



Healthy Indulgences Under \$15

Indulge Yourself!

It's been a long day, a long week...heck, the whole month seems to be moving at a snail's pace. If you need a pick-me-up, how about some good food, relaxation, and maybe a little laughter. Here are 15 great ideas for affordable, healthy indulgences that will recharge your energy and spirit.

Nibble a Piece of Dark Chocolate



Sweet, rich, with a luscious taste that lingers, few things feel as indulgent as eating dark chocolate. And the charms of this treat go beyond its silky smoothness. The "prescription": Nibble an ounce of

dark chocolate each day. The healthy possibilities: lower blood pressure, increased blood flow, and improved "good" cholesterol. Now that's a luxury worth lingering over.

Scent a Room With Lavender



People have been smitten with aromatic herbs for centuries, filling pillows and pockets with them. Now research hints at what we've always suspected: Aromatherapy seems to

be good for you. It may not provide all the health benefits some essential oils makers would like you to believe, but studies show that breathing in natural perfumed scents can lift your mood. So, indulge in some aromatherapy. Spritz lavender water on your pillow tonight. Pleasant dreams!

Indulge in a Kiss



You dash in the door late from work, say hello to your mate, then run off to a child's soccer practice or your book club. Wait! Stop a minute -- yes, a whole minute -- and give

your spouse a really big kiss. Not only will giving your sweetheart a little sugar burn calories, but that kiss reduces stress, benefits your immune system, and boosts your bond with your spouse.

Splurge on a Fresh Tuna Steak



Give the can opener a rest and slice into a succulent tuna steak tonight. You'll not only delight tired taste buds, but you'll also give your body omega-3 fatty acids, super fats that are important to heart health and storing energy. And who doesn't need more opportunities for healthy eating? Dig in!

Get a Manicure



Those hands of yours are like busy bees. They fly over a computer keyboard, wield hammer and nails, tuck in the kids, hug your honey, scrub, brush, floss...*When*. Indulge these dedicated workers with a

manicure. Like massage, a manicure involves contact with another person through touch, which not only makes you feel pampered, it may even improve self-esteem. Now *that's* a stress reliever.

Rent a Funny Movie



Go ahead, laugh it up -- it's good for you! Studies show that a good belly laugh takes the zap out of stress, pumps up your immunity, improves blood flow, and stabilizes blood pressure. A good

chuckle may even help keep blood sugar levels down and aid digestion. Just *anticipating* laughter seems to reduce stress. You may start to feel better just watching the opening credits roll.

Put the Kettle On



Even in this coffee-besotted nation, the average American sips more than 9 gallons of tea a year. Part of the appeal may be tea's tension-taming powers. Research shows that folks who enjoyed four

cups of black tea a day for six weeks released fewer stress hormones after a tense task than those who drank a caffeinated fruit drink. Green tea has similar benefits. So put that kettle on, pull out your favorite mug, and steep a pot of your favorite tea today.

Get a Chair Massage



A massage may feel like an expensive indulgence, but here's one luxury that's good for your physical and mental health. When you get a

massage, your body releases endorphins, natural painkillers. A massage also reduces stress hormones, lowers anxiety, and raises your immunity. A chair massage usually costs about \$1 a minute. You can get a chair massage at some malls, fairs, or office buildings. It's a quick way to shut out the surrounding chaos and let some wellness into your day.

Take Time to Streecetch



The day got away from you, and you missed your usual workout. Not to worry. While you indulge in watching your favorite TV program after work, give your body a boost with a little

stretching. Not only will stretching help ease tired muscles and increase flexibility, it improves your range of motion and circulation, and soothes away stress, too. Take it slow and hold each pose for ten seconds...then feel the relief!

Go Natural



Want to enhance your serenity and indulge a little introspection? Get outside to hunt for a few seasonal "firsts." Perhaps it's the first birds returning in spring, autumn's first turning leaves, or the first bright crocus pushing through the snow. Get in touch with nature and your neighborhood. It lets you feel connected to something greater, giving you a healthy sense of peace and well-being.

Pick Some Exotic Fruit



Take home those unique choices from the produce department: star-shaped fruits, tiny purple berries, and what look like prickly little lemons. Whether you eat star fruit, acai berries, or "horned" cucumbers, indulging in tropical fruits gives your taste buds an exciting change. It also gives you a bumper crop of health benefits. Antioxidants and other nutrients in these foods help reduce risk of heart disease, diabetes, and cancer.

Call a Good Friend



Good friends are good for you -- it's as simple as that. Whether you see them every day or once in a while, friends foster a sense of belonging, purpose, and self-worth. Friendship even keeps you on a mental even keel. So grab the phone, stretch out on the couch, and give your best buddy a call.

