



# Women's Resource Center NEWSLETTER

A Quarterly Newsletter

September 2007 – Volume 10:1



## Bishop to present Women Making History Lecture

Funded through the generosity of ETSU alumna Barbara Murphy Brooks, the guest speaker for the 2007 *Women Making History* Lecture is **Dr. Wilsie S. Bishop**, ETSU vice president for Health Affairs and university chief operating officer. Entitled "*Moving Forward With Confidence*," the Bishop lecture is scheduled for Thursday, November 1, 2007, at 5:00 p.m. Location is the B. Carroll Reece Museum, Main Gallery.

ETSU's first woman to hold the position of vice president, Bishop was named vice president for Administration and university chief operating officer (UCOO) in January 2005. With the impending departure of Vice President for Health Affairs Dr. Ronald Franks in June 2007, ETSU President Paul Stanton announced changes in the institution's administrative structure. On June 1, 2007, Bishop assumed the post of vice president for Health Affairs while retaining her position and duties as university chief operating officer. According to President Stanton, "Dr. Bishop's superb experience in all areas of administration, and, in particular, her strengths within the health sciences arena, makes her the ideal choice for this vital post in a rapidly evolving division here at ETSU."

Bishop has been formally recognized – for "countless hours of valuable service, distinguished leadership, commitment and dedication" – by the Commission on Colleges of the Southern Association of Colleges and Schools (SACS), the required accrediting body for ETSU and more than 790 colleges and universities in 11 Southern states and in Latin America. She is presently serving a three-year term in the 77-member elected body that represents member institutions within the Commission on Colleges. She holds B.S.N. and M.S.N. degrees from Virginia Commonwealth University and graduated from the University of Southern California with graduate degrees in education and public administration as well as the doctor of public administration.

Serving in numerous state, regional and national professional organizations, Bishop serves or has served as a members of the Tennessee Women's Economic Council, Tennessee Educational Council for Health Sciences Professions, Southern Association of Allied Health Deans at Academic Health Centers (chair, 2003-05), and the American Association for Higher Education. Also, she is widely involved in the regional community, as well, serving at various times on the Sullivan County Health Council, Johnson City Chamber of Commerce Health Services Task

Force, Appalachian Health Care Conferences steering committee, Tri-City Airport Area Rotary Club, Appalachian Girl Scouts Council and Appalachian Chapter of the National Foundation of the March of Dimes.

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



## RV TOUR

**"How to Help a Sexual Assault Survivor: What Men Can Do"** is scheduled for Monday, October 1, 2007, at 7:00 p.m. in the Martha Culp Auditorium of the D.P. Culp University Center. Presented by the *One in Four RV Tour* all-male sexual assault peer education group, the name, *One in Four*, has a dual meaning. First, it refers to the nation-wide research study indicating that one in four college women report surviving rape or attempted rape since their 14th birthday. Secondly, *One in Four* seeks to be the *ones who inform* other men how to help women recover from a rape experience.

*One in Four* was founded by Dr. John Foubert. Currently an assistant professor in the graduate program for higher education administration at the College of William and Mary, Foubert serves as the national president of *One in Four*, along with serving as advisor to the William and Mary chapter of *One in Four*.

Published research shows that this unique program has the dual benefit of educating men on how to help women recover from a rape experience while lowering men's rape myth acceptance and their self-reported likelihood of raping. **The Men's Program** is also the name of the training manual authored by John Foubert that is available from Brunner-Routledge Publishers. This manual provides educated rape prevention practitioners with a comprehensive guide to creating a sexual assault peer education group from the ground up.

In addition to the evening presentation, *One in Four* will present a lunch break workshop entitled "**The Women's Program.**" This program focuses on how women can be effective bystanders with their friends in high risk situations, particularly those involving alcohol. As part of the program, male actors will role play the differences between men who are more likely to rape and men less likely to rape, so that women in the audience can be better informed about the subtle distinctions that distinguish high

risk men. Location is Meeting Room 6, D.P. Culp University Center, at noon.

Both programs are sponsored by the ETSU Counseling Center, Women's Resource Center, and Greek Life, for more information contact the Counseling Center at 423-439-4841 or the Women's Resource Center at 423-439-7847.



## Murray to conduct self-discovery workshop

**Pam Murray, B.A., M.B.A.**, local artist and art instructor, returns to campus during Fall Semester 2007 to conduct a two-part series entitled *"Illustrated Self-Discovery through Collaging."* A dynamic, enjoyable, imaginative way to bring out and find out about the real you that is often lying dormant or buried just beneath the surface, collaging can bring out the Ah Ha! moments and awaken the deep-rooted self.

