

# Women's Resource Center NEWSLETTER

*Quarterly Newsletter*

September 2015 – Volume 18:1



## “...the body and blood” exhibit coming to Slocumb Galleries

The art exhibition entitled “*...the body and blood*,” by Luzene Hill, opens September 14, 2015, and runs through September 24, 2015. The exhibit will be on view at the Slocumb Galleries, with a Reception and Gallery Talk scheduled for Thursday, September 24, 2015, from 5:00 p.m. to 7:00 p.m.

This exhibit deals with violence against women, which is known to be a global issue, ubiquitous and without boundaries. According to Amnesty International one out of three women worldwide will be beaten, coerced into sex, or otherwise abused in her lifetime, with the rates reaching 70 percent in some countries.

Sexual assault is not only a result of war on the other side of the world, it occurs every few minutes and just around the corner. **Most rapes go unreported.** In the United States only 16 to 26 percent of rapes are ever reported to the police. A *reported* attack occurs 720 times a day, statistically every two minutes. This is the world’s highest rate for countries that publish such data. It’s four times higher than Germany, 13 times higher than England and 20 times higher than Japan.

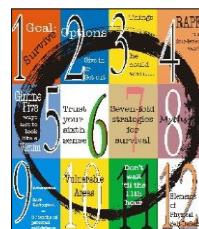
The incidence of violence against Native American women is almost three times greater than the national average. Native women are less likely to report these crimes, out of fear of retaliation or recrimination, and from the belief nothing will be done. Current policies and procedures, as well as historical precedents, support this belief.

“*...the body and blood*” exhibit presents these statistics, through the use of changing material volume and sound. Sanctus bells ringing every two minutes mark what’s happening somewhere in the United States – to some woman/girl/child. Each day, for eleven days, 2,160 dried rose petals will be added to a honeysuckle basket in the center of the gallery. Between September 14<sup>th</sup> and 24<sup>th</sup> a total of 23,720 petals will have spilled over the basket. Each concave petal, fragile and the color of blood, represents a Native American woman who has not been counted. For eleven days these women *will* be counted – and all women who have experienced violence and abuse will be acknowledged.

“*...the body and blood*” exhibit is sponsored by the Department of Art and Design, Counseling Center, Office of Equity & Diversity, Office of Multicultural Affairs, Tennessee Arts Commission ABC Grant thru

Kingsport Arts, 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 by Luzene Hill.



## Worley to present ‘S.A.F.E.’ program

On Wednesday, September 23, 2015, 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 East Tennessee Room, D.P. Culp University Center, and 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, 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. This seminar is free and open to the public.



## Popular program “The Female Orgasm” returns to the ETSU campus

On Monday, September 28, 2015, sex educators with the popular **“The Female Orgasm”** program return to the ETSU campus. Location is the Brown Hall Auditorium. Start time is 7:00 p.m.

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.

Sponsors for "**The Female Orgasm**" are FMLA @ ETSU, OASIS, BucFund, 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. This lecture is free and open to the public.

## Ebbert presenting Women's Health Series seminar for fall 2015

The Alzheimer's treatment horizon has never looked brighter. More potential treatments are in development than ever before as a result of 30 years of accelerating insight and identification of promising targets for intervention. The Alzheimer's Association has been involved in every major advancement in Alzheimer's and related dementia research since the 1980s and is a leader in the global fight for a world without Alzheimer's.

On Tuesday, October 13, 2015, **Tabitha Ebbert, B.S.**, presents "**Maintain Your Brain**." Location is East Tennessee Room, D.P. Culp University Center, and start time is noon.

Ebbert, manager of programs and education for the Alzheimer's Association in Johnson City, Tenn., will discuss research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. All research findings and strategies can be incorporated into a plan for healthy aging that combats/reduces the risk of dementia and Alzheimer's disease.

For more information about **Ebbert's** seminar, contact the Women's Resource Center at 423-439-5772. This *Women's Health Series Lunch Break Seminar* is free and open to the public.

Some article contents adapted from the **Alzheimer's Association** web site at <http://www.alz.org/>.



## Murray presenting workshops in October and November 2015

*Can you imagine your life without beauty in it?* Beauty plays a central role in our lives, yet

is often taken for granted. **Beauty is powerful because it matters.** What does beauty really mean? Participants will play and explore the eternal theme of beauty - both on the outside and from within.

On Tuesday, October 6, 2015, **Pam Murray, B.A., M.B.A.**, local artist and creative coach, will facilitate the lunch break workshop entitled "**Why Beauty Matters . . .**" Start time is noon and the location is the Campus Center Building, Global Understanding Video Conference Room, room 233.

Through visual and written activities and expressions, Murray's workshop will help you take a look at such questions as: What does beauty mean to me? How do I describe what it is? Where do I find it? What meaning does it bring to my life? What is its deep value...why does it matter? Join us for this workshop exploration to immerse yourself in the beauty of you and the beauty of your world.



