



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

March 2011 – Volume 13:3

National Women's History Month - March 2011



Author and artist SARK to speak during Women's History Month

Susan Ariel Rainbow Kennedy (SARK) is coming to the East Tennessee State University campus on Thursday, March 31, 2011. Join us on the 31st when SARK presents "*Glad No Matter What*" at 7:00 p.m. Location is the Martha Street Culp Auditorium, D.P. Culp University Center.

A transformative teacher and leader for over twenty-five years, SARK has written and created sixteen best-selling books, and hundreds of products. With well over two million books sold, including the national bestsellers *Succulent Wild Woman*, *Bodacious Book of Succulence*, *Eat Mangoes Naked*, *Prosperity Pie* and *Fabulous Friendship Festival*, SARK's newest book is *Glad No Matter What: Transforming Loss and Change Into Gift And Opportunity*. Her books are frequently chosen as One Spirit selections, and are translated into a number of foreign languages. SARK's work is widely used by colleges and universities as required reading and course material and she is a distinguished contributor to many magazines and periodicals. She is one of the featured trailblazers in the critically acclaimed PBS Series, "*Women of Wisdom and Power*." SARK also is the founder and CEO of Planet SARK, a company that creates products and services to support empowered living.



A creativity Diva whose projects are all about living creatively and maximizing joy, SARK's personal journeys have been full of challenge and her lifetime full of choosing roads less traveled. She brings to us many stories and strategies to enhance personal growth and expansion.

SARK is endearing, insightful, and offers real ways to both allow your pain and magnify your pleasure. Her wise and witty words and views on living a creative, passionate, JUICY life have inspired countless people. When you come to a SARK event, transformational energies will surround and support you before, during, and long after the event is over. After more than 20 years of facilitating groups, SARK is able to offer innovative practices that fit in beautifully with our actual lives, and

that cause beneficial change and transformation. Come open-hearted, leave replenished with new input and inspiration.

This *Women's History Month* lecture is sponsored by the Women's Studies Program and Women's Resource Center; for more information contact the Women's Resource Center at 423-439-5772.

Logo and article contents adapted from *Planet SARK* web site at <http://www.planetsark.com/index.htm>.



Murray to conduct "letting go" series

Join Pam Murray, B.A., M.B.A., local artist and creative coach, during April 2011 for "*Letting Go. . . So I Have More Peace and Joy*." This three-part series is scheduled for April 7, 14, and 21, 2011. Start time for this series is noon and location is the Campus Center Building, Room 208.

Is there anything you need to release from your life to allow you to experience more peace and joy, to move you forward into becoming more of the you that you truly are? Maybe for you it is letting go of something in your past? Negative thoughts? Shoulda, woulda, coulda? Unneeded stuff in your house? Judgments? Perfection? Blame and criticism? Controlling everything? These are things that steal our energy and keep us stuck.

This workshop is a creative, hands-on exploration of the importance and necessity of **letting go** or releasing the thoughts and clutter in your life that do not enhance the real YOU. To blossom, free ourselves, and create the lives we want, we need to look at what letting go means and what it actually gives back to us.

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

Theme for Women's History Month 2011:
Our History is Our Strength



Jay Friedman to present *The J-Spot: A Sex Educator Tells All*

East Tennessee State University is pleased to bring internationally known sex educator **Jay Friedman** to campus during March 2011. His lecture performance, entitled *The J-Spot: A Sex Educator Tells All*, is scheduled for Tuesday, March 22, 2011, at 7:00 p.m. Location is the Martha Street Culp Auditorium in the D.P. Culp University Center. Far from a doom and gloom presentation, Friedman's lecture will entertain while educating his audience about important and timely sexuality issues. The event is open to the entire campus community.

The J-Spot: A Sex Educator Tells All is Friedman's newest lecture performance. "Unfortunately, we live in a sex-negative, sex-repressed, and sex-phobic society which has trouble talking about sex and which provides inadequate sex education," Friedman asserts. "My goal is to give a thought-provoking, conversation-creating and perhaps life-changing performance that breaks the taboos in talking about sex. If people can be more open, I'm sure we'd avoid the dangers that result from sexual ignorance, and instead enjoy healthy relationships and more pleasurable sexual lives."

Friedman's presentation is poignant, powerful, playful, and provocative. "People call me a sexual provocateur," explains Friedman. "My performance is at times personal, philosophical, political, and prophetic. The storytelling, the cultural observations, the predictions – they're all relevant to the students' lives, getting them to perk up, laugh a lot, and also learn."

Learn they will. Unafraid to tackle even the toughest sexuality issues, time flies as Friedman addresses a whirlwind of topics with sensitivity and playful humor. Audiences can expect to learn such things as:

- The three conditions to meet before you're ready to have sex;
- The *truth* about whether men really explode if they don't have sex;
- The mysteriously missing sexual organ;
- Cross-cultural comparisons between the U.S. and other countries on sexual matters;
- The state of sex education in the U.S. – including life as a sex educator.

