



Women's Resource Center NEWSLETTER

A Quarterly Newsletter

September 2010 – Volume 13:1



Elizabeth George to present "Before the First Handshake...or Kiss!"

Elizabeth E. George brings a diverse and relevant background to her college-level audiences. From an award-winning businesswoman and a university professor and consultant, to an NCAA All-American and National and World Champion in shooting sports, George has the "street cred" to get the attention of young audiences. But it's her direct, engaging style that keeps their attention, and the deep-value impact of her message that gets them thinking about the world in a fresh and exciting new way. Audiences leave her presentations with the skills to think through life's key decisions and the motivation to get to know themselves in ways that ensure future success.

On Tuesday, September 21, 2010, Elizabeth E. George, M.A., will present *"Before the First Handshake...or Kiss!"* Location is the Martha Street Culp Auditorium, D.P. Culp University Center, at 7:00 p.m.

A relationship compatibility expert and best-selling author, George knows that college-age young people think they can conquer the world, and she equips them with the tools to make it happen. With more than three decades experience in college settings, George dynamically connects with and challenges students "where they live." She helps them take a look inside themselves to establish critical self-descriptors, recognize danger zones, and build a powerful personal presence.

According to the latest research, of all the challenges facing students and grads today, stress and relationship issues that impact mental health and safety top the list. Whether initiating a new love interest, interacting with friends and family, interfacing with a professor, or addressing a prospective employer, students are confronted with life-changing relationship decisions on a daily basis. The trouble is that most young people don't know how to prepare for a relationship or even recognize when it begins, and are unaware of the power of compatibility to guide their choices. Kim Bérubé, owner and publisher of *Real Woman on the Run* magazine, states "This presentation takes the guesswork out of compatibility—and the emotion out of decision-making—to help you walk confidently into a lifelong, harmonious relationship."

A small business consultant for the U.S. Small Business Administration, George worked with state and national economic development and incubator organizations, and taught as a university professor in both the U.S. and Canada. She ran a bed and breakfast featured in *Southern Living* and consults as a specialist in tourism

operations and marketing. George received her bachelor of science degree in business administration from ETSU and she holds a master of arts degree in human resource management from the University of Alabama. She received certification as a Christian lay counselor, competed for five years with the U.S. International Shooting Team, and was World Champion in crossbow. George was also awarded the coveted Distinguished International Shooter Badge, instituted by the United States Government as its highest award for marksmanship excellence. She has co-authored *The Compatibility Code, An Intelligent Woman's Guide to Dating and Marriage* with her husband Darren.

Sponsors for *"Before the First Handshake...or Kiss!"* are Buctainment, College of Business and Technology, Office of Equity and Diversity, ETSU-1000, Roan Scholars Leadership Program, Office of Student Affairs, and Women's Resource Center. For more information contact the Women's Resource Center at 423-439-5772 or any of the offices or departments listed.

Some article contents adapted from Compatibility Solutions, Inc. web site at <http://www.yourprefix.com/>.



Women's Health Series – Fall 2010

Women's Health Series seminars scheduled for Fall Semester 2010 include presentations by campus and regional professionals on dietary supplements and anti-inflammatory foods. Whether you are looking for more information on dietary supplements or want to know more about anti-inflammatory food benefits, then join us for one of the following women's health seminars.

W. Andrew Clark, Ph.D., professor in the ETSU College of Business and Technology, is guest speaker for *"Supplements for Women."* Scheduled for Wednesday, October 13, 2010, at noon, location for the Clark seminar is the Dining Room 2, D.P. Culp University Center.

Clark will discuss the latest research and recommendations for supplements that may benefit your bone and joint health, cardiovascular health, memory and more. Get answers to your questions about vitamins and supplements, including the latest on Vitamin D.