Following on the heels of the October workshop, Murray will facilitate "**Journey to the Soul through Collaging.**"

Scheduled for Wednesday, November 11, 2015, start time is noon. Location is the Global Understanding

Video Conference Room, room 233.

Murray's November workshop addresses: Are you living your own truth or someone else's? What messages are inside of you looking for a way to communicate to you? Messages of the heart and soul are very often found in imagery. Each of us is intuitively attracted to certain images, colors, designs and symbols. Creating an intuitive collage is a visually inspiring, imaginative, fun process that results in your truth within 'speaking' to you in a language that goes deeper than words...what we could call '*a journey to your soul*'. Join in this amazing discovery process; a dynamic and enjoyable way to bring out and find out about the real you and the hidden messages often lying dormant or buried just beneath the surface.

**Reservations are required.** To reserve a space for any of **Murray's Women's Personal Enrichment Lunch Break Seminars**, contact the Women's Resource Center at 423-439-5772. Both workshops are free and open to the public.



## 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: PO Box 70272, Johnson City, TN 37614. Phone: (423) 439-5772. Fax: (423) 439-5760.

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Harriet P. Masters, director  
Jan Royston, secretary  
Calleigh Allen, student assistant

# Saluting the Women of ETSU



## Singh and Boggs receive 2015 Distinguished Faculty awards

Two female faculty members were recognized on Friday, August 21, 2015, with Distinguished Faculty Awards in the areas of research and service. The awards, which are the highest honors given by ETSU to faculty members, were presented during the annual Faculty Convocation ceremony.



**Dr. Krishna Singh**, a professor in the Department of Biomedical Sciences and a physiologist at the Quillen VA Medical Center at Mountain Home, is the 2015 recipient of the **ETSU Distinguished Faculty Award in Research**.

According to her nomination, Singh has published 67 refereed papers and 14 book chapters – the vast majority of which have appeared in highly respected journals – since 1990. Her “record of extramural funding that would be the envy of most scientists at larger, research-intensive institutions” includes 12 grants totaling more than \$4.5 million for projects on which she has been the principal investigator. Most of these have been large, multi-year awards from the National Institutes of Health (NIH), the Department of Veterans Affairs (VA) and the American Heart Association. Her current funding from the VA and NIH is more than \$1 million.

Singh’s dedication to teaching and mentoring students was also praised by her colleagues, who noted that many of her former students now hold positions in academia, industry and government.

Singh joined the ETSU faculty in 2002 after holding teaching and research positions at the Brigham and Women’s Hospital (Harvard Medical School), Boston University School of Medicine, the VA Medical Center of Boston, and McGill University, Montreal, Canada, where she completed a post-doctoral fellowship. She earned her B.S. degree in biology at Maharishi Dayanand University, Rohtak, India, and her master’s and doctoral degrees in microbiology, biochemistry and immunology at Haryana Agricultural University, Hisar, India.

Congratulations, Dr. Singh!



The **ETSU Distinguished Faculty Award in Service** was presented to **Teresa Boggs**, assistant professor in the Department of Audiology and Speech-Language Pathology within the College of Clinical and Rehabilitative Health Sciences. She is also director of clinical services for speech-language pathology and a candidate for a doctoral degree in early childhood.

Her greatest contribution, however, is guiding the Nave Language Center’s facility devoted to the needs of children with autism and related communication disorders.

Boggs began her involvement with autism in 2005, when the prevalence of autism was one in 110 individuals. The rate has grown to one in 68 individuals. As a speech-language pathology supervisor at ETSU, she noted an influx of children with the diagnoses of autism and realized that graduate students needed specific training to better serve this population, which involves children with social, communication and language impairment. In addition, the families of children with autism need an array of support services.

Boggs was able to obtain a classroom at the Nave Center in Elizabethton and establish the Nave Language Center. She enlisted the aid of Dr. Bob Barnhart of ETSU’s physical therapy program to create a sensory movement room in another classroom, with a climbing wall, ball pit, swings and therapy balls.

By 2010, the center provided nearly 1,300 visits for speech and language services. With the support of parents, students and volunteers, Boggs hosted a **Walk to Talk** fundraiser to establish a foundation account that supports scholarships so that children without sufficient insurance could receive services.

A letter of recommendation from a parent of the children Boggs serves notes, “She is one of the most talented people that I have ever met and goes above and beyond the expected parameters of her position. I trust Teresa explicitly with my most precious treasure — my children.”

Congratulations, Ms. Boggs!

Some article contents adapted from the ETSU web site at [http://www.etsu.edu/news/2015/08\\_aug/2015\\_dist\\_fac\\_awards.aspx](http://www.etsu.edu/news/2015/08_aug/2015_dist_fac_awards.aspx).