Scheduled for **October 2 and 9**, both sessions will be held at the Women's Resource Center, Panhellenic Hall, basement suite 2, at noon. **Reservations are required.** To reserve a space or should you need additional information, contact the Women's Resource Center at 423-439-7847.



## Love Your Body Day 2007

On Wednesday, October 17, 2007, 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 2007**. Exhibitors will be set up in the Multipurpose Room of the Basler Center for Physical Activity. ETSU students, faculty, and staff will have access to everything from free massage therapy to healthy eating tips to women's health information.

October 17, 2007, marks the National Organization for Women Foundation's tenth annual **Love Your Body Day**. In response to unhealthy and exploitive images of women in the media, NOW Foundation established the **Love Your Body Campaign** to promote positive, healthy images of women and girls, protest harmful and offensive advertisements, and raise awareness about women's health issues.

For more information on **Love Your Body Day 2007**, contact Kim Bushore-Maki, ETSU Counseling Center at 423-439-4841 or by email at bushorem@etsu.edu.

Poster acknowledgment: Beryl Roda was the Grand Prize Winner for the 2007 *Love Your Body Day* Poster Contest. Article partially adapted from the National Organization for Women (NOW) website at <http://www.now.org/press>.



## Women's Health Series – Fall 2007 Schedule

*"Exercise and Immunology: Is More Better?"* is the topic of a *Women's Health Lunch Break Seminar* scheduled for Thursday, November 15, 2007, at noon. **Maria Schell, C.N.N.C.**, laboratory director for the ETSU Department of Microbiology in the Quillen College of Medicine, is guest speaker.

Schell will discuss the recent 20-year study comparing marathon runners and people that engage in a moderate, regular exercise regime. The study revealed surprising results: people doing too much aerobic exercise, like marathon runners, experience a 72-hour window in which their immune system is down and therefore they are more susceptible to infections. In contrast, people walking for 30 minutes, 5 days per week or doing strengthening exercises experience an up-regulation of their immune function. Also Schell's discussion will focus on the components of a moderate exercise regime and the benefits associated with a multifaceted, yet individualized, exercise program.

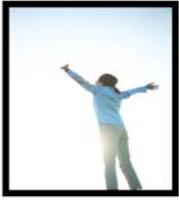
Location of the Schell *Women's Health Series* seminar is the East Tennessee Room, D.P. Culp University Center, at noon. For more information contact the Women's Resource Center at 423-439-7847.

## Saluting the Women of ETSU

Starting with the September 2007 issue of the *Women's Resource Center Newsletter*, a regular feature will be dedicated to highlighting the accomplishments and achievements of ETSU staff and faculty women. A great number of faculty and staff women accomplish or achieve often under-noticed undertakings. During summer 2007 five dedicated ETSU staff women received accolades for their "outstanding service to the university and/or our surrounding community" through the Employee Recognition Program coordinated through the Office of Human Resources.



Pictured above from left to right are **Robin English**, lead cashier in Financial Services; **Kathy Smith**, legal assistant in the Office of the University Counsel; **Peggy McCurry**, office coordinator in the University Advancement Office; **Lisa Bell**, counselor in the Office of Financial Aid; and **Sharon Chandler**, executive aide in the Department of History. Congratulations to all of you on this much deserved recognition.



## ETSU Counseling Center starting new group program for student women

The **Phenomenal Women's Group**, a new discussion/support group for student women is starting during Fall Semester 2007. Free and open to all female students, the **Group** will explore topics such as sexuality and sensuality, relationships, goals and values, body image and female empowerment. *Inspiring women to live out loud*, the **Phenomenal Women's Group** is scheduled to meet on Wednesdays from 1:30 p.m. – 3:00 p.m.

For more information or to pre-register by September 24, contact Kim Bushore-Maki or Heather Dayton in the ETSU Counseling Center at 423-439-4841.

## 2007 Distinguished Faculty Awards



East Tennessee State University bestowed one of its highest honors upon **Peggy Cantrell, Ph.D.**, with the presentation of the 2007 Distinguished Faculty Awards for Teaching, Research and Service on Wednesday, August 22, 2007. Cantrell, a professor in the Department of Psychology within ETSU's College of

Arts and Sciences and a practicing clinical psychologist, received the Distinguished Faculty Award in Service. Since joining ETSU in 1982, she has consistently provided high levels of service to the university, the surrounding community, and her profession.

