



# Women's Resource Center NEWSLETTER

A Quarterly Newsletter

September 2012 – Volume 15:1



## From the director

by  
Harriet Masters

The ETSU Women's Resource Center enters its fifteenth year of operation in 2012-2013. During the past two years, Center program offerings have experienced significant increases in the number of women, and men, attending our lunch break seminars and special events. To all the staff, faculty, student, and community folks that attended our seminars and programs this summer, THANK YOU!

If you haven't taken advantage of the programs that are offered through the Center, Fall Semester 2012 provides our campus and community constituents with some great programming opportunities. I want to encourage you, your friends, and family members to try one, or all, of the programs scheduled for September through November 2012.

Guest speakers for Fall Semester 2012 include the return of **Jennifer Raichlin**, certified wellness coach, in late September and **J. Lynn Conley**, a local practicing chiropractor, in early October. Raichlin and Conley are guest speakers for two information-packed seminars for the WRC's *Women's Health Series*. **Natalie Manor**, a local business coach and international consultant, returns to conduct a three-part "emotional freedom" series during October/November and a guest lecture for *Non-Traditional Student Recognition Week* in November 2012.

On the campus front, **ETSU Public Safety Officer Amanda Worley** is presenting the semester-by-semester educational awareness and crime-victim prevention program "**STOP Violence Against Teenage and Adult Women**" in early October 2012.

Please join us for the seminars and special events sponsored through the Women's Resource Center, which are free and open to the public. For more information on any of the programs sponsored through the Center, please telephone 423-439-5772 or email [wrcetsu@etsu.edu](mailto:wrcetsu@etsu.edu).



## Women's Health Series

Various essential oils have been used medicinally at different periods in history. Interest in essential oils has revived in recent decades with the popularity of aromatherapy, a branch of alternative medicine that claims that essential oils and other aromatic compounds have curative effects.



Essential oils have been used for thousands of years for their healing and purifying effects on the body. They are continually being proven to provide significant health

benefits without creating unwanted side effects.



On Tuesday, September 25, 2012, **Jennifer Raichlin** (pictured left), certified wellness coach with Waterfalls of Wellness Healing Center in Bristol, Tenn., is guest speaker for "**Essential Oils: The Missing Link in Healthcare.**" Location is the East Tennessee Room, D.P. Culp University Center, at noon.

Raichlin's workshop provides fundamental information on understanding the basics of essential oils, why and how they work, and what oils are best for everyday use. These oils have been held in extreme value by ancient doctors and medicine men that used them for aromatherapy, consumption, and skin application.

The **Raichlin Women's Health Series** seminar is free and open to the public.



Everyone seems to have a special health remedy these days: exercise specialists, sleep-disorder specialists, air-purification specialists, and of course countless "diet" specialists. As we all know, there are no magic bullets and no shortcuts.

Optimal health is defined as having the best health possible given your genetic heritage, personal history, and environment. So that means optimal health is applicable to anyone, anywhere, at any age. And there are principles that will work for anyone looking to improve their health and outlook for a higher quality of life.

On Tuesday, October 9, 2012, **J. Lynn Conley, D.C.**, co-owner of Chiro-Health, L.L.C., a chiropractic treatment center located in Johnson City, is guest speaker for "**The Eight Pillars of Health.**" Location is the East Tennessee Room, D.P. Culp University Center, at noon.



Knowledge and practice of "**The Eight Pillars of Health**" provide a road map that we can use to determine where we are and what areas we need to work on to make our bodies as healthy, strong, and vibrant as possible. Are all your pillars in place? Is there balance? Are any pillars missing or weak? Join Conley on October 9 when she provides ideas and guidance on the "eight pillars of health."

The **Conley** seminar is free and open to the public.

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

Some article contents adapted from the *Natural News.com* web site at [http://www.naturalnews.com/034662\\_essential\\_oils\\_healing\\_remedies.html](http://www.naturalnews.com/034662_essential_oils_healing_remedies.html) and the *HubPages* web site at <http://tommandt.hubpages.com/hub/The-Pillars-of-Optimal-Health>.



