



# Women's Resource Center NEWSLETTER

A Quarterly Newsletter

March 2013 – Volume 15:3

## National Women's History Month - March 2013

### ETSU celebrating Women's History Month with a great lineup of events



The 2013 National Women's History Month theme, *Women Inspiring Innovation Through Imagination*, recognizes American women's outstanding contributions to the fields of science, technology, engineering, and mathematics

commonly referred to as STEM.

This March, thousands of programs and events will highlight the many organizations and programs working to promote women's and girls' interest and participation in STEM. From engaging elementary students in STEM to fighting pay discrimination, their efforts are actively working to expand opportunities in the STEM fields.

The ETSU campus community will celebrate **Women's History Month** with an outstanding lineup of special events and lectures during March 2013. The following outlines the programs slated for this month dedicated to celebrating the accomplishments of women.



*"I Question America,"* a one-woman stage play starring E.P. McKnight (pictured left), kicks off the ETSU Women's History Month program lineup. This powerful production is the story of Fannie Lou Hamer. Scheduled for Tuesday, March 5, 2013, at 7:00 p.m.,

location is the D.P. Culp University Center, Martha Street Culp Auditorium.

Theatergoers are in for a mesmerizing journey into the life and times of this driven heroine during the Civil Rights Movement when noteworthy stage, motion picture and television actor McKnight presents her powerful, one-woman historical play. During this jubilant and captivating journey through time, McKnight brings to life on stage the lives of many characters that interacted with Hamer's journey through early childhood, youth and adulthood. *"I Question America"* celebrates Hamer's ability to overcome seemingly insurmountable obstacles and achieve her life's callings with her undaunted faith, belief in herself and the Civil Rights Movement.

Co-sponsors for *"I Question America"* are the Office of the Multicultural Affairs, Black Affairs

Association, and the Women's Resource Center. For more information, contact the Office of Multicultural Affairs at 423-439-5377.



### Celebrating *International*

*Women's Day* is scheduled for Wednesday, March 6, 2013, from 10:00 a.m. to 3:00 p.m. This recognition event is sponsored by the students enrolled in the "Women in Global Perspective" class. An information booth will be set up on the Cave Patio, D.P. Culp University Center. This group of dedicated students will highlight challenges faced by women worldwide and efforts to expand health, safety, and human rights.



The Women's Studies Program continues the **Women on Wednesdays Lecture Series** during March 2013 with a talk by women's studies student **Shae Keane** (pictured left). *"Women in Rwanda"* will be presented by Keane on Wednesday, March 6, 2013, at noon.

Location is D.P. Culp University Center, Dining Room 3.

Keane will discuss her research and findings from her hands-on exploration of the surviving Rwandan women from the 1994 genocide. She spent Fall Semester 2012 in Rwanda studying the global implications of the genocide of Rwandan women that occurred during this shocking period of political and civil unrest. For more information, contact the Women's Studies Program at 423-439-4125.



### *"Going Global: Highlighting ETSU Women's International Work and Building New Opportunities"*

is scheduled for Wednesday, March 20, 2013, at noon, in Sam Wilson Hall, room 345. The Women's Studies Program will host a panel of faculty and students who have done international work in Peru, India, Rwanda, and Poland. Panelists will briefly discuss their own experiences, followed by an open discussion with the audience on how to build one's own study abroad program. A light lunch will be provided. For more information, contact the Women's Studies Program at 423-439-4125.



### The Nicks-Paxton Lecture

keynote speaker is **Diane Rehm** (pictured left), National Public Radio host and personality. *"A Conversation with Diane Rehm"* is scheduled for Thursday, March 21, 2013, at 7:00 p.m., with a *Book Signing and Reception* to follow at 8:15 p.m.

Location for the lecture is the Martha Street Culp Auditorium, D.P. Culp University Center. The *Book Signing*

and Reception will be held in the Alumni Gallery, D.P. Culp University Center.

Rehm is a native Washingtonian who began her radio career in 1973 as a volunteer producer for WAMU 88.5, the NPR member-station in Washington, D.C. She was hired as an assistant producer and later became the host and producer of two health-oriented programs. In 1979, she began hosting WAMU's local morning talk show, *Kaleidoscope*, which was renamed *The Diane Rehm Show* in 1984.

Each week, more than 2.3 million listeners across the country tune in to *The Diane Rehm Show*, which has grown from a local morning call-in show to one of public broadcasting's most popular programs. Rehm has embraced new technological platforms to engage her listeners — she takes questions from her guests via Twitter and has tens of thousands of fans on Facebook. *The Diane Rehm Show* was recognized for these achievements in social media, with the show's Twitter handle winning a 2010 Shorty Award for best producer of short, real-time content in news.

In September 2009, Rehm celebrated 30 years as host of her own radio show as well as her 73<sup>rd</sup> birthday. She lives in Washington, D.C., with her husband, John, and their 6-year-old long-haired Chihuahua, Maxie (short for Maximilian). The couple has two children and four grandchildren.

