



# Women's Resource Center NEWSLETTER

A Quarterly Newsletter

December 2010 – Volume 13:2



## 10 Steps To Clear Thinking

by  
Steve Gillman

Does your mind sometimes feel like a television station you can't quite tune in? You know there's an interesting program on – or several, but everything is mixed with static. What if you could “tune in” at will, have clear thinking whenever you want it? Try some of the following.

### Ten Clear Thinking Techniques And Tips

**1. Take a walk.** Science will eventually prove this to be a great way to improve the quality of your thinking, but don't wait for the proof. Aren't there enough other reasons to take a walk anyhow?

**2. Stay away from sugar.** If you want to understand what brain fog is, eat a sugary donut on an empty stomach, then do math problems twenty minutes later. What you will experience, along with the “sugar blues,” is brain fog. At least lay off sugar and simple carbohydrates when you need to think clearly.

**3. Organized space means clear thinking.** It's rare that a person can actually work better in clutter. Organized working space means you won't have the thought “where is that...” distracting your mind.

**4. Get better sleep.** Sleep requirements vary, but the minimum for most is somewhere around five hours. Some suffer if they sleep less than eight hours. The research, however, indicates that after a certain minimum quantity, the quality of sleep is more important to normal brain function.

**5. Try meditating.** No time? Just close your eyes, relax, and watch your breath for a while. Accept that your mind will wander, but continually return your attention to your breath. Five minutes of this, and afterwards you'll feel a boost in your brainpower.

**6. Resolve your “mind irritations.”** Watch your busy brain. Maybe a call you need to make has been bothering you, just below consciousness. Find these stressors, and do something to let them go. For example, make that call, or put it on a list, and your mind will let go of it for now. Just seeing a problem and saying, “There's nothing I can do about this until Friday,” will often stop unconscious worrying.

**7. Don't drink alcohol.** At least don't drink too much. While moderate amounts can be conducive to creative thinking, all the evidence says that it is bad for the long-term health of your brain.



### 8. Make decisions quickly.

Nothing gets in the way of clear thinking like a dozen decisions hanging around unmade. If nothing else, decide when you'll make the decision.

**9. Get some fresh air.** Go outside and breathe deeply through your nose. You'll get a good dose of oxygen to your brain, and the change of surroundings can help clear your mind.

**10. Satisfy your physical needs.** Clear thinking is easier if you aren't too hungry, thirsty, or hot.

You can think more clearly starting today. There are certainly more than ten ways, but you really only need to make a few of them a habit to have a more powerful brain. Why not try one or two right now?

About the Author: Steve Gillman writes on many self-help topics including boosting brainpower, losing weight, meditation, habits of mind, creative problem solving, learning gratitude, generating luck and anything related to self-improvement. You'll find more at <http://www.SelfImprovementNow.com>. Article retrieved from the AdvancingWomen.com web site at <http://www.advancingwomen.com/women2/10-steps-to-clear-thinking.php>.



## Murray to conduct “holiday” inspired workshop

Let your expressive **holiday** colors and ideas flow out into miniature works of art created on a 2 ½ inch x 3 ½ inch card/paper surface. Join **Pam Murray, B.A., M.B.A.**, local artist and creative coach on Tuesday, December 14, 2010, for **“A Happy Holiday Creative Celebration” Workshop**.

Join Murray as she guides participants through creating “holiday” themed Artist Trading Cards! These small works of art provide endless possibilities for true self-expression and art exploration. This is a chance to make a small gift of art to frame, a “holiday” collage, or to make some unique holiday decorations; use them in making your own handmade specialized “holiday” cards or just make them for the fun of it! Any kind of media may be used from paints to pencils to collage to found objects to fabric... just let your imagination flow! Come, open your creative mind, and see what your holiday imagination unfolds in a specially sized artistic expression that is uniquely yours.

This one-time session will be held at the Women's Resource Center, Campus Center Building, room 220, at noon. **Reservations are required.** To reserve a space for **Murray's Women's Personal Enrichment Workshop** or should you need additional information, contact the Women's Resource Center at 423-439-5772.



