Book Review Group. Participants will meet to discuss *When We Were Strangers: A Novel* by Pamela Schoenewaldt. New readers welcome.

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

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.

MORE CAMPUS NEWS & UPDATES



2013 Multicultural Expo

Wednesday, September 11, 2013
D.P. Culp University Center, Ballroom
7:00 p.m.

For more information, contact Laura Terry,
Office of Multicultural Affairs, at 423-439-6633.



2013 Notable Women of ETSU

The 12th annual *Notable Women of ETSU* is taking place on Wednesday, November 13, 2013. Location is the East Tennessee Room of the D.P. Culp University Center at 5:00 p.m.

The 2013 recipients are **Dr. Rosalind Gann** and **Dr. Amal Khoury**. Please contact the Office of Women's Studies at 423-439-4125 for more information.

The Red Flag Campaign

September 25 through September 26, 2013

The Counseling Center at ETSU will be hosting **The Red Flag Campaign**, a program bringing campus awareness to relationship/sexual violence. Students are encouraged to stop by the Pedestrian Mall on September 25th and 26th to learn more about relationship and sexual violence, see the flags, and fill out flags of their own. For more information on **The Red Flag Campaign** contact Kate Emmerich, OASIS program coordinator for The Counseling Center at ETSU, at 423-439-4841 or email oasis@etsu.edu.

For more information on The Red Flag Campaign visit the web site at <http://www.theredflagcampaign.org/index.php/>.



HOLIDAY CLOSINGS

ETSU will be closed and classes will not be in session Friday, November 29, 2013.

FALL SEMESTER BREAK

Fall Break is October 14-15, 2013. Classes are not in session, however administrative offices remain open.

East Tennessee State University is a Tennessee Board of Regents institution and is fully in accord with the belief that educational and employment opportunities should be available to all eligible persons without regard to age, gender, color, race, religion, national origin, disability, veteran status, sexual orientation, or gender identity.