Sleep, Baby, Sleep



Between a busy day of working, working out, and running errands, who has time to indulge in a good night's sleep? You do. Sleeping well tonight is not only important to ward off fatigue, it will also help you learn and make memories. The pros say most adults need seven to eight hours every night. So rest easy tonight -- your body will love you for it.

Move It, Move It, Move It!



What if you had a magic elixir that could lift your mood, help you sleep, increase energy, and even spark your sex life? You don't need a mystic brew for all that. You just need to get moving! Don't call it exercise. Just call it a walk around the neighborhood, a tussle on the lawn with the kids, or digging in the garden. Ten minutes of each could even lead to fewer colds and a boost in brain power. So get moving!

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Women's Personal Enrichment Series seminar lineup for Summer 2014

Weird weather? Food shortages? Drought? No one can predict the weather from season to season, but we can try to prepare for changes in our weather and long-term climate change.



Kathleen Moore, (pictured left), director of sustainability in the Department of Facilities Management, is guest speaker for "**Gardening for Climate Change**."

Scheduled for Tuesday, June 17, 2014, start time is noon. Location is the East Tennessee Room, D.P. Culp University Center.

Moore's seminar will focus on gardening and landscaping techniques to help us enjoy the seasons, provide food for our tables, and reduce our personal carbon footprint. For more information about Moore's *Women's Personal Enrichment Lunch Break Seminar*, contact the Women's Resource Center at 423-439-5772. This seminar is free and open to the public.



In late July 2014, **Pam Murray, B.A., M.B.A.**, local artist and creative coach, will facilitate a lunch break workshop entitled "**Laying the Foundation for Your Creative Dream: Playing with the**

powerful energies of your Inner Critic and Inner Creator." Scheduled for Wednesday, July 30, 2014, start time is noon. Location is the Campus Center Building, room 220.

Murray's workshop focus is: What dream do you hold in your heart right now? The beginning of embodying your dream involves confronting two very powerful energies, your Inner Critic and your Inner Creator. Any time you move toward your dream, resistance shows up in some form. Inner and outer critics threaten our creative movement, our true expression, and so can keep our expressions hidden away. Whatever dream you desire, your Inner Creator must speak louder than your Inner Critic. Your passion must be bigger than your fear. We will look at foundations for that to happen. We will be creating a way to contain our inner critics and a potential holder for our creative dream(s) so we can choose to stay connected to what inspires us and moves us!

Reservations are required. To reserve a space for **Murray's Women's Personal Enrichment Lunch Break Seminar**, contact the Women's Resource Center at 423-439-5772. This workshop is free and open to the public.



Women's Health Series seminar lineup for Summer 2014

Women's Health Series seminars are scheduled for Summer 2014. **"Relaxing with Massage Therapy"** and **"Living the First 100 Years of Your Life in Style"** are scheduled for July 2014.

Archaeological evidence of massage has been found in many ancient civilizations including China, India, Japan, Korea, Egypt, Rome, Greece, and Mesopotamia. Massage started to become popular in the United States in the middle part of the 19th century and was introduced by two New York physicians based on Per Henrik Ling's techniques developed in Sweden. Today massage therapy is abundantly available and used for medical and non-medical relief.



Massage therapists from **Jones Chiropractic Clinic** will provide 10-minute chair massages on Tuesday, July 15, 2014, from 11:00 a.m. to 1:00 p.m. **Reservations are required.** Two massage therapists will be on hand for **"Relaxing with Massage Therapy."** There are a limited number of appointments available,

so contact the Women's Resource Center as soon as possible to schedule a massage session.



On Tuesday, July 22, 2014, **Greg Schrader, D.C.**, (pictured left), chiropractor with Jones Chiropractic Clinic, is guest speaker for **"Living the First 100 Years of Your Life in Style."** Location is the East Tennessee Room, D.P. Culp University Center, at noon.

Schrader's seminar addresses – If we are going to live for 100 years, we need that long life to be a **QUALITY** long life! We don't merely want to be able to exist on this planet – we want to be able to live and work and play on this planet – we want to have a **QUALITY** life!

In 1900 the average life span was 49 years and today the average life span is 77.6 years and growing. Scientists from the University of Texas report that by the year 2050 there will be over 800,000 Americans over the age of 100 and many will be living to 150!

For more information on **"Relaxing with Massage Therapy"** or the **Schrader Women's Health Series** seminars, contact the Women's Resource Center at 423-439-5772.

Some article contents adapted from the **Jones Chiropractic Clinic** web site at <http://www.joneschiroclinic.com/>.