## Women's Health Series – January & February 2011

*Women's Health Series* seminars scheduled for January and February 2011 include presentations by local and regional professionals on fibromyalgia, the holistic approach to medicine, and living safely. If you are looking for information on any of these health-related topics, then join us for one of the following seminars.

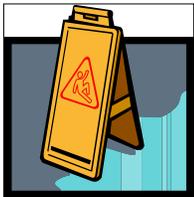
Today, primary care doctors, podiatrists, osteopaths, psychiatrists, neurologists, chiropractors – plus nurse practitioners – are overseeing long-term fibromyalgia treatment. Not every medical professional understands fibromyalgia well – yet it's critical to find one who is up to date on the latest fibromyalgia treatment and research. If you want to learn more about recent studies conducted on fibromyalgia and treatment options available, then join us for a lunch break seminar with **Michael Minge, II, D.C.**, in January 2011.



On Tuesday, January 25, 2011, **Michael Minge, II, D.C.**, of Wellness Way Chiropractic located in Blountville, Tenn., is guest speaker for **"Fibromyalgia: What You Should Know."** Location is the East Tennessee

Room, D.P. Culp University Center, at noon.

The **Minge Women's Health Lunch Break Seminar** focuses on providing a realistic perspective about what fibromyalgia really is, how to avoid it, and provide insight on how chiropractic treatment can aid those who suffer from its painful grip. Minge also will discuss recent studies showing how chiropractic care can drastically help improve the quality of life of someone suffering from fibromyalgia.



A simple thing can change your life in an instant – like tripping on a rug or slipping on a wet spot on the kitchen floor. If you fall, then you might be like the thousands of aging men and women each year who break, or fracture, a bone. A broken bone might not sound awful, but, for aging adults, a break can be the start of more serious problems.

Falling is only one of the safety issues that can affect each of us as we age. The good news is that there are simple ways you can prevent falls and many other safety-related concerns. Join us on Wednesday, January 26, 2011, for **"How to Live 100 Years and Do It Safely!"** **Greg Schrader, D.C.**, of Jones Chiropractic Clinic in Johnson City, Tenn., is guest speaker for this *Women's Health Series* seminar. Start time is noon and seminar location is the East Tennessee Room of the D.P. Culp University Center.

During February 2011, **Jennifer Darrow**, a certified wellness coach, will present a lunch break seminar on the Holistic approach to medicine. In the age of modern medicine and modern technology it is often easy

to forget that the human body was created with the ability to completely heal itself when provided with the proper environment. While acute situations may require the immediate symptom relief that regular medical treatment offers, long-term lasting results can be gained through the Holistic approach. When used wisely and appropriately these two concepts can work together to help an individual reach long-lasting health and wellness.

**Jennifer Darrow**, certified wellness coach with Waterfalls of Wellness Center in Bristol, Tenn., is guest speaker for **"De-Mystifying the Holistic Approach to Medicine."** Scheduled for Tuesday, February 22, 2011, at noon, location is the East Tennessee Room in the D.P. Culp University Center.

For more information on the **Minge, Schrader, or Darrow Women's Health Series** seminars, contact the Women's Resource Center at 423-439-5772.

Some article contents adapted from the **WebMD** web site at <http://www.webmd.com/fibromyalgia/>.



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

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** – that provides teenaged and adult women with information that may reduce their risk of exposure to violence.

On Tuesday, February 1, 2011, **ETSU Public Safety Officer Amanda Worley** will facilitate the **"STOP Violence Against Teenage and Adult Women"** for the *Women's Personal and Professional Enrichment Series*. Location is Meeting Room 6, D.P. Culp University Center, at noon.