Later during Fall Semester 2010, anti-inflammatory foods will be the subject of a *Women's Health Series* seminar. Many foods have anti-inflammatory benefits, and the only side effects are other stellar health benefits. These foods fight the invisible inflammation that silently threatens our health. Chronic, low-grade inflammation almost always lurks beneath the surface of diabetes and excess weight. You can't usually see or feel the damage, but this type of inflammation significantly increases the risk of coronary heart disease.

Alice Sulkowski, R.D., will present *"Anti-Inflammatory Foods."* Sulkowski is a registered dietician with Mountain States Health Alliance. Join us for this

informative lunch break seminar to learn more about which foods are best at fighting the invisible inflammation that can silently threaten your health. Scheduled for Tuesday, November 9, 2010, at noon, location is Meeting Room 6, D.P. Culp University Center.

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

Miller and Benson to present "The Female Orgasm"



During Fall Semester 2008 at ETSU sex educators Dorian Solot and Marshall Miller presented one of their funny, smart, honest lectures, about sexual health and female orgasm to a **standing room only audience** in the Martha Street Culp Auditorium. On Thursday, September 30, 2010, **Marshall Miller**, along with **Jocelyn Benson**, a new addition to the sex and relationship education team lead by Solot and Miller, will return to the ETSU campus to present **"The Female Orgasm."** Location is the Martha Street Culp Auditorium, D.P.

Culp University Center, at 7:00 p.m.

The Solot and Miller programs combine sex education and women's empowerment with a hearty dose of laughter and they are packing the house on college campuses. With warmth and humor, the subject of female orgasm is illuminated for women who aren't having them, guys who want to make their girlfriends happy, and students who are debating the existence of the G-spot or "to fake or not to fake?". Students love that the Solot and Miller sex education programs bring both a male and female perspective to the conversation. Administrators often compliment them on presenting "sexy" material in a tasteful, appropriate manner. The program is inclusive of people of all genders and sexual orientations.

The straightforward and candid program focuses on individuals making sexual decisions that are right for them, including whether to use the information now or when married or in a serious relationship. Miller and Benson analyze the messages women receive about their bodies and sexuality from media, religion, families, and elsewhere; discuss body image, and the links between "befriending your body" and experiencing physical pleasure; and talk about the value of learning how to say "no" to sex--and the problems college-age and adult women sometimes encounter when they realize that's all they ever learned.

Sponsors for **"The Female Orgasm"** are Buctainment, FMLA @ ETSU, Fraternity/Sorority Life, Multicultural Affairs, OASIS (Outreach and Advocacy Sexuality Information for Students), Residence Hall Association, Student Health Clinic, Student Government Association, Women's Studies Program, and Women's Resource Center. For more information contact the Women's Resource Center at 423-439-5772 or any of the offices or departments listed.

Some article contents adapted from the *Sex Discussed Here* web site at <http://www.sexualityeducation.com/index.php>.



Murray to conduct personal enrichment series

Pam Murray, B.A., M.B.A., local artist and creative coach, returns to campus during Fall Semester 2010 to conduct a three-part series entitled **"The Beauty of Your Life."** Scheduled for **Wednesday, October 27, November 3, and November 10**, all sessions will be held at the Women's Resource Center, Campus Center Building, room 220, at noon. **Reservations are required.**

Can you imagine your life without beauty in it? Beauty is powerful because it matters. It is a transforming and nurturing presence. Beauty is food for the soul. It comforts. It inspires. It is the essence of Spirit. This workshop is a visual and written exploration to find the meaning and value of beauty within you and without. This is done through various means – a self-expressive collage; a visual creation looking at "What is beautiful about me?"; journal writing exercises; and more. Immerse yourself in the beauty of you and the beauty of your world.

For more information regarding the **Murray Women's Personal Enrichment Lunch Break Series**, contact the Women's Resource Center at 423-439-5772.

