

6 Tips for Healthy Summer Eating

As we head into barbecue season, you are probably thinking about the toll all those burgers, buns, chips and pasta side dishes will have on your beach body. Get your summer off to a healthy start with these great tips for healthy summer eating.

1. Bring a healthy dish



If you are running the show, it is easy to plan a healthy menu. That does not have to change just because you are a guest. When you ask the host what you can bring to the potluck, suggest healthy contributions like salads, a veggie platter with hummus or fruit kabobs. In the throes of summer's heat, a juicy watermelon seems decadent and delicious! In addition, all the fiber of fruits and vegetables can help you feel fuller longer.

2. Stay hydrated

Dehydration can be a major contributor to hunger pangs. Sipping a full glass of water prior to eating can really curb the urge to overeat. Infuse it with fruit for a pretty and luscious summer beverage.

3. Keep it colorful



Fruits and vegetables add color and delicious flavor to any summer cookout. On the grill or as a light summer side dish, keep things fresh, healthy and satisfying by adding color to your plate.

4. Pay attention to portions

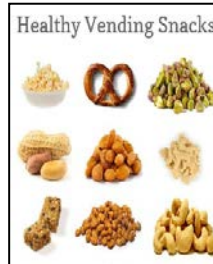
Portion control is an important aspect of healthy summer eating, even more so when tantalizing aromas wafting from the grill tempt you, along with tasty side dishes and decadent desserts. Portion control does not mean eating tiny amounts of everything. It just means being aware of how much you are eating. Try these points of reference:

–A cell phone or deck of cards = 3 ounces of chicken or beef

–A baseball = 1 cup (good for portioning out side dishes)

–Your thumb = 1 tablespoon (a handy measurement for dressings).

5. Snack responsibly



One of the easiest ways to control how much you eat in one sitting is to snack responsibly throughout the day. If you are heading out to an evening cookout after work, grab a healthy vending snack around mid-afternoon.

Whatever you do, don't show up on an empty stomach.

You will only be tempted to overeat.

6. Get moving



Instead of staying at the table, walk around and chat with other guests. Consider an after-dinner stroll, bring your swimsuit for a dip in the pool, or organize some fun, traditional backyard games such as potato sack races or kickball. BBQs are social events, so get moving and mingle!

Article contents adapted from the [HealthyYOU vending](https://www.healthyyou vending.com/6-tips-for-healthy-summer-eating/) web site at <https://www.healthyyou vending.com/6-tips-for-healthy-summer-eating/>.



Murray conducting "creativi-tea" workshop in June 2018

The world needs more focus on love and joy! Will you join in a celebration of the things you love in your life? You are invited to a special "creativi-tea" workshop where tea, a tasty treat, and creative expression will all be part of the fun.

Please join **Pam Murray, B.A., M.B.A.**, local artist and creative coach, for "***Creativi-tea: Layers of Love and Joy***" where you will creatively and colorfully recognize and honor what brings positive contributions in your life. Scheduled for **Tuesday, June 12, 2018**, location for Murray's workshop is the Campus Center Building, Global Understanding Video Conference Room, room 233. Start time is noon.

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Tea is the perfect complement to creative exploration. As it soothes, it also opens the door to our hearts and imaginations, raising our awareness of the present moment. As we drink and empty our cups, we are reminded that we need to pause and empty our minds to relax and stir the creative spirit.

Participants will create a small group of colorful mixed-media hearts that celebrate the positive elements in their lives and be delightful reminders of them! It is a time to honor what you love in life and what is going well, which further deepens the benefits you gain from them, and attracts more to you. Fill your own heart as you create layers of love and joy! No skills required and all materials will be provided.

“The more you praise and celebrate your life, the more there is in life to celebrate.”
- Oprah Winfrey

Reservations are required. To reserve a space for Murray’s Women’s Personal Enrichment Workshop, contact the Women’s Resource Center at 423-439-5772. This workshop is free and open to the public.



Women’s health series seminars scheduled for July 2018

During July 2018 the focus of a *Women’s Health Series Lunch Break Seminar* is on essential oils with respect to hair, skin, and nail concerns. Essential oils have been used for medicine, skin care, emotional healing and much more throughout their long history.



In our daily lives we often buy chemical-laden hair, skin, and nail products from big-box stores. What we sometimes don’t realize is that many of the shampoos, body washes, and nail products contain alcohol which actually dries out our skin and nails – and – strips our hair. Why not use essential oils to create a natural solution to hair, skin, and nails needs? While also enhancing outlook and overall general health at the same time.

If you have been looking for natural solutions to hair, skin, and nail needs then join us on Tuesday, July 24, 2018, when **Katlyn Griffin, Ashlee Hickson, and Kasie Shelnutt** present ***“Essential Oil Benefits for Hair, Skin, and Nails.”*** Location is the Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

Griffin, Hickson, and Shelnutt will discuss which essential oils are used for these specific target areas. They will also provide insight on which essential oils they use.

Reservations are required. To reserve a space for the **“essential oils” Women’s Health Series** seminar, contact the Women’s Resource Center at 423-439-5772. This seminar is free and open to the public.

Sugar is the focus of an upcoming *Women’s Health Series Lunch Break Seminar* scheduled for late July 2018. Do you want to stop the constant cravings for sweets? Do you want to get your energy back? Do you want to gain control over your cravings without depriving yourself?



If any of these questions pique your interest, then join us on Tuesday, July 31, 2018, when **Sarah Haas** (pictured left), local integrative nutrition health coach and certified personal trainer, presents ***“How to Kick Your Sugar Habit.”***

Location is the Global Understanding Video Conference Room, Campus Center Building, room 233. Start time is noon.