Worley, who completed an eight-hour class to train and certify trainers, guides participants through the 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 everyday lives. Within eight months of its March 2000 launch, **'S.A.F.E.'** won the Miami-Dade LEO (Law Enforcement Officers) Foundation awarded in the 'Safety' category for the Miami Beach Police Department. Responding to the program's successes, NSDI was invited to introduce **'S.A.F.E.'** in a one-hour presentation at the

national meeting of Directors representing 32 Regional Community Policing Institutes (RCPI) funded by the U.S. Department of Justice Office of Community Oriented Policing Services (COPS) in Washington, D.C. And NSDI is proud to be included among their resources.

Some article information adapted from the **National Self-Defense Institute** web site at <http://www.nsd.org/safe.htm>.



## 8th Annual "HEAD 2 TOE"

Since the inception of the annual **"HEAD 2 TOE"** project, more than 500 young women from the upper-east Tennessee and southwest Virginia region have been provided with the opportunity to purchase prom- and formal-wear at "rock-bottom" prices. An annual project that offers alternatives to high-ticket attire for prom-goers, **"HEAD 2 TOE"** makes a large selection of fashionable, like-new gowns available for young women to purchase at a price of \$25 each and oftentimes accessories can be purchased for just a few additional dollars. All proceeds from the sales of the items will benefit local charities that provide programs and services to girls and women in the Johnson City/Washington County area.

Serving as a drop-off site for **"HEAD 2 TOE"** donations, the Women's Resource Center is accepting donations through February 11, 2011. Items requested include prom or formal dresses, shoes, and/or accessories. The annual **"HEAD 2 TOE"** sale is held locally in February/March of each year. So go through your closets at home and locate that like-new prom and formal-wear clothing taking up your valuable closet space and donate those items to a great community-based project.

## Saluting the Women of ETSU

### Dorgan and Goepel receive Patricia E. Robertson Diversity Leadership Awards for 2010



**Dr. Kelly Dorgan**, associate professor in the Department of Communication, received the 2010 Patricia E. Robertson Diversity Leadership Award at East Tennessee State University on November 18, 2010. Recipients of the Robertson Award must be currently employed faculty or staff or currently enrolled students who have demonstrated a sustained commitment to diversity, education, or social justice efforts and be outspoken advocates in the effort to combat bigotry, discrimination and oppression. This award is named for

Robertson, professor and chair of the Department of Human Development and Learning in the Claudius G. Clemmer College of Education. Nominations for the award are submitted by the campus community.

According to her nomination, one of Dorgan's greatest contributions is her involvement in and focus on disparities in health care in Appalachia. Her research is centered on health and cultural issues, which she addresses both at the community level in the region, as well as on campus through her work with OASIS.

In addition to her departmental and university committee involvement, Dorgan has been instrumental in the development of the Women's Studies program and major. She is dedicated to her classroom teaching through which she "challenges her students to examine the world through different lenses and to delve deeply into weighty matters like gender and race discrimination," her nominators wrote.

In conjunction with Kathryn Duvall, Student Support Services advisor, and Dr. Sadie Hutson, assistant professor and Ph.D. program coordinator in the Department of Family and Community Nursing, Dorgan gives presentations providing information to faculty, staff, and students on the HPV vaccine and gives talks on "patient-provider communication, community cancer workgroups, and understanding Appalachian female cancer survivorship."



**Emily Goepel** is the 2010 student award winner. She is currently an ETSU graduate student in Public Administration and a tuition scholar student in the Language and Culture Resource Center (LCRC). In 2007, she graduated from ETSU with honors in Spanish and English. Her dedication to social justice leads her to be an advocate for underrepresented and underserved populations and migrant families in the region.

As an undergraduate, Goepel was known for her involvement as a tutor of Hispanic children in local schools and her volunteer work in the Migrant Education Program (MEP) over several summers. According to her nomination, she has earned the respect of her peers by dedicating a full year of her life in service as an AmeriCorps\*Vista Member, during which she worked with the LCRC.

