

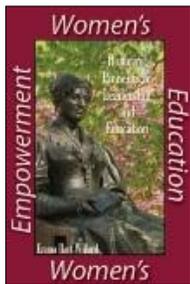


Women's Resource Center NEWSLETTER

A Quarterly Newsletter

March 2012 – Volume 14:3

National Women's History Month - March 2012



Women's Education – Women's Empowerment

Women's Education - Women's Empowerment is the theme for **National Women's History Month** 2012.

Although women now outnumber men in American colleges nationwide, this reversal of the gender gap is a very recent phenomenon. The fight to learn was a valiant struggle waged by many tenacious women — across years and across cultures. After the American Revolution, the notion of education as a safeguard for democracy created opportunities for girls to gain a basic education. However, that education was based largely on the premise that, as mothers, they would nurture the minds and bodies of the (male) citizens and leaders. This idea that educating women meant educating mothers endured in America for many years at all levels of education.

The equal opportunity to learn, which today is taken for granted, owes much to Title IX of the Education Codes of the Higher Education Act Amendments. Passed in 1972 and enacted in 1977, this legislation prohibited gender discrimination by federally funded institutions. Its enactment has served as the primary tool for women's fuller participation in all aspects of education from scholarships, to facilities, to classes formerly closed to women. It has also transformed the educational landscape of the United States within the span of a generation.

The stories of women's achievements are integral to the fabric of our history. Learning about women's tenacity, courage, and creativity throughout the centuries is a tremendous source of strength. Knowing women's stories provides essential role models for everyone. And role models are genuinely needed to face the extraordinary changes and unrelenting challenges of the 21st century. **National Women's History Month**, designated by Joint Resolutions of the House and Senate and Proclamations by six American Presidents, is an opportunity to learn about and honor women's achievements today and throughout history.

Logo and article contents adapted from *National Women's History Project* web site at <http://www.nwhp.org//whm/pressrelease.php>.



Lachmann headlining Women's History Month

Local radio personality, producer, and singer/songwriter **Susan Lachmann** will present *"What SHE Said,"* a Women's History Month Program, on Thursday, March 15, 2012. Celebrating 25 years of radio broadcasts, Lachmann will discuss her personal interviews, with excerpts, providing a retrospective look at female icons in the music, education, and activism professions. Her interview guests have included: **Emmy Lou Harris, Lily Tomlin, Odetta, Kelly Richey, Ysaye Barnwell, Disappear Fear, Nikki Giovanni, Madeline L'Engle, Lee Smith, Janis Ian & more.**

"It was in the early seventies that a new genre of music emerged called women's music," says Lachmann. "This attitude signified a new era in the industry and paved the way for numerous contemporary singer/songwriters," Lachmann continued.

Join us for this informative and entertaining **Women's History Month Program**, at 5:00 p.m. in the Forum (room 311) of the D.P. Culp University Center, on Thursday, March 15. For more information, contact the Women's Resource Center at (423) 439-5772.



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

On Thursday, March 22, 2012, **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, 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 **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). A 17-minute motivational video is shown as part of every program, which is narrated by Emmy Award-winning actress Sharon Gless.

Teaching that "90% of self-defense is awareness, risk reduction, and avoiding confrontation; and only 10% is 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* sponsored by the ETSU Counseling Center and Women's Resource Center. For more information, contact the Women's Resource Center at (423) 439-5772.



Candlelight Vigil – Honoring Survivors of Abuse

The sixth annual **Candlelight Vigil – Honoring Survivors of Abuse** is scheduled for Wednesday, March 28, at 7:00 p.m. Location is the Amphitheatre, D.P. Culp University Center.

All students, faculty, staff, and community members are encouraged to join us to honor survivors of abuse and celebrate the resiliency of survivors. A brief program of music and thoughtful reflection will be followed by a reception. Sponsors for the *Candlelight Vigil* are OASIS (Outreach and Advocacy Sexuality Information for Students), ETSU Counseling Center, and Women's Resource Center.