So many of us are more dependent on sugar than we would like. We crave sugary snacks to give us energy or satisfy that sweet tooth, but end up feeling sluggish, foggy, and stressed out and experiencing headaches, poor sleep and weight gain. Sarah will help you understand the causes of your sugar cravings and learn practical tools for dealing with them.

IN THIS WORKSHOP, YOU WILL LEARN:

- The top ways sugar is negatively affecting your health and happiness
- How to understand what your cravings are really telling you
- How your lifestyle affects your cravings
- Tips to eat foods you enjoy and not deprive yourself.

It is not about deprivation. It is about freedom — the freedom to eat foods you love and have sweetness in your life without the side effects or the guilt.

Reservations are required. To reserve a space for **Haas’ Women’s Health Series** seminar, contact the Women’s Resource Center at 423-439-5772. This seminar is free and open to the public.

June is *National Safety Month*

Injuries are the leading cause of death for Americans ages 1 to 40. The good news? Everyone can get involved to help prevent injuries. This June, we encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls. Visit <https://healthfinder.gov/NHO/JuneToolkit2.aspx> for more information.

ETSU Women's Resource Center
Program Schedule

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

JUNE – AUGUST 2018

Main Campus Programs

Tuesday, June 12

“Creativi-tea: *Layers of Love and Joy*” – A Women’s Personal Enrichment Series Lunch Break Seminar. Pam Murray, B.A., M.B.A., local artist and creative coach, is guest facilitator for this one-session workshop. Murray invites participants to join her in a journey where you will creatively and colorfully recognize and honor what brings positive contributions in your life. **Reservations are required.** See article pages 1-2.

LOCATION & TIME: Global Understanding Video Conference Room, Campus Center Building, room 233, noon.

Wednesday, June 20

Book Review Group. Participants will meet to discuss *The Women in the Castle* by Jessica Shattuck. New readers welcome.

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

Wednesday, July 18

Book Review Group. Participants will meet to discuss *The House Between Tides: A Novel* by Sarah Maine. New readers welcome.

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

Tuesday, July 24

“Essential Oil Benefits for Hair, Skin, and Nails” – A Women’s Health Series Lunch Break Seminar. Katlyn Griffin, Ashlee Hickson, and Kasie Shelnett, guest co-presenters, will discuss natural solutions to hair, skin, and nail needs utilizing essential oils related to these specific target areas. **Reservations are required.** See article page 2.

LOCATION & TIME: Global Understanding Video Conference Room, Campus Center Building, room 233, noon.

Tuesday, July 31

“How to Kick Your Sugar Habit” – A Women’s Health Series Lunch Break Seminar. Sarah Haas, a local integrative nutrition health coach and certified personal trainer, is guest speaker. Haas will discuss the causes of your sugar cravings and provide practical tools for dealing with them. **Reservations are required.** See article page 2.

LOCATION & TIME: Global Understanding Video Conference Room, Campus Center Building, room 233, noon.

Wednesday, August 15

Book Review Group. Participants will meet to discuss *Little Fires Everywhere: A Novel* by Celeste Ng. 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

Saluting the Women of ETSU



Fair receives 2018 'ETSU Staff Woman of the Year' award

On April 5, 2018, the *ETSU Staff Woman of the Year* award was presented to **Jill P. Fair**, scientific graphic specialist in the Department of Biomedical Communications, Quillen College of Medicine. ETSU President Brian Noland presented Mrs. Fair with the award plaque and \$1,500.00 monetary award during the annual recognition ceremony and reception. Above, Mrs. Fair (third person from the left), is pictured with Dr. Noland, Mrs. Robin Fisher, and Mrs. Rachel Walden.

Congratulations, Jill!

Upcoming Sexual Assault Education Summit

 EAST TENNESSEE STATE UNIVERSITY

OFFICE OF Professional Development

Presents


ESC FROM RAPE
A CULTURAL CHANGE

Sexual Assault Education Summit
September 14, 2018

Kingsport Center for Higher Education
300 W. Market St. Kingsport, TN 37660

The purpose of this conference is to train and educate our campus and community in the prevention, response, advocacy, and treatment for sexual assault victims. The conference is an initial effort to eliminate misconceptions and to begin to create an environment that will better take care of victims/survivors. Join Law Enforcement, Nurses, Counselors, Rape Crisis Helpers, Community Members, Students, and Anyone Interested in Cultural Change.

www.etsu.edu/professionaldevelpment - (800) 222-3878



2018 Notable Women of ETSU

The 17th annual *Notable Women of ETSU* is taking place on Wednesday, November 14, 2018. Watch for more details from the Office of Women's Studies. Contact them at 423-439-4125 for more information.



EAST TENNESSEE STATE UNIVERSITY

HOLIDAY CLOSINGS

ETSU will be closed and classes will not be in session Wednesday, July 4, and Monday, September 3, 2018.

FALL SEMESTER 2018

Classes begin Monday, August 27, 2018.

East Tennessee State University does not discriminate against students, employees, or applicants for admission or employment on the basis of race, color, religion, creed, national origin, sex, sexual orientation, gender identity/expression, disability, age, status as a protected veteran, genetic information, or any other legally protected class with respect to all employment, programs and activities sponsored by ETSU. The following person has been designated to handle inquiries regarding non-discrimination policies: Special Assistant to the President for Equity and Diversity/Affirmative Action Director, 206 Dosssett Hall, 439-4211. ETSU's policy on non-discrimination can be found at <http://www.etsu.edu/equity/compliance.aspx>.