Saluting the Women of ETSU

Khoury and DeAngelis recipients of YW Tribute to Women awards

On April 24, 2014, the YWCA of Bristol honored a dozen local women from Northeast Tennessee and Southwest Virginia for their successes in the arts, education, business, and volunteer work at the annual **YW Tribute to Women**. **Dr. Amal Khoury** and **Ms. Anita DeAngelis** were recognized as two of the 12 honorees. The award recipients were selected according to their leadership qualities, positive impact on the community, and demonstrated growth and achievement.



Khoury (pictured left), who was nominated by her peers in the ETSU College of Public Health, is chair of the Department of Health Services Management and Policy and the associate dean for Quality and Planning for the College of Public Health. On the national level, Khoury is a recognized public health leader, with a focus on identifying the factors that prevent women from seeking health care. Recent research projects have included an evaluation of the use of tele-homecare to prevent patients from being re-hospitalized; a study of the use of preventive health services among poor women; and issues related to breast cancer control among minority women. Khoury was nominated in the Education category.

Congratulations, Amal!



DeAngelis (pictured left) is an associate dean and professor in the ETSU College of Arts and Sciences. She is described as "the face of the arts at ETSU." Since 1994 she moved through the professional ranks and earned enhanced recognition as a teacher, artist, administrator, and an articulate advocate for the arts on campus and in the community. DeAngelis is the founding director of the Mary B. Martin School of the Arts, demonstrating effective leadership and skill development. She has coordinated five years of diverse and impressive programming that have brought outstanding artists to the region and championed partnerships with community organizations. DeAngelis was nominated in the Arts category.

Congratulations, Anita!

Some article contents adapted from the **YWCA Bristol** web site at http://www.ywcabristol.org/Press_releases.htm.

ETSU Women's Resource Center
Program Schedule

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

JUNE – AUGUST 2014
Main Campus Programs

Tuesday, June 17

“Gardening for Climate Change” – A Women’s Personal Enrichment Lunch Break Seminar. Kathleen Moore, director of sustainability in the Department of Facilities Management, is guest speaker. Moore’s seminar will focus on gardening and landscaping techniques to help us enjoy the seasons, provide food for our tables, and reduce our personal carbon footprint. See article page 2.

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

Wednesday, June 18

Book Review Group. Participants will meet to discuss *Still Life with Bread Crumbs: A Novel* by Anna Quindlen. New readers welcome.

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

Tuesday, July 15

“Relaxing with Massage Therapy” – A Women’s Health Series Special Event. Massage therapists from Jones Chiropractic Clinic will provide 10-minute chair massages from 11:00 a.m. to 1:00 p.m. **Reservations are required.** There are a limited number of appointments available, so contact the Women’s Resource Center as soon as possible to schedule a massage session. See article page 3.

LOCATION & TIME: D.P. Culp University Center, East Tennessee Room, 11:00 a.m. to 1:00 p.m.

Wednesday, July 16

Book Review Group. Participants will meet to discuss *The Midwife of Venice* by Roberta Rich. New readers welcome.

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

Tuesday, July 22

“Living the First 100 Years of Your Life in Style” – A Women’s Health Series Lunch Break Seminar. Guest speaker is Greg Schrader, D.C., chiropractor with Jones Chiropractic Clinic in Johnson City, Tenn. Schrader’s seminar addresses – If we are going to live for 100 years, we need that long life to be a QUALITY long life! We don’t merely want to be able to exist on this planet – we want to be able to live and work and play on this planet. See article page 3.

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

Wednesday, July 30

“Laying the Foundation for Your Creative Dream: Playing with the powerful energies of your Inner Critic and Inner Creator” – A Women’s Personal Enrichment Workshop. Pam Murray, B.A., M.B.A., local artist and creative coach, is facilitator. Murray’s workshop focus is: What dream do you hold in your heart right now? The beginning of embodying your dream involves confronting two very powerful energies, your Inner Critic and your Inner Creator. See article page 2.

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

Wednesday, August 20

Book Review Group. Participants will meet to discuss *Return to Tradd Street* by Karen White. 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 & COMMUNITY NEWS

Saluting the Women of ETSU



Moore receives 2014 'ETSU Staff Woman of the Year' award

On April 16, 2014, the *ETSU Staff Woman of the Year* award was presented to **Kathleen Moore**, director of sustainability in the Department of Facilities Management. ETSU President Brian Noland, along with Dr. Sarah Harkness Bradford, chair of the *ETSU Commission for Women Standing Committee*, presented Ms. Moore with the award plaque and \$750.00 monetary award during the annual recognition ceremony and reception.

Congratulations, Kathleen!



EAST TENNESSEE STATE
UNIVERSITY

HOLIDAY CLOSINGS

ETSU will be closed and classes will not be in session Friday, July 4, and Monday, September 1, 2014.

FALL SEMESTER 2014

Classes begin Saturday, August 23, 2014.



EAST TENNESSEE STATE
UNIVERSITY

Women's Resource Center NEWSLETTER

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