For more information, contact Rebecca Alexander or Jennifer McGhee, ETSU Counseling Center, at 423-439-4841 or e-mail oasis@etsu.edu.



TAKE BACK THE NIGHT 5K Road Race and Walk

The ninth annual **TAKE BACK THE NIGHT 5K Road Race/Walk** is scheduled for Saturday, March 31, 2012. All proceeds from the **5K Race/Walk** are donated to the local programs committed to eradicating sexual and domestic violence. Last year the **5K Race/Walk** attracted over 270 runners and raised over \$5,600 for programs that support survivors of sexual violence, including the SANE

(Sexual Assault Nurse Examiners) nurse program at the Johnson City Medical Center.

Every two minutes, someone, somewhere in the United States is a victim of sexual violence. The majority of these incidences are committed by someone the person knows or loves: an acquaintance, a former or current partner, or a spouse. It is vital that women and children, who have been sexually assaulted, seek and receive competent and compassionate medical care for purposes of not only their own personal health and safety, but also for legal prosecution, if they so choose. The SANE nurse program creates such a safe and supportive environment for survivors of sexual violence.

Consider becoming a part of this year's **TAKE BACK THE NIGHT 5K Road Race/Walk** and help us continue raising awareness about the problems of sexual and domestic violence in our community. Campus and community folks are encouraged to organize a team of runners/walkers to work together for this cause (prizes are awarded to the teams with the most members and/or donations). Also this 5K road race and walk is a certified King and Queen race for the State of Franklin Track Club.

The ETSU Counseling Center is the coordinating campus department for this annual Road Race and Walk. Co-sponsors include Kappa Delta Sorority and the Women's Resource Center.

For registration information, contact Rebecca Alexander or Jennifer McGhee, ETSU Counseling Center, at 423-439-4841 or visit the www.runtricity.org web site where the registration form is available for download. Registration prior to March 26th is \$14.00. Registration after March 26th is \$16.00.

LOCATION: D.P. Culp Center, Cave Patio
REGISTRATION: 8:30 a.m.
RACE START TIME: 9:30 a.m.



Women's Health Series

Have you ever struggled to lose weight? Do you find diets too restrictive and temporary? We hear it every day, Americans weigh more than ever – so much so that weight is an epidemic. With over 15,000 diet books in print and diet centers on every corner, it's no wonder we're confused about what to eat, when to eat it, or how much! Far too often the solutions offered aren't helping, primarily because we don't understand the problem holistically.

On Tuesday, April 3, 2012, **K.C. Gott, M.A., H.H.C., R.Y.T.-200**, a local and regional holistic health coach and trained yoga teacher, is guest speaker for **"Weigh Less, Live More."** Location is Meeting Room 6, D.P. Culp University Center, at noon.

Gott, who trained through the Institute for Integrative Nutrition and is a Yoga Alliance-trained yoga instructor, is a native of East Tennessee with deep roots in the Appalachian region. She earned her master's degree at ETSU in professional communication specializing in training and development, gender and diversity.

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During her upcoming seminar Gott will discuss:

- Why diets don't work
- Tips to eat foods you enjoy and not deprive yourself while safely dropping pounds
- Understanding how your lifestyle affects your food intake.

For more information on the **Gott Women's Health Series Lunch Break Seminar**, contact the Women's Resource Center at 423-439-5772.

Some article contents adapted from the *Frisky Lemon Nutrition* web site at <http://www.meetup.com/FriskyLemon/events/18009461/> and the *Awakened Wellness* web site at <http://www.awakenedwellness.com/>.



Murray to conduct "self-discovery" seminar

Join **Pam Murray, B.A., M.B.A.**, local artist and creative coach, during April 2012 for **"Self-Discovery through Collaging."** This single-session seminar is scheduled for Tuesday, April 10, 2012. Start time for this series is noon and location is the Campus Center Building, Room 208.