It was during her Vista year that Goepel worked with the XCELL Mentor Program, a program designed to increase high school graduation rates and enrollment of English Language Learners, especially Hispanic youth, in college. As part of the award, she will receive \$200 in scholarship monies from the John Davis Memorial Scholarship, which was established to honor the memory of "a man who valued knowledge, sought social justice, and brought love into the world through his kindness and compassion."

Congratulations, **Dr. Dorgan** and **Ms. Goepel!**

Article contents adapted from the *ETSU Accent* at the East Tennessee State University web site at <http://www.etsu.edu/univrela/accents/archives/2010/14November16.pdf>.

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## *ETSU Women's Resource Center*

### **Program Schedule**

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

#### **DECEMBER 2010 – FEBRUARY 2011**

##### ***Main Campus Programs***

**Tuesday, December 14**

***“A Happy Holiday Creative Celebration” – A Women’s Personal Enrichment Workshop.*** Pam Murray, B.A., M.B.A., local artist and creative coach, is conducting this one-session workshop. Join Murray as she guides participants through creating “holiday” themed Artist Trading Cards! These small works of art provide endless possibilities for true self expression and art exploration. This is a chance to make a small gift of art to frame, a “holiday” collage, or to make some unique holiday decorations. **Reservations are required.** See article page 1.

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

**Wednesday, December 15**

**Book Review Group.** Participants will meet to discuss *Dancing for Degas: A Novel* by Kathryn Wagner. New readers welcome.

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

**Wednesday, January 19**

**Book Review Group.** Participants will meet to discuss *While My Sister Sleeps* by Barbara Delinsky. New readers welcome.

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

**Tuesday, January 25**

***“Fibromyalgia: What You Should Know” – A Women’s Health Series Lunch Break Seminar.*** Michael Minge, II, D.C., of Wellness Way Chiropractic located in Blountville, Tenn., is guest speaker. Minge will provide a realistic prospective about what fibromyalgia really is and insight on how chiropractic treatment can aid those who suffer from its painful grip. Also, recent studies on fibromyalgia will be discussed. See article page 2.

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

**Wednesday, January 26**

***“How to Live 100 Years and Do It Safely!” – A Women’s Health Series Lunch Break Seminar.*** Greg Schrader, D.C., of Jones Chiropractic Clinic in Johnson City, Tenn., is guest speaker. Falling is only one of the safety issues that can affect each of us as we age. The good news is that there are simple ways you can prevent falls and many other safety-related concerns. Schrader will discuss many of those prevention strategies. See article page 2.

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

**Tuesday, February 1**

***“STOP Violence Against Teenage and Adult Women” – A Women’s Personal and Professional Enrichment 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 page 2.

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

**Wednesday, February 16**

**Book Review Group.** Participants will meet to discuss *On Folly Beach* by Karen White. New readers welcome.

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

**Tuesday, February 22**

***“De-Mystifying the Holistic Approach to Medicine” – A Women’s Health Series Lunch Break Seminar.*** Jennifer Darrow, certified wellness coach with Waterfalls of Wellness Center in Bristol, Tenn., is guest speaker. In her hour-long seminar, Darrow will discuss, that when used wisely and appropriately, Holistic and conventional medical practices can work together to help an individual reach long-lasting health and wellness. See article page 2.

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

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

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## MORE NEWS and UPDATES

### Women's History Month March 2011

Theme:

**"Our History is Our Strength"**



#### HEAD 2 TOE

Campus drop-off site:  
Women's Resource Center,  
Campus Center Building, Room 220  
Office Phone: 423-439-5772

**DONATIONS** of prom or formal dresses, shoes, and/or accessories will be accepted through February 11, 2011. See article page 3.



#### HOLIDAY CLOSINGS

ETSU will be closed December 24, 2010, through January 2, 2011.

The university will be closed on January 17, 2011, in observance of *Martin Luther King, Jr. Day*.

#### Spring Semester 2011

Classes begin January 13, 2011.



#### Women's Resource Center NEWSLETTER

The ETSU Women's Resource Center Newsletter is published quarterly at East Tennessee State University, Johnson City, Tenn.

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