Co-sponsors for "*A Conversation with Diane Rehm*" are the BUC Fund, Women's Studies Program, Department of Communication, Service-Learning, America Reads, Office of Equity and Diversity, Department of Educational Leadership and Policy Analysis, Department of Counseling and Human Services, Student Human Service Organization, and Women's Resource Center. For more information, contact the Department of Counseling and Human Services at 423-439-7776 or the Women's Resource Center at 423-439-5772.

*Women's History Month logo* and some article contents adapted from *National Women's History Project* web site at <http://www.nwhp.org/whm/>.



## Candlelight Vigil – Honoring Survivors of Abuse

The seventh annual **Candlelight Vigil – Honoring Survivors of Abuse** is scheduled for Thursday, March 21, 2013, at 7:00 p.m. Location is the Amphitheatre, D.P. Culp University Center.

All students, faculty, staff, and community members 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, and Women's Resource Center.

For more information, contact Rebecca Alexander, Kristen Feemster, or Jennifer McGhee, ETSU

Counseling Center, at 423-439-4841 or e-mail [oasis@etsu.edu](mailto:oasis@etsu.edu).



## TAKE BACK THE NIGHT 5K Road Race and Walk

The ninth annual **TAKE BACK THE NIGHT 5K Road Race/Walk** is scheduled for Saturday, March 23, 2013. 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 \$4,900 for programs that support survivors of sexual violence, including the SANE (Sexual Assault Nurse Examiners) nurse program at the Johnson City Medical Center.

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.

The ETSU Counseling Center is the coordinating campus department for this annual Road Race and Walk. Platinum-level sponsors for the 2013 **5K Road Race/Walk** are the Women's Nutritional Health Center of Johnson City and ETSU's IFC. W-U-J Medical Alliance is a gold-level sponsor for 2013.

For registration information, contact Rebecca Alexander, Kristen Feemster, or Jennifer McGhee, ETSU Counseling Center, at 423-439-4841 or email [oasis@etsu.edu](mailto:oasis@etsu.edu). You can also visit the [www.runtricity.org](http://www.runtricity.org) web site where the registration form is available for download. Registration prior to March 15<sup>th</sup> is \$14.00. Registration after March 15<sup>th</sup> is \$16.00.

**LOCATION:** D.P. Culp University Center, Cave Patio

**REGISTRATION:** 8:30 a.m.

**RACE START TIME:** 9:30 a.m.



## Worley to present 'S.A.F.E.' program

On Tuesday, March 19, 2013, 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

Self-defense Awareness & Familiarization Exchange) 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). 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*. For more information, contact the Women's Resource Center at (423) 439-5772.



## Debra Travis to speak at ETSU

On April 9, 2013, **Debra Quayle Travis, M.F.A., M.F.T.**, is guest speaker for *"The Art of Meditation: From Stress Reduction to Bliss to Liberation."* Location is the East Tennessee Room, D.P. Culp University Center, at 5:00 p.m.

Travis' talk will focus on the immediate and long-term benefits of walking a spiritual path with emphasis on the benefits of meditative practice. During her presentation there will be time for questions and answers, discussion, and hands-on meditation practice.

Travis has been on the Buddhist path for almost thirty years. She has a firm foundation in the Theravadan tradition and, while living in Asia in 2005 and 2006, she began her study and practice of Vajrayana. She has taught many meditation classes and retreats to students in a variety of settings, including in her private psychotherapy practice, in hospitals, universities, at professional conferences, in prisons, and in foreign countries. Travis is a student of Lama Tsultrim Allione who has authorized her to teach. She is Tara Mandala's program director and a resident teacher. She also is the guiding teacher for the Tara Mandala Pagosa Sangha located in Pagosa Springs, Colo.

For more information, contact the Women's Resource Center at 423-439-5772 or Mary Ann Littleton, associate professor in the Department of Community and Behavioral Health, at 423-439-5247.

Some article contents adapted from the *Tara Mandala* web site at <http://taramandala.org/>.

## Saluting the Women of ETSU

### ETSU Staff Woman of the Year award ceremony slated for April 2013

On Tuesday, April 2, 2013, the annual *ETSU Staff Woman of the Year Award Ceremony and Reception* is scheduled to formally recognize the 2013 award recipient. All faculty and staff members are invited to attend this important ceremony recognizing the accomplishments of one of ETSU's outstanding staff women.

**Ms. Susan V. Knoche**, the award recipient for 2013, serves as medical library assistant for cataloging/serials/acquisitions in the James H. Quillen College of Medicine Library. President Brian Noland will present the monetary award and plaque to Ms. Knoche, along with Dr. Kathryn Sharp, chair of the *ETSU Commission for Women Standing Committee*.