Collaging is a dynamic, enjoyable, and imaginative way to unearth the real you, bringing meaning from your subconscious to your conscious, accessing your deep intuition. Creating a themed collage can bring out the Ah Ha! moments and awaken the deep-rooted self. It is both a fun and meditative insight tool for discovering and finding meaning in those hidden or buried places within you. Join us in creating your own small-sized themed collages and making your own personal discoveries from your soul. (No art skills required!)

Reservations are required. To reserve a space for **Murray's Women's Personal Enrichment Seminar** or should you need additional information, contact the Women's Resource Center at 423-439-5772.

Saluting the Women of ETSU

ETSU Staff Woman of the Year award ceremony slated for March 2012

On Tuesday, March 20, 2012, the inaugural **ETSU Staff Woman of the Year Award Ceremony and Reception** is scheduled to formally recognize the first-ever award recipient. All faculty and staff members are invited to attend this important ceremony recognizing the accomplishments of one of ETSU's outstanding staff women.

The award criteria and nomination process were developed by the members of the *ETSU Commission for Women Standing Committee*. Following the voting, and subsequent approval by *Commission* members, the members of the *ETSU Staff Senate* endorsed the award through their respective voting and approval process. This award will serve as a visible recognition tool highlighting the accomplishments of one exceptional staff woman on an annual basis.

Ms. Ruth Hausman, the award recipient for 2012, serves as an executive aide in the Center for Appalachian Studies and Services. President Brian Noland will present the monetary award and plaque to Ms. Hausman, along with Ms. Theresa Marlow, chair of the *ETSU Commission for Women Standing Committee*.

Co-sponsors of this *Women's History Month Program* are the ETSU Commission for Women Standing Committee, ETSU Staff Senate, Office of Equity and Diversity, and Women's Resource Center. For more information, please contact the Women's Resource Center at 423-439-5772.



On behalf of the
*ETSU Commission for Women Standing
Committee*
and the
ETSU Staff Senate

All staff and faculty members are cordially
invited to attend the

ETSU Staff Woman of the Year Award Ceremony and Reception

Tuesday, March 20, 2012
4:30 p.m.

D.P. Culp University Center, Ballroom Right

A reception will follow the award presentation.



Women's Resource Center NEWSLETTER
The ETSU Women's Resource Center Newsletter is published quarterly at
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Visit our web site at: <http://www.etsu.edu/wrcetsu/>.

Harriet P. Masters, director
Nancy J. Riedel, 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.

MARCH – MAY 2012

PROGRAMS – Main Campus

Thursday, March 15

***"What SHE Said"* - A Women's History Month Program.** Susan Lachmann, local radio personality, producer, and singer/songwriter, will discuss her personal interviews, with excerpts, featuring a long line of female icons in the arts, education, and activism, that include such notables as **Emmy Lou Harris, Lily Tomlin, Odetta, Kelly Richey, Ysaye Barnwell, Nikki Giovanni, and Janis Ian**, just to mention a few. See article page 1.

LOCATION & TIME: D.P. Culp University Center, Forum (room 311), 5:00 p.m.

Tuesday, March 20

ETSU Staff Woman of the Year Award Ceremony and Reception - A Women's History Month Program. All faculty and staff members are invited to attend this important ceremony recognizing the accomplishments of one of ETSU's extraordinary staff women. Sponsored by the ETSU Commission for Women Standing Committee, ETSU Staff Senate, Office of Equity and Diversity, and Women's Resource Center. See article page 3.

LOCATION & TIME: D.P. Culp University Center, Ballroom Right, 4:30 p.m. (Award presentation will begin at 4:45 p.m.)

Wednesday, March 21

Book Review Group. Participants will meet to discuss ***Grave Goods: A Novel*** by Ariana Franklin. New readers welcome.

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

Thursday, March 22

***"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 – encompassing **Strategies, Techniques, Options, and Prevention** – that provides teenage and adult women with information that may reduce their risk of exposure to violence. See article pages 1-2.