Saluting the Women of ETSU

2010 Distinguished Faculty Awards



East Tennessee State University bestowed one of its highest honors upon **Melissa Shafer, M.F.A.**, with the presentation of the 2010 Distinguished Faculty Awards on Friday, August 27, 2010. Shafer was nominated and selected by her faculty peers and received a medallion, a plaque and a \$5,000 check during Faculty Convocation, an annual event that marks the beginning of the new academic year and fall semester.

Melissa Shafer, M.F.A., an associate professor of Theatre and Dance in the Department of Communication, received the **Distinguished Faculty Award for Service.**

Shafer, who joined ETSU's theatre faculty in 1999 and was promoted to associate professor in 2005, is the set and lighting designer and technical director for ETSU Division of Theatre and Dance productions, while also teaching a range of theatre courses.

"It is not just the extensive range of formal service activities that causes Melissa to stand out among her colleagues," one nominator wrote. "It is the behind-the-scenes activities, and her willingness to help in so many areas, whether or not her contributions are recognized or noticed."

Shafer's reputation for "going above and beyond" extends well past theatre to other divisions and departments in the College of Arts and Sciences, such as broadcasting, storytelling, opera and bluegrass. Letters supporting Shafer's nomination were submitted from her colleagues in the college and also from current and former students, and employees and representatives from Milligan College, the

Tennessee Theatre Association, Barter Theatre, the City of Johnson City and the Southeastern Theatre Conference, as well as fellow members of the ETSU Faculty Senate, of which she has served as a member for seven years.

Shafer is noted for her distinguished teaching and creative efforts in set construction, scenery, properties, lighting and audio needs for ETSU Division of Theatre and Dance productions – most frequently for productions at Bud Frank Theatre. One writer noted that Shafer spends extra hours to ensure every ETSU production has a “Shafer look” of professionalism, while another frequent patron lauded her “creative genius in providing productions with interesting and provocative sets appropriate to each production.”

One former student recounted Shafer’s profound effect on his career: “I have been working as a theater technician in major regional theaters since graduation in 1999 and can state that I use what Ms. Shafer taught me on every job I do.”

Shafer, who earned a master of fine arts degree in theatre design and production from Southern Illinois University, serves as the Tennessee representative to the Southeastern Theatre Conference. Her service to theatre companies outside ETSU is numerous and includes serving as a special effects consultant at Barter Theatre and as technical director for Shakespeare and Friends in the Park in Rogersville.

A listing of workshops, panels, special presentations and theatre outreach efforts numbers over 20 and includes such compelling titles as “Team Teaching: A Holistic Approach to the Fundamentals of Theatre Design,” “Creative Drama from Oral Histories,” “Cost Effective Strategies to Achieve Brilliance on the Stage,” and “Is There a Wal-Mart Around Here? Inexpensive Solutions to Technical Problems.”

Article adapted from staff reports prepared by the Office of University Relations at East Tennessee State University at http://www.etsu.edu/calendar/EventList.aspx?eventidn=4545&view=EventDetails&information_id=18472.

2010 Distinguished Staff Awards



Shown, from left-right, are: front row – Staff Senate President Jamie Simmons, Damoth, King, Richardson, Peavler and ETSU President Dr. Paul E. Stanton, Jr.; back row – Travis Harvey, Jay Seehorn and Kenneth Nave.

Outstanding staff at East Tennessee State University are honored by their peers through the Distinguished Staff Awards – presented annually at the university’s Staff

Picnic sponsored by the Staff Senate – which include a \$1,000 check, provided by the ETSU Foundation, and an engraved recognition memento from the Staff Senate. This year four ETSU women were recognized for their commendable efforts on June 4, 2010.

Dr. B.J. King received the Distinguished Staff Award in the **Executive, Administrative and Managerial** category. As associate vice president for Financial Services, King oversees the offices of Auxiliaries, Bursar, Financial Accounting, Foundation Accounting, Grant Accounting and Payroll and works with her staff in helping to resolve students’ financial issues. She participates in Leadership 2015, a program sponsored by the Chamber of Commerce of Johnson City-Jonesborough-Washington County, which, her nomination states, allows her to “demonstrate her

ETSU Pride . . . and spread the word about ETSU in a positive manner.”