## Manor to present series on emotional freedom techniques - tapping

Are you feeling “off track” in your life? What happens when we discover we are really not on track at all? But what if you lose your confidence and step into the overwhelming place where you don’t feel smart; don’t know how to get back on track; don’t feel like your answer is the correct one and cannot trust your gut to see what it says? Do you know what to do?

According to executive business coach **Natalie Manor**, guest speaker for a three-part series on the *emotional freedom techniques – tapping*, “We do too know what to do! We tap! If you have followed me at all with my website and blogs, you know how often I have used tapping to get me back to my brilliant and confident self. And I can tell you now, there is probably no one better in this world that can get off course more easily than me. Sliding off in all directions, and many times just because I forgot to tap at the beginning of an indication of a problem, I GENTLY remind myself that all is well, take a deep breath and then find a spot to tap through it.”

During October and November 2012, **Natalie Manor, C.E.O.**, of Natalie Manor & Associates, an executive business coach and international consultant, is guest speaker for a three-part series on the *emotional freedom techniques – tapping*. EFT is considered to be a major breakthrough in 21st century healing technology. It is a *simple* and *powerful* technique whose roots are in the ancient and sophisticated art of acupuncture, but does NOT use needles.

Dates and location for the EFT series are as follows:

- **Get Back On Track with Emotional Freedom Techniques: HEALTH**  
Location: East Tennessee Room  
Date: Tuesday, October 16, 2012  
Time: Noon
- **Get Back On Track with Emotional Freedom Techniques: MONEY**  
Location: East Tennessee Room  
Date: Tuesday, October 30, 2012  
Time: Noon
- **Get Back On Track with Emotional Freedom Techniques: RELATIONSHIPS**  
Location: East Tennessee Room  
Date: Tuesday, November 13, 2012  
Time: Noon

EFT is the perfect complement to either alternative or traditional medicine and in no way competes with the treatment modalities of either. While profound, positive changes may occur, you are always directed to consult with your health care practitioner before altering your treatment in any way.

Reservations are strongly suggested for these free seminars. For more information on the **Manor Women’s**

*Professional Enrichment Series*, contact the Women’s Resource Center at 423-439-5772.

Some article contents adapted from *eft for Women* web site at <http://www.eftforwomen.com/>.



## Worley to present ‘S.A.F.E.’ program

On Tuesday, October 2, 2012, **ETSU Public Safety Officer Amanda Worley** will facilitate “**STOP Violence Against Teenage and Adult Women**” for the *Women’s Personal and Professional Enrichment Lunch Break Series*. Location is the East Tennessee Room, D.P. Culp University Center, at noon.

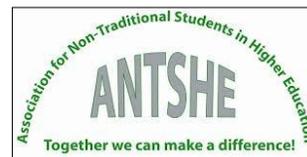
The National Self-Defense Institute’s (NSDI) **'S.A.F.E.' PROGRAM** is an initiative to *STOP Violence Against Teenage and Adult Women*. **'S.A.F.E.'** (an acronym for **S**elf-defense **A**wareness & **F**amiliarization **E**xchange) is an educational awareness, crime-victim prevention program – encompassing **S**trategies, **T**echniques, **O**ptions, and **P**revention (S.T.O.P.) – that provides teenage and adult women with information that may reduce their risk of exposure to violence.

Worley, who is the Tennessee state R.A.D. (Rape Aggression Defense) director and advanced R.A.D. instructor, guides participants through a 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, shown as part of every program, 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 daily lives.

Join us for this important *Women’s Personal and Professional Enrichment Series Lunch Break Seminar* sponsored by the Department of Public Safety and Women’s Resource Center. For more information, contact the Women’s Resource Center at 423-439-5772.

## Manor to speak during Non-Traditional Student Recognition Week 2012



*Non-Traditional Student Recognition Week* is celebrated the first week in November of each year. Coordinated through the **Association for Non-Traditional Students in Higher Education**, ANTSHE encourages institutions and members to plan events to recognize the non-traditional students on their campus, as well

continued on page 3

as highlight efforts that improve their adult student environment.

