



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

September 2006 – Volume 9:1



Loving Your Body Inside and Out

Learn to Love What You See in the Mirror

When you look in the mirror, what do you see? Do you like what you see? Women in the U.S. are under pressure to measure up to a certain social and cultural ideal of beauty, which can lead to poor body image. Women are constantly bombarded with "Barbie-like" doll images. By presenting an ideal difficult to achieve and maintain, the cosmetic and diet product industries are assured of growth and profits. It's no accident that youth is increasingly promoted, along with thinness, as an essential criterion of beauty. If not all women need to lose weight, for sure they're all aging — which is a "disaster" sure to happen — just ask any middle-age anchorwoman or model — if you can find one.

Other pressures can come from people in our lives.

- Family and friends can influence your body image
- A doctor's health advice can be misinterpreted and affect how a woman perceives and feels about her body.

Celebrate and Nourish Your Body

Building a healthy lifestyle that includes a healthy diet and physical activity is important to improving body image. We all want to look our best, but a healthy body is not always linked to appearance. In fact, healthy bodies come in all shapes and sizes! Developing and nurturing a positive body image and a healthy mental attitude is crucial to a woman's happiness and wellness!

Change Your Body Image Not Your Body

It is important to remember that when you change your body image, you don't change your body, you change the way you **think** about your body.

Essentials to developing healthy body image include:

- eating healthy
- regular exercise
- plenty of rest



Eating healthy can promote healthy skin and hair, along with strong bones; exercise increases self-esteem, self-image, and energy; and plenty of rest is the key to stress management – all of these can make you feel good about your body.



And don't forget your kids! The attitude of parents about appearance and diet affects their kids' attitudes.

Article adapted from the [womenshealth.gov](http://www.womenshealth.gov) web site at <http://www.4woman.gov/bodyimage/index.cfm>. The site is maintained by the U.S. Department of Health and Human Services – Office on Women's Health.



Women Making History Lecture

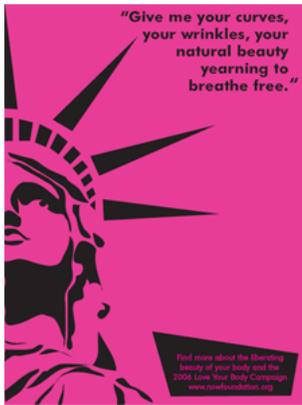
With the arrival of Fall Semester 2006, the Women's Resource Center announces the return of the annual *Women Making History*

Lecture. Funded through the generosity of ETSU alumna Barbara Murphy Brooks, this year's guest speaker for the *Women Making History* Lecture is **Susan Gentry Williams, Ph.D.**, professor of management in the Jack C. Massey Graduate School of Business at Belmont University. Entitled "*Women and Negotiation in the New Millennium*," the Williams lecture is scheduled for Tuesday, October 24, 2006, at 7:00 p.m. Location is the B. Carroll Reece Museum, Main Gallery.

Williams, who completed her B.S. in 1967 and M.A. in 1968 while at ETSU, received her Ph.D. from the University of Georgia in 1975. Upon receiving her Ph.D., Williams taught in the University of Georgia system and at East Tennessee State. In 1989, Williams joined the higher education ranks at Belmont University, which is located in Nashville. She has served the university in several capacities, most recently as Vice President of Administration and Planning before returning to the classroom full time in 2001. Prior to her tenure with Belmont University, Williams had been a business owner and entrepreneur in Nashville for several years.

Williams is an active public speaker and consultant on topics related to management. Representative clients include Penn State University, The United Methodist Church, Vanderbilt University, AAA, Disney, and the U.S. Army Corps of Engineers. She recently completed a three-year appointment as a judge for the Malcolm Baldrige National Quality Award, a Secretary of Commerce appointment. She has served the Tennessee Center for Performance Excellence in various capacities since its inception in 1993; she now serves on the Panel of Judges. Williams is a member of the ETSU Foundation board of directors and volunteers her time for a variety of local non-profit organizations in the Nashville area.

For additional information, contact the Women's Resource Center at 423-439-7847.



Love Your Body Day 2006

On Wednesday, October 18, 2006, from 10:00 a.m. to 2:00 p.m., the **ETSU Counseling Center** will sponsor a variety of interactive information booths, along with free giveaways, for **Love Your Body Day 2006**. Booths will be set up throughout the

Atrium of the 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.