According to her nomination, Cantrell "has demonstrated tremendous pride in providing service to ETSU and has been a real champion of promoting innovation and excellence in teaching." As president of the Faculty Senate in 1995, her work to generate support for professional development in teaching led to the creation of the former ETSU Teaching and Learning Center. She played a major role in the establishment of ETSU's Instructional Development Grants and was the first chair of the program's oversight committee. In addition, Cantrell led a quality improvement task force that made a "significant impact" on the university's faculty evaluation process by including goals for professional development as an important area for review; this committee "also pushed for a formal third-year review process, faculty mentoring models, and the addition of peer review of teaching instead of reliance solely on student evaluation of teaching."

Cantrell's nomination points out that beyond her involvement in numerous committees at the department, college, and university levels, perhaps her "most intensive" service to the university was her stint as interim dean of the School of Graduate Studies. From 1995-98, she "was actively involved in upgrading and restructuring all staff positions in (the school), developing the electronic

application process and developing the electronic thesis/dissertation process, which her successor implemented, and establishing the tuition scholarship program."

Since returning to the classroom in 1998, Cantrell has been working to develop ETSU's doctoral program in clinical psychology, which will welcome its first students in the fall of 2008. Her nomination says that while Cantrell does not claim the idea for the program and has not labored alone, she has worked to make it a reality by conducting community-based needs assessment and planning, researching literature on psychology training, developing the curriculum, negotiating training placements and shared courses with regional partners and other departments, and much more. "The result," her nominator wrote, "is a cutting-edge, model program for the training of clinical psychologists to serve primarily as rural clinicians and researchers in health care settings. Dr. Cantrell's work toward making this program happen reflects over a decade of tremendous but virtually unrecognized service."

Cantrell has been active in the profession of psychology as an oral examiner for licensing, as a journal reviewer, and as an officer in the regional Intermountain Psychological Association. She is on the clinical faculty of the James H. Quillen Veterans Affairs Medical Center's American Psychological Association-approved psychology internship, which she was instrumental in developing. She has been active in task forces on developing continuing education guidelines for psychologists and upgrading licensing law in the state of Tennessee, as well as a local task force on domestic violence. In addition, she is in demand throughout the region as a public speaker and is frequently invited to schools, churches, and civic organizations to address a wide variety of topics, from parenting issues, women's concerns, violence, team-building, and group communication to mental health in Appalachia.

Cantrell holds a B.S. in psychology from Virginia Commonwealth University and an M.A. in psychology and a Ph.D. in clinical psychology from the University of Southern Mississippi. Before coming to ETSU, she completed a research fellowship in sleep disorders and taught at USM, and she held various positions, including director of Virginia Outpatient Services, at Holston Mental Health Center.

Annually, Distinguished Faculty Award winners are nominated and selected by their faculty peers, and each receive a medallion, a plaque, and a \$5,000 check provided by the ETSU Foundation during the annual Faculty Convocation, which marks the beginning of the new academic year and fall semester. **Robert Schoborg, Ph.D.**, associate professor of Microbiology at the James H. Quillen College of Medicine, received the Distinguished Faculty Award in Teaching. **Jeff Ardell, Ph.D.**, associate chair/professor of Pharmacology at the Quillen College of Medicine, claimed the Distinguished Faculty Award in Research.

Article adapted from staff reports prepared by the Office of University Relations at East Tennessee State University.

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](mailto:wrcetsu@etsu.edu). Visit our web site at: <http://www.etsu.edu/wrcetsu/>.

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

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

**SEPTEMBER – NOVEMBER 2007**

***Main Campus Programs***

**Wednesday, September 19**

**Book Review Group.** Participants will meet to discuss *The Perfect Summer* by Luanne Rice. New readers welcome.

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

**Monday, October 1**

**"The Women's Program" – A Lunch Break Special Program.** Presented by the *One in Four RV Tour* all-male sexual assault peer education group, this program focuses on how women can be effective bystanders with their friends in high risk situations, particularly those involving alcohol. Sponsored by the ETSU Counseling Center, Women's Resource Center, and Greek Life. See article page 1.

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

**Monday, October 1**

**"How to Help a Sexual Assault Survivor: What Men Can Do" – A Special Event Program.** Presented by the *One in Four RV Tour* all-male sexual assault peer education group, this unique program has the dual benefit of educating men on how to help women recover from a rape experience while lowering men's rape myth acceptance and their self-reported likelihood of raping. Sponsored by the ETSU Counseling Center, Women's Resource Center, and Greek Life. See article page 1.