This year the Women’s Resource Center is partnering with the Office of Adult, Commuter, and Transfer Services to commemorate the week with a guest lecture entitled **“It’s Only Water. . . Really.”** Guest speaker **Natalie Manor, C.E.O.**, of Natalie Manor and Associates, a local business coaching and international consulting firm, says: “I was the quintessential non-traditional student before it was even a phrase. I was divorced, self-employed, two daughters to raise, with very little confidence and a whole bunch of ‘shoulds and oughts’. Non-traditional should have its own academy awards evening cheering those of us that do it anyway... with lots of class and grit. If you get up each day and do it again, that is called integrity and someone should be applauding you all the way through your day.”

Manor’s talk focuses on those times when everything that can go wrong does go wrong. You get angry, stressed, hurt, and really lost. Then you take action. So what happens between the horrible event that makes you crazy and getting back on track...with some humor and wisdom? Manor will share with you her “event” with all the unpleasant details and all the amazing choices she got to make when she realized **“It’s Only Water...Really.”**

Scheduled for Wednesday, November 7, 2012, location for the **Manor** lecture is the East Tennessee Room, D.P. Culp University Center. Start time is 5:00 p.m. Co-sponsored by the Office of Adult, Commuter, and Transfer Services and Women’s Resource Center. For more information, contact the Women’s Resource Center at 423-439-5772 or email [wrcetsu@etsu.edu](mailto:wrcetsu@etsu.edu).

## Saluting the Women of ETSU



### 2012 Distinguished Staff Awards

Outstanding staff members 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. On May 18, 2012, three ETSU women were recognized for their commendable efforts.



**Rita Presnell** (pictured left) received the Distinguished Staff Award for the **Career Award** category. As office coordinator in the Office of the Dean, College of Business and Technology, Presnell is an integral part of the day-to-day operations in the Office of the Dean.

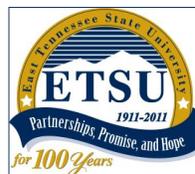
Congratulations, Rita!



**Theresa Burchett Hammons** (pictured left) received the Distinguished Staff Award for the **Executive, Administrative and Managerial** category. Hammons serves as director of the Reece Museum. She directs the day-to-day operation of the museum and oversees exhibits, displays, fiscal matters, and resource development. Congratulations, Theresa!



**Sheila Lyons** (pictured left) received the award in the **Technical and Paraprofessional** category. As the media specialist in the Department of Surgery, Quillen College of Medicine, she produces the department newsletter, maintains the department web sites, and supports ten of the department faculty. Congratulations, Sheila!



### 2012 Distinguished Faculty Awards

East Tennessee State University bestowed one of its highest honors upon **Rosalind Raymond Gann, Ed.D.**, with the presentation of the 2012 Distinguished Faculty Awards on Friday, August 24, 2012. Gann 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.



**Rosalind Raymond Gann, Ed.D.** (pictured left), an associate professor in the Department of Curriculum and Instruction within the Claudius G. Clemmer College of Education, received the **Distinguished Faculty Award for Service.**

A specialist in literacy issues, Gann earned a bachelor’s degree in English at Brooklyn College of the City University of New York, followed by a Master of Social Work degree in clinical social work at Smith College and a doctorate in education at the University of Cincinnati.

After graduating from college, Gann was a social worker with the Brooklyn Bureau of Child Welfare. Most of her clients were of African American or Hispanic heritage. Later, during her time in Cincinnati, she served as a classroom teacher and reading specialist who designed materials for at-risk populations.

By the time she came to ETSU in 2002, Gann had taught at Sabanci University in Istanbul, stirring her interest in international literacy issues. She then taught a course in Morristown that introduced her to the growing Hispanic population there, and she developed three consecutively funded Tennessee Higher Education Commission grants to support the teachers and students who had captured her attention.

continued on page 4

According to one nominator, Gann realized that the students' problems grew not only from English as a second language, but from the fact that native dialects posed issues with their native language as well. In an effort to learn more about native Mexican culture, Gann obtained travel support from the university to spend time in Mexico over one summer.

Gann's focus on internationalism and literacy led her to accept an invitation to work in Nanjing, China, in 2006 as part of an English language training grant. In 2007, she served as project director for an English language immersion summer experience for faculty from North China University of Technology. Next came a faculty exchange in China as a summer lecturer over the last few years. Her China blog allows her to help ETSU's students better understand Chinese language, culture and education through service.

