National Breast Cancer Awareness Month Celebrates 19 Years

October marks the 19th year of National Breast Cancer Awareness Month. Since the program began in 1985, mammography rates have more than doubled for women age 50 and older (from 25 percent in 1987 to 69 percent in 1998) and all breast cancer deaths have declined by 9.8 percent between 1989 and 1995. This is significant progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

► Women age 65 and older are less likely to get mammograms than younger women (55 percent vs. 65 percent for women age 40-49), even though breast cancer risk increases with age.
► Hispanic women have fewer mammograms (63 percent) than Caucasian women (74 percent) and American women (76 percent).
► Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past two years (44 percent versus 65 percent, respectively).
► Mammography use increased between 1989 and 1997 for all groups except American Indian and Alaska Natives.
► American Indian and Alaska Native women experienced a 4.0 percent annual increase in breast cancer death rates.

National Mammography Day is October 17. Mammography facilities around the country will offer reduced-fee screenings on the 17th and throughout the month of October. For more information about certified mammography facilities in the area that will be offering reduced-fee screenings in October, call one of the following toll-free numbers: American Cancer Society, 800-227-2345, National Alliance of Breast Cancer Organizations (NABCO) at 888-80-NABCO, National Cancer Institute (NCI) at 800-4-CANCER, Y-ME National Breast Cancer Organization at 800-221-2141.

Women’s Health Series Fall 2003

“The Truth About Female Sexuality,” a Women’s Health Series seminar, is scheduled for Thursday, October 9, 2003, at noon. Judy Tudiver, Ph.D., licensed psychologist in private practice in Johnson City, will conduct this lunch break seminar. Location is the East Tennessee Room, D.P. Culp University Center.

With so much emphasis placed on the proactive care of the female anatomy during the month of October
with National Breast Cancer Awareness Month events and Love Your Body Day on October 15, this timely seminar explores what is actually known about our female sexuality and female anatomy, along with dispelling some accepted myths.

On Tuesday, October 28, 2003, Coleen M. Smith, D.O., will present “Antioxidants – Are They for You?” Smith, osteopathic physician and owner of Johnson City Osteopathic Medicine, will discuss the value of vitamins A, E, and C, along with other ways to help your body stay healthy.

Clearly, there is a myriad of conflicting reports on the health benefits of antioxidants permeating medical journals, news reports, and print media. Often, this makes a proactive decision difficult for the layperson. This “basics” women’s health seminar can help with that decision.

Location for “Antioxidants – Are They for You?” is the East Tennessee Room, D.P. Culp University Center. For additional information regarding either seminar, contact the WRC at 423-439-7847.

Women and Money Personal Finance Series

With such a great response from campus and community women for the Women and Money series held during Summer 2003, a return run has been scheduled as part of the WRC’s Fall Program lineup. If you are one of the millions of women who use money every day, but need some assistance with wide-range planning or overall financial well-being, then this series is for you.

“Women and Money: A Guide to Financial Well-being” will be facilitated by Ani Quinby of the Eastern Eight Community Development Corporation. Beginning Thursday, October 16, and scheduled for four consecutive Thursdays, the series will end on November 13. Provided through SAFECO, lunch will be included with each session.

The five-part series, designed to help women plan for their financial health now and in the future, was developed as part of SAFECO’s Strengthening America’s Neighborhoods initiative. Both the guidebook and seminars are designed to educate and empower women in financial planning. Stocked with a detailed glossary and references for texts, web sites, and other outside financial planning resources, the guidebook will be an invaluable financial planning tool.

This series is a collaborative effort of the Eastern Eight Community Development Corporation, SAFECO, and the Women’s Resource Center. Please refer to the WRC Calendar of Events on page 3 for a complete list of dates for the series. All sessions will be held in the WRC, Panhellenic Hall, basement suite 2. Reserve your space by calling the WRC at 423-439-7847.

Love Your Body Day

October 15, 2003, is the date for the sixth annual Love Your Body Day. Launched by the National Organization of Women Foundation, as part of the Women’s Health Project initiative, the annual campaign encourages women and girls to love their bodies and keep them healthy every day of the year! In conjunction with the annual observance, the ETSU Counseling Center will sponsor an interactive information station from 10:00 a.m. – 2:00 p.m. Location is the Atrium of the D.P. Culp University Center.

Over the last five years, Love Your Body Day events have captured the attention of organizations and individuals nationwide. The campaign promotes self-esteem and a healthy lifestyle and sponsors an annual day of action to speak out against advertisements and images of women that are offensive, harmful, dangerous, and disrespectful.

Everyone should love what they see when they look in the mirror. Yet, advertisers and the fashion, cosmetics, and diet industries work very hard to make us believe that no parts of our bodies are acceptable. Print ads and commercials reduce us to body parts — lips, legs, breasts — airbrushed and touched up to meet impossible standards.