**LOCATION & TIME:** D.P. Culp University Center, Martha Street Culp Auditorium, 7:00 p.m.

**Tuesday, October 2**

**Tuesday, October 9**

**"Illustrated Self-Discovery through Collaging" – A Women's Professional Enrichment Lunch Break Series.** Pam Murray, B.A., M.B.A., local artist and art instructor, is facilitator for this two-part series. Murray will guide participants through this dynamic and imaginative way of bringing out and finding out about the real you that is often lying dormant or buried just beneath the surface. **Reservations are required.** See article pages 1-2.

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

**Monday, October 15**

**"Getting Off To A GRAND Start As A GRANDPARENT!" – A Community Service Program.** This "grand-parenting basics" workshop will address topics related to nutritional, safety, and health-related issues. **Reservations are required.** See article page 5.

**LOCATION & TIME:** D.P. Culp University Center, Dining Rooms 1 & 2, 2:00 p.m. – 4:00 p.m.

**Wednesday, October 17**

**Book Review Group.** Participants will meet to discuss *Foreign Affairs: A Novel* by Alison Lurie. New readers welcome.

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

**Thursday, November 1**

**"Moving Forward With Confidence" - Women Making History Lecture.** Dr. Wilsie S. Bishop, ETSU vice president for Health Affairs and university chief operating officer, is guest speaker for this annual lecture. This annual lecture is funded by ETSU alumna Barbara Murphy Brooks. See article page 1.

**LOCATION & TIME:** B. Carroll Reece Museum, Main Gallery, 5:00 p.m.

**Thursday, November 15**

**"Exercise and Immunology: Is More Better?" – A Women's Health Series Lunch Break Seminar.** Maria Schell, C.N.N.C., laboratory director for the ETSU Department of Microbiology in the Quillen College of Medicine, will discuss the recent results of a 20-year study comparing marathon runners and people that engage in a moderate, regular exercise regime. See article page 2.

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

**Wednesday, November 21**

**Book Review Group.** Participants will meet to discuss *Moo* by Jane Smiley. New readers welcome.

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

**ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC.**

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## MORE NEWS *and* UPDATES

### ***“Getting Off To A GRAND Start As A GRANDPARENT!”***



The *March of Dimes* Program Services Committee – Appalachian Division, the Northeast Tennessee Regional Perinatal Center, and the Women’s Resource Center are sponsoring ***“Getting Off To A GRAND Start As A GRANDPARENT!”*** on Monday, October 15, 2007. This “grand-parenting basics” workshop is scheduled for 2:00 p.m. to 4:00 p.m. and location is the D.P. Culp University Center – Dining Rooms 1 & 2.

Topics to be addressed during the two-hour workshop include nutritional, safety, and health-related issues. From car seat safety to back-to-sleep strategies, everyone will walk away from this workshop with new grand-parenting skills or strategies! Regional and community experts are volunteering their time and expertise for this first-time “grand-parenting basics” workshop.

**Reservations are required;** call the ETSU Women’s Resource Center at 423-439-7847 to place your name on the reservation list. Light hors d’oeuvres are included.

### **5<sup>th</sup> Annual “HEAD 2 TOE”**

Donations will be accepted November 1, 2007, through January 31, 2008.

***Items requested include:***

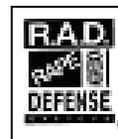
Prom or formal dresses, shoes, and/or accessories.

**Campus drop-off site:**

**Women’s Resource Center,  
Panhellenic Hall, Basement Suite 2  
Office Phone: 423-439-7847.**

Sponsored by the ETSU Pre-Professional & Graduate Section of the American Association of Family and Consumer Sciences (AAFCS) and the Tennessee Association of Family and Consumer Sciences (TAFCS), all proceeds, from the sales of the items donated, will benefit Girl’s Inc. of Johnson City/Washington County.

ETSU Counseling Center & Campus Recreation  
to sponsor



### **RAD: Rape Aggression Defense Training**

**DATES:** September 12, 19, and 26

**TIME:** 5 p.m. – 9 p.m. each day

**LOCATION:** Basler Center for Physical Activity

**For more information, contact Kim Bushore-Maki at  
423-439-4841.**



### **HOLIDAY CLOSINGS**

ETSU will be closed and classes will not be in session Friday, November 23, 2007.

### **FALL SEMESTER BREAK**

Fall Break is October 15-16, 2007. 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, or sexual orientation.