### 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/>.

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

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

### **SEPTEMBER – NOVEMBER 2015**

#### **Main Campus Programs**

**Wednesday, September 16**

**Book Review Group.** Participants will meet to discuss ***Go Set A Watchman*** by Harper Lee. New readers welcome.

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

**Wednesday, September 23**

**"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, East Tennessee Room, noon.

**Thursday, September 24**

**Reception and Gallery Talk for ". . . the body and blood" by Luzene Hill – A Special Event Program.** Opening September 14, 2015, and running through September 24, 2015, the exhibit deals with violence against women, which is known to be a global issue, ubiquitous and without boundaries. Sponsored by the Department of Art and Design, Counseling Center, Office of Equity & Diversity, Office of Multicultural Affairs, Tennessee Arts Commission ABC Grant thru Kingsport Arts, Women's Studies Program, and Women's Resource Center. See article page 1.

**LOCATION & TIME:** Ball Hall, Slocumb Galleries, 5:00 p.m. to 7:00 p.m.

**Monday, September 28**

**"The Female Orgasm" – A Special Event Program.** Presented by sex educators from the Marshall Miller and Dorian Solot Sex Discussed Here renowned sex education programs, "**The Female Orgasm**" combines sex education and women's empowerment with a hearty dose of laughter. Sponsored by FMLA @ ETSU, OASIS, BucFund, Women's Studies Program, and Women's Resource Center. See article pages 1-2.

**LOCATION & TIME:** Brown Hall Auditorium, 7:00 p.m.

**Tuesday, October 6**

**"Why Beauty Matters . . ."** – A Women's Personal Enrichment Lunch Break Seminar. Facilitated by **Pam Murray, B.A., M.B.A.**, local artist and creative coach. Through visual and written activities and expressions, Murray's workshop will help you take a look at such questions as: What does beauty mean to me? How do I describe what it is? Where do I find it? See article page 2.

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

**Tuesday, October 13**

**"Maintain Your Brain"** – A Women's Health Series Lunch Break Seminar. Tabitha Ebbert, **B.S.**, manager of programs and education for the Alzheimer's Association in Johnson City, Tenn., will discuss research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement strategies that, in turn, can be incorporated into a plan for healthy aging in combating/reducing the risk of dementia and Alzheimer's disease. See article page 2.

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

**Wednesday, October 21**

**Book Review Group.** Participants will meet to discuss ***The Girl on the Train*** by Paula Hawkins. New readers welcome.

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

**Wednesday, November 11**

**"Journey to the Soul through Collaging"** – A Women's Personal Enrichment Lunch Break Seminar. Facilitated by **Pam Murray, B.A., M.B.A.**, local artist and creative coach. Murray's November workshop addresses: Are you living your own truth or someone else's? What messages are inside of you looking for a way to communicate to you? See article page 2.

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

**Wednesday, November 18**

**Book Review Group.** Participants will meet to discuss ***The Boston Girl*** by Anita Diamant. 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



### 2015 Notable Women of ETSU

The 14th annual *Notable Women of ETSU* is scheduled for Wednesday, November 18, 2015. For more information, contact the Office of Women's Studies at 423-439-4125.

Upcoming Tipton Gallery exhibit

### **"Threads of Empowerment"**

The exhibit is scheduled for September 28 to October 22, 2015. The opening reception and gallery talk is on October 2, a First Friday event, from 6:00 p.m. to 8:00 p.m.

The Tipton Gallery is located at 126 Spring Street, Johnson City, Tenn. Gallery hours are First Fridays, 6:00 p.m. to 8:00 p.m., Wednesdays and Thursdays from 4:00 p.m. to 6:00 p.m., and by appointment. For more information, contact Karlota Contreras-Koterbay, ETSU Department of Art and Design, at 423-439-4291.

### **The Red Flag Campaign**

**Tuesday, September 29 and Thursday, October 1, 2015**

The Counseling Center at ETSU is coordinating events for **The Red Flag Campaign**, a program bringing campus awareness to relationship/sexual violence.

On Tuesday, September 29 and Thursday, October 1, 2015, from 11:00 a.m. to 3:00 p.m., students are encouraged to stop by the Pedestrian Mall to learn more about what to say or do if they see relationship or sexual violence red flags, view the flags, and fill out flags of their own. For more information on **The Red Flag Campaign** contact Kate Emmerich, senior counselor and OASIS program coordinator for the Counseling Center at ETSU, at 423-439-4841 or email [oasis@etsu.edu](mailto: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 27, 2015.

### **FALL SEMESTER BREAK**

Fall Break is October 12-13, 2015. Classes are not in session, however administrative offices remain open.

East Tennessee State University does not discriminate against students, employees, or applicants for admission or employment on the basis of race, color, religion, creed, national origin, sex, sexual orientation, gender identity/expression, disability, age, status as a protected veteran, genetic information, or any other legally protected class with respect to all employment, programs and activities sponsored by ETSU. The following person has been designated to handle inquiries regarding non-discrimination policies: Special Assistant to the President for Equity and Diversity/Affirmative Action Director, 206 Dossett Hall, 439-4211. ETSU's policy on non-discrimination can be found at: <http://www.etsu.edu/equity/compliance.aspx>.