For decades, the fashion industry and Hollywood have promoted the diet pill, turning it into a multibillion dollar business. The new millennium tells women and teenage girls that face lifts and breast implants are good for self-esteem. Is it any wonder that more than 80 percent of fourth grade girls have been on some form of fad diet and by the eighth grade most of these girls will be using tobacco as a diet aid? Women and girls spend billions of dollars every year on cosmetics, fashion, magazines and diet aids. Get informed, then speak up for media images of women and girls that are diverse and realistic, promoting health and self-esteem.

For more information, contact Kim Bushore-Maki at 423-439-4841.

Counseling Center to highlight Love Your Body Day

FATAL VISION GOOGLE OLYMPICS

October 22 (rain date October 29)
11:00 a.m. – 1:00 p.m., Pedestrian Walkway, Culp Center
Contact: Kim Bushore-Maki at 423-439-4841.
ETSU Women’s Resource Center
Calendar of Events

For more information on the events listed contact the WRC at 423-439-7847.

SEPTEMBER – NOVEMBER 2003

EVENTS - Main Campus

Wednesday, September 17
LOCATION & TIME: Women’s Resource Center, Panhellenic Hall, Basement Suite 2, noon.

Wednesday, September 24
“Legal Options for Women” - Women’s Legal Series Lunch Break Seminar. Deborah Yeomans, J.D., practicing attorney with Legal Aid of East Tennessee, will discuss legal options related to domestic violence situations, the difference between an order of protection and a restraining order, including insight on the effectiveness of both. Also, child support specifics, along with the legalities surrounding divorce will be covered. Co-sponsored by the ETSU Counseling Center and Women’s Resource Center. See article page 1.
LOCATION & TIME: Forum, D.P. Culp University Center, noon.

Thursday, October 9
“The Truth About Female Sexuality” - Women’s Health Series Lunch Break Seminar. Judy Tudiver, Ph.D., licensed psychologist in private practice in Johnson City, will explore what is actually known about our female sexuality and female anatomy, along with dispelling some accepted myths. See article pages 1-2.
LOCATION & TIME: East Tennessee Room, D.P. Culp University Center, noon.

Wednesday, October 15
Book Review Group. Participants will meet to discuss Four Corners by Gail Diane Freud. New readers welcome.
LOCATION & TIME: Women’s Resource Center, Panhellenic Hall, Basement Suite 2, noon.

Thursday, October 16
Thursday, October 23
Thursday, October 30
Thursday, November 6
Thursday, November 13
“WOMEN and MONEY” - Personal Finance Lunch Break Series. Returning as part of the 2003 Fall Program lineup, this 5-part series of lunch break seminars on personal financial planning will be facilitated by Ani Quinby, of the Eastern Eight Community Development Corporation. Co-sponsored by Eastern Eight Community Development Corporation, SAFECO, and the Women’s Resource Center. See article page 2. RESERVATIONS required.
LOCATION & TIME: Women’s Resource Center, Panhellenic Hall, Basement Suite 2, noon.

Tuesday, October 28
“Antioxidants – Are They For You?” - Women’s Health Series Lunch Break Seminar. Coleen M. Smith, D.O., osteopathic physician and owner of Johnson City Osteopathic Medicine, will discuss the value of vitamins A, E, and C, along with other ways to help your body stay healthy. See article pages 1-2.
LOCATION & TIME: East Tennessee Room, D.P. Culp University Center, noon.

Wednesday, November 19
LOCATION & TIME: Women’s Resource Center, Panhellenic Hall, Basement Suite 2, noon.

ALL THE ABOVE EVENTS ARE FREE AND OPEN TO THE PUBLIC.
### OTHER NEWS & EVENTS

<table>
<thead>
<tr>
<th>Event</th>
<th>Dates</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Breast Cancer Awareness Month</td>
<td>October 5-11, 2003</td>
<td></td>
</tr>
<tr>
<td>Mental Illness Awareness Week</td>
<td>November 2003</td>
<td></td>
</tr>
<tr>
<td>Alzheimer's Disease Awareness Month</td>
<td>November 2003</td>
<td></td>
</tr>
<tr>
<td>Diabetes Awareness Month</td>
<td>November 2003</td>
<td></td>
</tr>
</tbody>
</table>

**ETSU Counseling Center & Campus Recreation**

**RAD: Rape Aggression Defense Training**

**WHET**

2003 Annual Conference for Women in Higher Education in Tennessee

“The Key to Unlocking Success”

Friday, October 17
Belmont University
Nashville, TN

No cost for students. For more information, contact Kim Bushore-Maki at 423-439-4841.