Friedman, nominated multiple times as "Lecturer of the Year" by the National Association for Campus Activities, is professionally certified as a sex educator by the American Association of Sex Educators, Counselors and Therapists (AASECT). An award-winning writer featured in a number of national publications, he is a former disc jockey and host of a radio talk show on relationships. Based in Seattle, Friedman travels across the country to college campuses to share his insights and outbursts on sex and relationships. He completed undergraduate work at Cornell University, and received a

Master of Education degree from the University of Vermont.

Sponsors for this special event are Panhellenic Council, LGBTieS, FMLA, OASIS, and Women's Resource Center. *The J-Spot: A Sex Educator Tells All* is a lecture performance guaranteed to inspire conversations that last long after the curtain closes.

For more information, contact the Women's Resource Center at 423-439-5772.

Photo and article contents adapted from *The J-SPOT* web site at <http://www.jaytalk.com/main.php?section=press>.



Women's Health Series

What happens when you don't **water** a plant enough? It starts to wither up and leaves start to drop like it's **begging for water**. What happens to **your body** when you don't drink enough **water**? Long considered a healthy habit to improve your life, the body needs water to keep properly hydrated and individuals vary widely in how much water they need. Joints need it to stay in motion, and vital organs such as the heart, brain, kidney, and liver need it to work properly.

If you don't get enough water, the body goes into emergency mode, and clings to every single water molecule it can find, reports the University of Minnesota Water Resources Center. The stored molecules appear as extra weight. The weight is only released once the body gets enough water.

If you want to learn more about your respective water intake – is it enough or not enough – then join us for a lunch break seminar with **Michael Minge, II, D.C.**, in April 2011.

On Tuesday, April 12, 2011, **Michael Minge, II, D.C.**, of Wellness Way Chiropractic located in Blountville, Tenn., is guest speaker for *"Is Your Body Begging for Water?"* Location is the East Tennessee Room, D.P. Culp University Center, at noon.

The **Minge Women's Health Lunch Break Seminar** focuses on adequate water intake levels, the many benefits associated with drinking water, and insight on using bottled water or municipal tap water.

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

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



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) 439-5772. Fax: (423) 439-5760.

E-mail address: wrcetsu@etsu.edu.
Visit our web site at: <http://www.etsu.edu/wrcetsu/>.

Harriet P. Masters, director
Nancy J. Riedel, secretary
Monica Horton, student assistant



TAKE BACK THE NIGHT 5K Road Race and Walk

The eighth annual **TAKE BACK THE NIGHT 5K Road Race/Walk** is scheduled for Saturday, March 26, 2011. 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 \$5,100 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.

For registration information, contact Rebecca Alexander or Katelyn Kivett, 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 18th is \$12.00. Registration after March 18th is \$15.00.

LOCATION: D.P. Culp Center, Cave Patio

REGISTRATION: 8:30 a.m.

RACE START TIME: 9:30 a.m.



Candlelight Vigil – Honoring Survivors of Abuse

The fifth annual **Candlelight Vigil – Honoring Survivors of Abuse** is scheduled for Wednesday, March 23, at 7:00 p.m. Location is the Amphitheatre, D.P. Culp University Center.

All students, faculty, and staff 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, Women's Studies Program, and Women's Resource Center.

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

Saluting the Women of ETSU



Wyrick receives honorary doctorate from European research university

The respect for Dr. Priscilla Wyrick and her contributions to scientific advancement keeps rippling outward, now beyond the eastern shore, across the Atlantic and on to Europe.

Wyrick, chair of the Department of Microbiology in the James H. Quillen College of Medicine, is one of the university's most renowned faculty members. She was honored two years ago as one of the 2009 *Notable Women of ETSU*. The National Institutes of Health has acknowledged the value of her work through 30 continuous years of NIH funding to support her research. And recently, one of the leading research universities in Europe, the University of Zürich in Switzerland, recognized Wyrick's work by presenting her with an honorary doctorate.

"I was totally stunned and startled, but I was very, very honored," Wyrick said. "It does mean quite a lot to me, to be recognized by someplace else, especially a prestigious European university, for what you've done. It's humbling."

The University of Zürich bestowed Wyrick with an honorary doctorate in veterinary medicine for being at the forefront of research breakthroughs in chlamydia, a sexually-transmitted disease. Wyrick is internationally known for her investigations of chlamydial/host cell interactions in women, but her research is recognized by her peers in Zürich for its interdisciplinary applications regarding chlamydial diseases in animals as well.

Wyrick was a researcher at the University of North Carolina at Chapel Hill when she developed a polarized orientation model that led to the discovery of how chlamydiae were able to enter epithelial cells. It turned out to be a watershed moment for research advancement in the field.