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

Wednesday, March 28

Candlelight Vigil - *Honoring Survivors of Abuse.* A brief program of music and thoughtful reflection that celebrates the resiliency of survivors. Sponsored by OASIS (Outreach and Advocacy Sexuality Information for Students), ETSU Counseling Center, and Women's Resource Center. See article page 2.

LOCATION & TIME: D.P. Culp University Center, Amphitheatre, 7:00 p.m.

Saturday, March 31

TAKE BACK THE NIGHT 5K Road Race/Walk. The ninth annual ***TAKE BACK THE NIGHT 5K Road Race/Walk*** is scheduled with all proceeds donated to local programs committed to eradicating sexual and domestic violence. This program is coordinated through the ETSU Counseling Center. See article page 2.

*****A REGISTRATION FEE IS REQUIRED FOR THIS EVENT*****

REGISTRATION: D.P. Culp University Center, Cave Patio, 8:30 – 9:30 a.m. **RACE START TIME:** 9:30 a.m.

Tuesday, April 3

***"Weigh Less, Live More"* – A Women's Health Series Lunch Break Seminar.** **K.C. Gott, M.A., H.H.C., R.Y.T.-200**, a local holistic health coach and trained yoga teacher, is guest speaker. Gott's seminar focuses on why diets don't work, along with providing tips to eat foods you enjoy and not deprive yourself while safely dropping pounds. See article pages 2-3.

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

Tuesday, April 10

***"Self-Discovery through Collaging"* – A Women's Personal Enrichment Seminar.** **Pam Murray, B.A., M.B.A.**, local artist and creative coach, is conducting this single-session seminar. Join Murray as she guides participants through the art of collaging, a dynamic, enjoyable, and imaginative way to unearth the real you, bringing meaning from your subconscious to your conscious, accessing your deep intuition. (No art skills required!) **Reservations are required.** See article page 3.

LOCATION & TIME: Women's Resource Center, Campus Center Building, room 208, noon.

Wednesday, April 18

Book Review Group. Participants will meet to discuss ***The Story of Beautiful Girl: A Novel*** by Rachel Simon. New readers welcome.

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

Wednesday, May 16

Book Review Group. Participants will meet to discuss ***Little Face*** by Sophie Hannah. New readers welcome.

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

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC, UNLESS OTHERWISE NOTED.

MORE CAMPUS NEWS



Wednesday, March 28 through Friday, March 30, 2012

Location: D.P. Culp University Center,
Amphitheatre Area

Time: 10:00 a.m. – 2:00 p.m.

Participants have the opportunity to utilize a hands-on approach by individually preparing a T-shirt with a message supporting “breaking the silence of domestic and sexual abuse.” For more information, contact Rebecca Alexander or Jennifer McGhee, ETSU Counseling Center, at 423-439-4841 or e-mail oasis@etsu.edu. The *Clothesline Project* also will be set up during the **TAKE BACK THE NIGHT 5K Race and Walk** on Saturday, March 31, 2012, from 8:30 a.m. – 11:00 a.m.

Women's History Month News from the ETSU Women Studies Program

Women on Wednesdays Lecture Series



“Academics to Advocacy: How Universities Can Engender Change for Rural Women Internationally”
Wednesday, March 21, 2012

Veronica Limeberry, ETSU graduate student in the master of arts in liberal studies program and the master of public administration program, will discuss her research and experiences advocating for rural women at the United Nations with the Women’s International League for Peace and Freedom. She also will talk about the role of programs, students, and university organizations in fostering empowerment for women.

The *Women on Wednesdays Lecture Series* will be held in Dining Room 1, D.P. Culp University Center. Lecture time is 1:00 – 2:30 p.m. For more information, contact the Women’s Studies Program at 423-439-4125.



CLOSINGS

Spring Break is March 5-9, 2012. Classes are not in session; administrative offices remain open.

ETSU will be closed Monday, May 28, 2012, in observance of *Memorial Day*.



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