Co-sponsors of this program are the ETSU Commission for Women Standing Committee, ETSU Staff Senate, Office of Equity and Diversity, and Women's Resource Center. For more information, please contact the Women's Resource Center at 423-439-5772.



On behalf of the  
*ETSU Commission for Women Standing  
Committee*  
and the  
*ETSU Staff Senate*

All staff and faculty members are cordially  
invited to attend the

### *ETSU Staff Woman of the Year Award Ceremony and Reception*

Tuesday, April 2, 2013  
4:00 p.m.  
D.P. Culp University Center,  
East Tennessee Room

A reception will follow the award presentation.





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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.

**MARCH – MAY 2013**

**PROGRAMS – Main Campus**

**Tuesday, March 5**

***"I Question America" – A Women's History & Black History Month Program.*** E.P. McKnight, stage, motion picture, and television actor, presents her powerful, one-woman historical play celebrating the life and times of Fannie Lou Hamer during the Civil Rights Movement. Sponsored by Multicultural Affairs, Black Affairs Association, and the Women's Resource Center. See article pages 1-2.

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

**Tuesday, March 19**

***"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 – encompassing Strategies, Techniques, Options, and Prevention. See article pages 2-3.

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

**Wednesday, March 20**

**Book Review Group.** Participants will meet to discuss *The Red Garden* by Alice Hoffman. New readers welcome.

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

**Thursday, March 21**

***"A Conversation with Diane Rehm" – A Women's History Month Program.*** Diane Rehm, National Public Radio host and personality, is keynote speaker for **The Nicks-Paxton Lecture.** A *Book Signing and Reception* will be held in the Alumni Gallery, D.P. Culp University Center following Rehm's lecture. See article pages 1-2.

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

**Thursday, March 21**

**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, and Women's Resource Center. See article page 2.

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

**Saturday, March 23**

***TAKE BACK THE NIGHT 5K Road Race/Walk.*** The ninth 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 2.

**\*\*\*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.

**Tuesday, April 2**

***ETSU Staff Woman of the Year Award Ceremony and Reception – A Special Event Program.*** All faculty and staff members are invited to attend this award ceremony recognizing the accomplishments of one of ETSU's extraordinary staff women. Sponsored by the ETSU Commission for Women Standing Committee, ETSU Staff Senate, Office of Equity and Diversity, and Women's Resource Center. See article page 3.

**LOCATION & TIME:** D.P. Culp University Center, East Tennessee Room, 4:00 p.m.

**Tuesday, April 9**

***"The Art of Meditation: From Stress Reduction to Bliss to Liberation" – A Special Event Guest Lecture.*** Debra Quayle Travis, M.F.A., M.F.T., is guest speaker. Travis' talk will focus on the immediate and long-term benefits of walking a spiritual path with emphasis on the benefits of meditative practice. Co-sponsored by the Department of Community and Behavioral Health and Women's Resource Center. See article page 3.

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

**Wednesday, April 17**

**Book Review Group.** Participants will meet to discuss *The Language of Flowers: A Novel* by Vanessa Diffenbaugh. New readers welcome.

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

**Wednesday, May 15**

**Book Review Group.** Participants will meet to discuss *The Roots of the Olive Tree: A Novel* by Courtney Miller Santo. New readers welcome.

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

**ALL PROGRAMS ARE FREE and OPEN TO THE PUBLIC, UNLESS OTHERWISE NOTED.**

## MORE CAMPUS NEWS



Wednesday, March 20 through Saturday, March 23, 2013

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

Time: 11:00 a.m. – 3:00 p.m.

Participants have the opportunity to utilize a hands-on approach by individually preparing a T-shirt with a message supporting “breaking the silence of domestic and sexual abuse.” For more information, contact Kristen Feemster or Jennifer McGhee, ETSU Counseling Center, at 423-439-4841 or e-mail [oasis@etsu.edu](mailto:oasis@etsu.edu). The *Clothesline Project* also will be set up during the **TAKE BACK THE NIGHT 5K Race and Walk** on Saturday, March 23, 2013, from 8:30 a.m. – 11:00 a.m.

### *Civility Week News*



#### *“Art for Diversity”*

Wednesday, March 27, 2013

*“Art for Diversity”* is scheduled for March 27, 2013, at 9:00 p.m. Location is the Ballroom, D.P. Culp University Center. Mixed media artwork, on loan from ETSU students campus wide, will be on display. The exhibit is being held in conjunction with ETSU’s *Civility Week*, which occurs the last week of March each year.

This event is sponsored by the FMLA Student Organization and Black Affairs Association. For more information, contact the Women’s Studies Program at 423-439-4125.



### CLOSINGS

**Spring Break** is March 11-15, 2013. Classes are not in session; administrative offices remain open.

ETSU will be closed Monday, May 27, 2013, in observance of *Memorial Day*.

The ETSU Women’s Resource Center Newsletter is published quarterly at East Tennessee State University, Johnson City, Tenn.  
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