Terilee Peavler, library lead worker in the Sherrod Library, received the award in the **Clerical and Secretarial** category. She has worked at the library since 1977 and has been in the Interlibrary Loan division since 1994, ensuring that books and journal articles requested by other libraries go out quickly and correctly. “The goodwill she fosters with our lending partners cannot be overstated,” her nomination states. “She works not only with libraries in (Tennessee and the United States), but also with libraries in Denmark, Hong Kong, South Africa and Russia. She calmly handles requests for rush material, juggles the books as they come in and go out, and does this all with a positive attitude.”

Cathy Jo Damoth earned the award in the **Technical and Paraprofessional** category. The computer operations coordinator in the ETSU College of Nursing “helps with all faculty, staff and student computers to ensure (that) connectivity and performance are maintained,” her nominator wrote. She also videotapes student projects and faculty workshops, has helped proctor exams, and has even helped other departments as a sign language interpreter. “Anyone who needs help with anything knows that they can always approach her, and she will always be willing to help, even if it means staying over to make sure everything is alright,” according to her nomination, which also notes the warmth and enthusiasm that characterize her work with others.

Wanda Richardson, a computer programmer/analyst in the Office of Information Technology, received the **Career Award**. She has been employed by ETSU since 1980 and has been instrumental in the implementation and maintenance of the Banner administrative computer systems at the university. In addition to her regular duties, Richardson has been very active in campus life. She has been a member of the Staff Senate for six years and is a past president of that organization, and has played an important role in helping the university during the ongoing economic difficulties as a member of the Budget Reversion Task Force and the committee overseeing the Stimulus Buc\$ Challenge. She is also regularly involved in ETSU’s Relay for Life, Pink Zone Game, Homecoming Fall Festival and other campus activities. “She always has a positive attitude and she isn’t afraid to ‘go the extra mile’ for our staff,” her nomination states. “We need more employees like her, who are faithful and dedicated to ETSU. She works every day in an exemplary manner and inspires those around her to get involved at ETSU and to do something that will make a difference for themselves and for (the university).”

Article adapted from staff reports prepared by the Office of University Relations at East Tennessee State University at http://www.etsu.edu/calendar/EventList.aspx?fromdate=1/1/2002&todate=9/3/2010&display=Month&type=public&eventidn=1052&view=EventDetails&information_id=6780.

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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ETSU Women's Resource Center Program Schedule

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

SEPTEMBER – NOVEMBER 2010

Main Campus Programs

Wednesday, September 15

Book Review Group. Participants will meet to discuss *The Sweet By and By: A Novel* by Todd Johnson. New readers welcome.

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

Tuesday, September 21

"Before the First Handshake...or Kiss!"– A Special Event Lecture. A relationship compatibility expert and best-selling author, **Elizabeth George's** presentation "takes the guesswork out of compatibility—and the emotion out of decision-making—to help you walk confidently into a lifelong, harmonious relationship." Sponsored by Buctainment, College of Business and Technology, Office of Equity and Diversity, ETSU-1000, Roan Scholars Leadership Program, Office of Student Affairs, 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, September 30

"The Female Orgasm"– A Special Event Program. Presented by sex educators **Marshall Miller** and **Jocelyn Benson**, *"The Female Orgasm"* combines sex education and women's empowerment with a hearty dose of laughter. Sponsored by Buctainment, FMLA @ ETSU, Fraternity/Sorority Life, Multicultural Affairs, OASIS (Outreach and Advocacy Sexuality Information for Students), Residence Hall Association, Student Health Clinic, Student Government Association, Women's Studies Program, 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, October 13

"Supplements for Women"– A Women's Health Series Lunch Break Seminar. **W. Andrew Clark, Ph.D.**, professor in the ETSU College of Business and Technology, is guest speaker. Clark will discuss the latest research and recommendations for supplements that may benefit your bone and joint health, cardiovascular health, memory and more. See article pages 1-2.