Hollywood and the fashion, cosmetics and diet industries work hard to make each of us believe that our bodies are unacceptable and need constant improvement. Print ads and television commercials reduce us to body parts — lips, legs, breasts — airbrushed and touched up to meet impossible standards. TV shows tell women and teenage girls that cosmetic surgery is good for self-esteem. Is it any wonder that 80% of U.S. women are dissatisfied with their appearance?

Women and girls spend billions of dollars every year on cosmetics, fashion, magazines and diet aids. These industries can't use negative images to sell their products without our assistance.



For more information on **Love Your Body Day 2006**, contact Kim Bushore-Maki, ETSU Counseling Center at 423-439-4841 or by email at bushorem@etsu.edu.

Poster acknowledgment: Maria DeFazio was the Grand Prize Winner for the 2006 Love Your Body Day Poster Contest. Article partially adapted from the *Love Your Body Day* website at <http://loveyourbody.nowfoundation.org/index.html>.



Women's Health Series

When you're fighting cancer, your body needs the best treatment (as recommended by your doctor), plus the best nutrition, to help you slow or prevent weight loss, manage fatigue, and continue getting the most out of life. Creating a sound nutritional base at the outset of your treatment may make it easier to overcome dietary challenges and minimize weight loss. And a sound nutritional plan works best for all of us, over the long haul.

Would you welcome simple and practical tips on establishing a *personal nutritional plan* or expanding an existing one? Then join us for **"What Does Nutrition Have To Do With Cancer, Anyway?"** Maria Schell, laboratory director for the ETSU Department of Microbiology in the Quillen College of Medicine, will return as guest speaker for this Women's Health Lunch Break Seminar. Schell will

discuss some of the causative factors associated with cancer, along with what can be done to prevent and manage it with a sound nutritional plan, subsequently leading to a longer and healthier life. Scheduled for Tuesday, November 14, 2006, at noon, location is the East Tennessee Room, D.P. Culp University Center, at noon.



Karin Muller to present public lecture in observance of International Education Week...

On Wednesday, November 15, 2006, author and film producer **Karin Muller** will present a public lecture in recognition of International Education Week. The author of three books, *Hitchhiking Vietnam: A Woman's Solo Journey in an Elusive Land*, *Inca Road: A Woman's Journey into an Ancient Empire*, and *Japanland: A Year in Search of Wa*, Muller simultaneously produced all three of her books as television documentaries for PBS, MSNBC Explorer, and the *National Geographic's* global channel.

Muller received her B.A. in economics from Williams College in 1987. She speaks English, Spanish, German, and Tagalog, and has a black belt in both judo and jujitsu. She served as a Peace Corps volunteer in the Philippines from 1987-90 and flies hang gliders competitively. According to Dr. Rebecca Pyles, dean of the Honors College at ETSU, "Muller's work represents a unique combination that spans creative writing, film, and international adventures, as well as representing a woman successful as an independent artist."

This lecture, sponsored by the ETSU Honors College and Women's Resource Center, will be held on the ETSU Campus at 7:00 p.m. in the Brown Hall Auditorium. For additional information, contact the ETSU Honors College at 423-439-6075 or the Women's Resource Center at 423-439-7847.

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: P.O. Box 70272, Johnson City, TN 37614.
Phone: (423) 439-7847. Fax: (423) 439-7886.

E-mail address: wrcetsu@etsu.edu.

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

Harriet P. Masters, director
Jaime Redmond, student assistant

ETSU Women's Resource Center

Program Schedule

For more information on the programs listed contact the *WRC* at 423-439-7847.

SEPTEMBER – NOVEMBER 2006

PROGRAMS - Main Campus

Wednesday, September 20

Book Review Group. Participants will meet to discuss *Snow Flower and the Secret Fan: A Novel* by Lisa See. New readers welcome.

LOCATION & TIME: Women's Resource Center, Panhellenic Hall, Basement Suite 2, noon.

Tuesday, October 17

Nursing Grand Rounds on Use of Tobacco, Alcohol, and Other Substances During Pregnancy.

The *March of Dimes* Program Services Committee – Appalachian Division, the Northeast Tennessee Regional Perinatal Center, and the Women's Resource Center are sponsoring this *Nursing Grand Rounds* program. **Katie Huffine, R.N., M.S.N., C.C.R.A.**, chair of the *March of Dimes* Program Services Committee – Appalachian Division, is the program facilitator. Local health care providers are encouraged to take advantage of this educational opportunity. See article page 4.

LOCATION & TIME: D.P. Culp University Center, Meeting Room 6, 9:00 a.m. – noon.