"Dr. Gann's focus on internationalizing ETSU opportunities for students and faculty through work both on campus and abroad is further supported by the service that she provides through the International Friendship Host Family program, her work on the International Advisory Committee, and as college coordinator for undergraduate Fulbright programs," a nominator wrote.

Gann's current project involves development of a simulcast English as a Second Language education program for teachers in the United States and China.

One College of Education colleague described Gann as "an extraordinary ambassador of goodwill for East Tennessee State University."

Another nominator noted, "What I believe to be the single most distinguishing aspect of Dr. Gann's service is her commitment to engagement with other cultures and her leadership in supporting ETSU's desire to internationalize."

Congratulations, Rosalind!

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=8/24/2012&todate=9/6/2012&display=&type=public&eventidn=10651&view=EventDetails&information\\_id=39869](http://www.etsu.edu/calendar/EventList.aspx?fromdate=8/24/2012&todate=9/6/2012&display=&type=public&eventidn=10651&view=EventDetails&information_id=39869).

## Chambers receives 2012 Community Service Award from Arc Tennessee



The Arc Tennessee presented **Cynthia Chambers, Ph.D.** (pictured left), with its 2012 Community Service Award on June 1, 2012, in Nashville, Tenn. Chambers is a faculty member at East Tennessee State University's Claudius G. Clemmer College of Education.

This honor recognizes Chambers' numerous community services programs for children and adults with disabilities. During her time at ETSU, Chambers has initiated three new programs, including Families and Siblings United, an activity and support for siblings and family members of persons with disabilities; POP Arts, a theater group that rehearses and performs throughout the year; and Turning Pages Together, which coordinates book clubs across the region.

Chambers, who holds the rank of assistant professor in the Department of Human Development and

Learning, began all three projects, and her students from ETSU as well as other community volunteers plan the programs and provide staffing. She was nominated for the award by a faculty member from ETSU, and several parents of children in the programs wrote additional letters of support.

The Arc Tennessee is a grassroots, non-profit organization that advocates for the rights and full participation of all people with intellectual and/or developmental disabilities.

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=1/1/2012&todate=12/31/2012&display=Year,Month&type=public&eventidn=9867&view=EventDetails&information\\_id=3655](http://www.etsu.edu/calendar/EventList.aspx?fromdate=1/1/2012&todate=12/31/2012&display=Year,Month&type=public&eventidn=9867&view=EventDetails&information_id=3655).



## October is National Breast Cancer Awareness Month

### Looking for a way to make a difference?

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.

*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/>.



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

**Harriet P. Masters**, director  
**Nancy J. Riedel**, secretary  
**Karli Garceau**, student assistant

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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 2012

#### *Main Campus Programs*

**Wednesday, September 19**

**Book Review Group.** Participants will meet to discuss *Sons and Lovers* by D.H. Lawrence. New readers welcome.

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

**Tuesday, September 25**

**"Essential Oils: The Missing Link in Healthcare" – A Women's Health Series Lunch Break Seminar.** Jennifer Raichlin, certified wellness coach with Waterfalls of Wellness Healing Center in Bristol, Tenn., is guest speaker. Raichlin's workshop provides fundamental information on understanding the basics of essential oils, why and how they work, and what oils are best for everyday use. See article page 1.

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

**Tuesday, October 2**

**"STOP Violence Against Teenage and Adult Women" – A Women's Personal and Professional Enrichment Series 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 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, East Tennessee Room, noon.

**Tuesday, October 9**

**"The Eight Pillars of Health" – A Women's Health Series Lunch Break Seminar.** J. Lynn Conley, D.C., co-owner of Chiro-Health, L.L.C., a chiropractic treatment center located in Johnson City, is guest speaker. Conley provides ideas and guidance on the "eight pillars of health," which can be used to determine where we are and what areas we need to work on to make our bodies as healthy, strong, and vibrant as possible. See article page 1.