LOCATION & TIME: D.P. Culp University Center, Dining Room 2, noon.

Wednesday, October 20

Book Review Group. Participants will meet to discuss *The Help* by Kathryn Stockett. New readers welcome.

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

Wednesday, October 27

Wednesday, November 3

Wednesday, November 10

"The Beauty of Your Life" – A Women's Personal Enrichment Lunch Break Series. **Pam Murray, B.A., M.B.A.**, local artist and creative coach, is facilitator for this series. Murray's three-part series will focus visual and written exploration to find the meaning and value of beauty within you and without. **Reservations are required.** See article page 2.

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

Tuesday, November 9

"Anti-Inflammatory Foods" – A Women's Health Series Lunch Break Seminar. **Alice Sulkowski, R.D.**, a registered dietician with Mountain States Health Alliance, is guest speaker. Join us for this informative lunch break seminar to learn more about which foods are best at fighting the invisible inflammation that can silently threaten your health. See article pages 1-2.

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

Wednesday, November 17

Book Review Group. Participants will meet to discuss *A Reliable Wife* by Robert Goolrick. 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 NEWS *and* UPDATES



Centennial Web site offers treasure trove of information

East Tennessee State University will soon begin a year-long observance of its centennial, and all who want to join in can remain updated through a special Web site created by the university.

Visitors to www.etsu.edu/100years will find a wide range of information, including a calendar of concerts, plays, art exhibits and other events that relate to the centennial theme, "Partnerships, Promise, and Hope for a Hundred Years."

On October 2, 1911, ETSU opened its doors as East Tennessee State Normal School and welcomed 29 students to campus. Today, the university enrolls almost 15,000 students.

Visitors to the Web site can view a timeline that highlights ETSU historical events and accomplishments through the years. The site also offers a treasure trove of campus photos, a virtual tapestry of people, places and events in an historical arc from the black-and-white photographs of yesteryear to the digital color of today.

The university will officially begin the centennial celebration with a convocation ceremony on Friday, October 1, at 10:00 a.m. in the ETSU/Mountain States Health Alliance Athletic Center. The public is invited to the convocation ceremony.

Article contents adapted from staff reports prepared by the Office of University Relations at East Tennessee State University at http://www.etsu.edu/calendar/EventList.aspx?fromdate=1/1/2002&todate=9/3/2010&display=Month&type=public&eventidn=4389&view=EventDetails&information_id=18141.



October is *National Breast Cancer Awareness Month*



Access to mammography is a critical issue. Breast cancer is the leading cause of cancer deaths among women ages 40 - 55. Early detection is the key to survival and better treatment options, and mammography is among the best-known methods of early detection, yet 13 million women in the U.S. over 40 have never had a mammogram.

Looking for a way to make a difference? *The Breast Cancer Site* provides a feel-good way to help promote awareness and prevent breast cancer deaths every day — through easy online activities. With a simple daily click of the **pink** button at *The Breast Cancer Site*, visitors help provide mammograms to those in need and visitors to the site pay nothing. Mammograms are paid for by the site's sponsors and distributed by the National Breast Cancer Foundation, Inc. So log on today. Visit *The Breast Cancer Site* at <http://www.thebreastcancersite.com/> to help provide access to a mammogram for one of the 13 million women in the U.S. over 40 who have never had a mammogram.

Some article contents adapted from *The Breast Cancer Site* at <http://www.thebreastcancersite.com/>.



HOLIDAY CLOSINGS

ETSU will be closed and classes will not be in session Friday, November 26, 2010.

FALL SEMESTER BREAK

Fall Break is October 18-19, 2010. 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.