Wednesday, October 18

Book Review Group. Participants will meet to discuss *The Circle of Life: Thirteen Archetypes for Every Woman* by Elizabeth Davis and Carol Leonard. New readers welcome.

LOCATION & TIME: Women's Resource Center, Panhellenic Hall, Basement Suite 2, noon.

Tuesday, October 24

"Women and Negotiation in the New Millennium" - Women Making History Lecture. Belmont University professor of management **Susan Gentry Williams, Ph.D.**, is guest speaker for this annual lecture. See article page 1.

LOCATION & TIME: B. Carroll Reece Museum, Main Gallery, 7:00 p.m.

Tuesday, November 14

"What Does Nutrition Have To Do With Cancer, Anyway?" – A Women's Health Lunch Break Seminar. **Maria Schell**, laboratory director for the ETSU Department of Microbiology – Quillen College of Medicine, is the guest speaker. Schell's discussion focuses on some of the causative factors associated with cancer, along with what can be done to prevent and manage it with a sound nutritional plan, subsequently leading to a longer and healthier life. See article page 2.

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

Wednesday, November 15

Book Review Group. Participants will meet to discuss *The Same Sweet Girls* by Cassandra King. New readers welcome.

LOCATION & TIME: Women's Resource Center, Panhellenic Hall, Basement Suite 2, noon.

Wednesday, November 15

Public Lecture with *Karin Muller.* Author and film producer **Karin Muller** is guest speaker for this lecture, held in observance of International Education Week. The author of three books, *Hitchhiking Vietnam: A Woman's Solo Journey in an Elusive Land*, *Inca Road: A Woman's Journey into an Ancient Empire*, and *Japanland: A Year in Search of Wa*, Muller simultaneously produced all three of her books as television documentaries. Sponsored by the ETSU Honors College and Women's Resource Center. See article page 2.

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

ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.

MORE NEWS and UPDATES



Nursing Grand Rounds on Use of Tobacco, Alcohol, and Other Substances During Pregnancy

On Tuesday, October 17, 2006, the *March of Dimes* Program Services Committee – Appalachian Division, the Northeast Tennessee Regional Perinatal Center, and the Women’s Resource Center are sponsoring a ***Nursing Grand Rounds on Use of Tobacco, Alcohol, and Other Substances During Pregnancy***. **Katie Huffine, R.N., M.S.N., C.C.R.A.**, chair of the *March of Dimes* Program Services Committee – Appalachian Division, is the program facilitator for this ***Nursing Grand Rounds*** program.

Every day one in eight babies born in the U.S. arrives too soon. Premature birth can happen to any pregnant woman, and many of the causes are unknown today. It is a serious, common and costly problem. A leader in the campaign to reduce premature birth, the *March of Dimes Birth Defects Foundation* knows the *answers can't come soon enough*. While tremendous advances have been made in caring for babies born too small and too soon, we need to find out how to prevent these tragedies from happening in the first place. Despite decades of research, scientists have not yet developed effective ways to help prevent premature delivery. In fact, the rate of premature birth increased almost 31 percent between 1981 and 2003 (9.4 to 12.3 percent).

Location for the ***Nursing Grand Rounds on Use of Tobacco, Alcohol, and Other Substances During Pregnancy*** is Meeting Room 6, D.P. Culp University Center, 9:00 a.m. – noon. For additional information contact the Women’s Resource Center at 423-439-7847. Local health care providers are encouraged to take advantage of this educational opportunity.



New Program for Girls in East Tennessee

Northeast Community Services Agency announces a new program called ***Girls on the Run*** aimed specifically at developing self-respect while promoting healthy lifestyles. The program, geared at girls ages 8 through 11, uses running to help instill positive messages about body image, self-esteem and self-respect. Women volunteers serve as role models to participants by coaching a 12-week program. At the end of the 12-week program, the girls participate in a 5K running (or walking) event. The unique and innovative curriculum combines physical training with uplifting lessons that encourage positive emotional, social, mental, and physical development. For more information or to learn how you can support ***Girls on the Run***, please contact Ani Boyd at 423-677-3595 or by email at aniquinby@yahoo.com.

4th Annual “HEAD 2 TOE”

Donations will be accepted December 1, 2006, through February 2, 2007.

Items requested include:

Prom or formal dresses, shoes, and/or accessories.

Campus drop-off site:

Women’s Resource Center, Panhellenic Hall, basement suite 2.

Office Phone: 423-439-7847.

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, or sexual orientation.