Wyrick, who continues to push ahead with her research focus and mentor young microbiology students at Quillen, considers the ceremony in Zürich one of the highpoints in her career.

"It was a special day," Wyrick said. "I've been fortunate. I swam upstream sometimes, but I've always tried to maintain a positive attitude."

Congratulations, Dr. Wyrick!

Article contents adapted from the *ETSU Accent* at the East Tennessee State University web site at http://www.etsu.edu/univrela/accents/archives/2011/02_February_15.pdf.

ETSU Women's Resource Center
Program Schedule

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

MARCH – MAY 2011

PROGRAMS – Main Campus

Wednesday, March 16

Book Review Group. Participants will meet to discuss *Little Bee: A Novel* by Chris Cleave. New readers welcome.

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

Tuesday, March 22

"The J-Spot: A Sex Educator Tells All" – A Special Event Lecture. Internationally known sex educator **Jay Friedman** will present a lecture that will entertain while educating his audience about important and timely sexuality issues. Sponsored by Panhellenic Council, LGBTieS, FMLA, OASIS, and Women's Resource Center. See article page 2.

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

Wednesday, March 23

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, Women's Studies Program, and Women's Resource Center. See article page 3.

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

Saturday, March 26

TAKE BACK THE NIGHT 5K Road Race/Walk. The eighth 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 3.

*****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.

Thursday, March 31

"Glad No Matter What" – A Women's History Month Program. **Susan Ariel Rainbow Kennedy (SARK)**, author – artist – founder and CEO of *Planet Sark* and *Camp Sark*, will talk about living creatively and maximizing joy. SARK's personal journeys have been full of challenge and her lifetime full of choosing roads less traveled. She brings to us many stories and strategies to enhance personal growth and expansion. Sponsored by the Women's Studies Program and Women's Resource Center. See article page 1.

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

Thursday, April 7

Thursday, April 14

Thursday, April 21

"Letting Go. . . So I Have More Peace and Joy" – A Women's Personal Enrichment Series. **Pam Murray, B.A., M.B.A.**, local artist and creative coach, is conducting this three-part series. Join Murray as she guides participants through a creative, hands-on exploration of the importance and necessity of **letting go** or releasing the thoughts and clutter in your life that do not enhance the real YOU. **Reservations are required.** See article page 1.

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

Tuesday, April 12

"Is Your Body Begging for Water?" – A Women's Health Lunch Break Seminar. **Michael Minge, II, D.C.**, of Wellness Way Chiropractic located in Blountville, Tenn., is guest speaker. Minge's seminar focuses on adequate water intake levels, the many benefits associated with drinking water, and insight on using bottled water or municipal tap water. See article page 2.

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

Wednesday, April 20

Book Review Group. Participants will meet to discuss *Remarkable Creatures: A Novel* by Tracy Chevalier. New readers welcome.

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

Wednesday, May 18

Book Review Group. Participants will meet to discuss *After the Falls: Coming of Age in the Sixties* by Catherine Gildiner. 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



CLOTHESLINE PROJECT

Tuesday, March 22 through Friday, March 25

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

Time: 11:00 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 non-violence. For more information, contact Rebecca Alexander or Katelyn Kivett, ETSU Counseling Center, at 423-439-4841.

News from *Shakti in the Mountains*

Post Her Story

A one-woman show by Susan Lachmann

On Friday, March 11, 2011, from 6:00 p.m. to 9:00 p.m., a one-woman show by Susan Lachmann is slated for *Shakti in the Mountains*. Come view posters, news print and artwork reflecting 20-plus years of advocacy and action to support and promote *women's voices*. Stay for a narrated "gallery walk" at 7:00 p.m. and listen to the stories behind the work. Enjoy refreshments as you reflect on this herstory of the women's movement in East Tennessee - a great way to celebrate Women's History Month. *Shakti in the Mountains* is located at 409 East Unaka Avenue, Johnson City, Tenn.

Juicy Pens, Thirsty Paper: A day of fun with SARK

Join Susan Ariel Rainbow Kennedy (SARK) as she presents her fabulously famous journal and writing workshop at *Shakti in the Mountains*. Play all day with this nationally known creativity Diva whose projects are all about living creatively and maximizing joy. SARK's personal journeys have been full of challenge and her lifetime full of choosing roads less traveled; she brings to us many stories and strategies to enhance personal growth and expansion. It is a rare opportunity! Come open-hearted, leave replenished with new input, inspiration and your own creative writings in your own handmade journal.

The SARK workshop is slated for Saturday, April 2, 2011. Workshop begins at 10:00 a.m. and ends at 4:30 pm. **Fee: \$155 (includes lunch and all materials) and space is limited to 23 women.** To register, please contact Susan at 423-426-6766.



HOLIDAY CLOSINGS

ETSU will be closed Monday, May 30, 2011, in observance of *Memorial Day*.



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.