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

**Tuesday, October 16**

**"Get Back On Track with Emotional Freedom Techniques: HEALTH" – A Women's Professional Enrichment Lunch Break Series.** Guest speaker Natalie Manor, C.E.O., of Natalie Manor and Associates, presents this strategy-packed series. EFT is considered to be a major breakthrough in 21st century healing technology. It is a *simple* and *powerful* technique whose roots are in the ancient and sophisticated art of acupuncture, but does NOT use needles. See article page 2.

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

**Wednesday, October 17**

**Book Review Group.** Participants will meet to discuss *The Ballad of Tom Dooley: A Ballad Novel* by Sharyn McCrumb. New readers welcome.

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

**Tuesday, October 30**

**"Get Back On Track with Emotional Freedom Techniques: MONEY" – A Women's Professional Enrichment Lunch Break Series.** Guest speaker Natalie Manor, C.E.O., of Natalie Manor and Associates, presents this strategy-packed series. EFT is considered to be a major breakthrough in 21st century healing technology. It is a *simple* and *powerful* technique whose roots are in the ancient and sophisticated art of acupuncture. See article page 2.

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

**Wednesday, November 7**

**"It's Only Water. . . Really" – A Special Event Lecture.** Natalie Manor, C.E.O., of Natalie Manor and Associates, is guest speaker. Manor's talk focuses on those times when everything that can go wrong does go wrong. She will share with you her "event" with all the unpleasant details and all the amazing choices made during the "event." See article pages 2-3.

**LOCATION & TIME:** D.P. Culp University Center, East Tennessee Room, 5:00 p.m.

**Tuesday, November 13**

**"Get Back On Track with Emotional Freedom Techniques: RELATIONSHIPS" – A Women's Professional Enrichment Lunch Break Series.** Guest speaker Natalie Manor, C.E.O., of Natalie Manor and Associates, presents this strategy-packed series. EFT is considered to be a major breakthrough in 21st century healing technology. It is a *simple* and *powerful* technique whose roots are in the ancient and sophisticated art of acupuncture. See article page 2.

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

**Wednesday, November 14**

**Book Review Group.** Participants will meet to discuss *The Glassblower of Murano* by Marina Fiorato. New readers welcome. **\*\*\*Please note:** Date changed to November 14 due to the Thanksgiving holiday time frame.\*\*\*

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

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

## MORE CAMPUS NEWS & UPDATES



### 2012 Multicultural Expo

Wednesday, September 12, 2012  
D.P. Culp University Center, Ballroom  
7:00 p.m.

For more information, contact Laura Terry,  
Office of Multicultural Affairs, at 423-439-6633.



### 2012 Notable Women of ETSU

The 11th annual *Notable Women of ETSU* is taking place on Wednesday, November 14, 2012. Location is the East Tennessee Room of the D.P. Culp University Center at 5:00 p.m.

The 2012 recipients are **Dr. Leslie MacAvoy** and **Dr. Edith Seier**. Please contact the Office of Women's Studies at 423-439-4125 for more information.

### The Red Flag Campaign

October 10 through October 11, 2012

The Counseling Center at ETSU will be hosting **The Red Flag Campaign**, a program bringing campus awareness to relationship/sexual violence. During the October campaign, which takes place during *National Domestic Violence Month*, there will be several special events and workshops. For more information on **The Red Flag Campaign** contact Kristen Feemster, OASIS program coordinator for The Counseling Center at ETSU, at 423-439-4841 or email [oasis@etsu.edu](mailto:oasis@etsu.edu).

For more information on The Red Flag Campaign visit the web site at <http://www.theredflagcampaign.org/index.php/>.



October 30, 2012

The ETSU Counseling Center and the ETSU Wellness Committee will sponsor **Love Your Body Day** on Tuesday, October 30, 2012, from 10:00 a.m. to 2:00 p.m. Booths will be set up throughout the Ballroom of the D.P. Culp University Center. Participants will have access to a variety of interactive information booths, along with free giveaways from wellness-inspired vendors and presenters.

For more information, contact Rebecca Alexander at 423-439-4841.



### HOLIDAY CLOSINGS

ETSU will be closed and classes will not be in session Friday, November 23, 2012.

### FALL SEMESTER BREAK

Fall Break is October 15-16, 2012. 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.