

Plugged In



January 2010
Volunteer Report

Volunteer Opportunities and Updates from Eating Disorders Coalition of Tennessee

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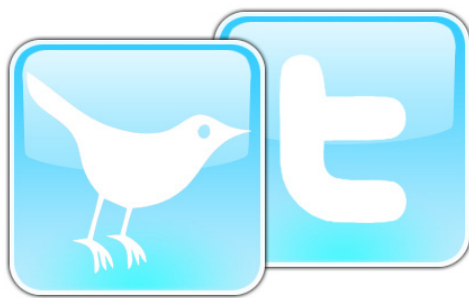
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2010 AWARENESS WEEK PLANNING UNDERWAY!

The Art of Feeding: Nurturing the Whole Child, from the Highchair through High School

Did you know that the process of feeding your child is just as important as your child's food? Feeding is the first relationship formed between parent and child, and it doesn't end with infancy. Successful feeding techniques continue through adolescence, helping to establish trust and connectedness as the child grows. In this informative workshop, pediatric nutrition specialist Jill Castle, MS, RD, LDN, will share the attitudes and actions that are critical to maintaining a positive feeding relationship with your child, so he or she may develop lifelong, healthy relationships with food and eating. Participants will leave with practical techniques to implement in their own homes. Be sure to join us Wednesday, February 24, at Davis-Kidd Booksellers in Green Hills at 6:00 p.m.

"When Does Sexy Start?"

Eating Disorders Coalition of Tennessee will launch a web video that addresses the disturbing trend of the sexualization of teenage girls and how it affects the ability of teens to connect to their body.

Stayed tuned to <http://www.edct.net/awarenessweek.aspx> for more information about awareness week events.

*Awareness Week is made possible, in part, by presenting sponsor **Center for Change**.*

Knox-Area Screening of "America the Beautiful"

Does America have an unhealthy obsession with beauty?

The award-winning documentary "America the Beautiful" will make its Knoxville premier on Tuesday, February 9, at the Carolyn P. Brown Memorial University Center at University of Tennessee.

In "America the Beautiful," filmmaker Darryl Roberts goes on a two-year journey to examine America's obsession with beauty. The film relays secrets, confessions, and strikingly harsh realities as Roberts unearths the origins and deadly risks of our nation's quest for physical perfection. The film also shows how increasingly unattainable images in the media contribute greatly to the rise in low self-esteem, body dysmorphia, and eating disorders in young women and girls, the beauty industry's largest consumers.

"America the Beautiful" chronicles the story of Gerren Taylor, a teenager who went from being an innocent, 12-year-old girl to being one of America's

next top supermodels. It becomes apparent how the same beauty that jumpstarted her career could ultimately destroy her young life. Roberts uses Taylor's story to dig deep into America's culture of fear, consumption, and idolatry for all things external. As a result, the film delivers many sobering statistics, such as Americans spending \$12.4 billion on cosmetic surgery in 2004 alone.

Does America have an unhealthy obsession with beauty? Come discover for yourself on Tuesday, February 9. Doors open at 6:00 p.m., and the film starts at 6:30 p.m. Special guests will host a Q & A panel following the screening. Panelists include Irina Diyankova, Ph.D., of UT Knoxville Counseling Center; Monnie Furlong of The Ranch, EDCT Board Member Karen Wetherall, MS, RD, LDN, of UT's Department of Nutrition; Noelle Schwantes, LPC-MHSP, NCC, of Focus Healthcare of Tennessee, A Center for Eating Disorders; and EDCT's Executive Director, Liz Llewellyn. Admission is free.

Stayed tuned to <http://www.edct.net/knoxarea.aspx> for more information.

Upcoming Events and Volunteer Opportunities

THANKS TO YOU!

Jenna Vandiver for helping update our Speakers Bureau presentation outlines.

Reba Sloan for writing the EDCT Blog *Conversation Changers: A Blog for EveryBODY*.

Megan Staffer for helping us market the Junior League of Nashville Eating Disorders Resource Library through Twitter.

Lacey Newman for helping with the 2009 *Let's Talk* Fall Newsletter mailing.

Christina Snow Smith for helping with the 2009 *Let's Talk* Fall Newsletter mailing labels.

Emily Lane for tech support.

Nan Allison for speaking on behalf of EDCT.

Matthew Madden, Sara-Taylor Sharpe, Jordan Buckey & Alex Kennedy for help with administrative tasks.

Mindy Lawrence, Erin Hornsby & Lauren Ray for helping with the "When Does Sexy Start" awareness video.

Misty Bays for her efforts in coordinating the EDCT-Northeast Speakers Bureau Training.

Lacey Newman, Jill Castle, Brooke Turpen & Lauren Ray for serving on the Community Chat planning committee.

Courtney Grimes Cuden for agreeing to serve as our 2010 *Evening of Song and Story* speaker.

Kathy Gaston & Susan Akers for securing a speaker for *Evening of Song and Story*.

Ellen Tanner, Carol Reynolds, Sheri Switzer, Julie Schoerke, Elizabeth Lewis, Sheila Akin, Kathy Gaston & Susan Akers for serving on the 2010 *Evening of Song and Story* planning committee.

Jenni Schaefer for donating books to the Junior League of Nashville Eating Disorders Resource Library.

Kristian Dambrino, Alisha Wix & Emily Lane for graphic design help.

January 8: Annual Forum Committee Planning Meeting, 7:30 a.m. EDCT office

January 11: EDCT-Northeast Meeting, 12:00 p.m. MSHA Wellness Center (Johnson City)

January 12: Middle-TN Awareness Week Community Chat Meeting, 6:00 p.m. EDCT office

January 12: Middle-TN YES! Team Meeting, 6:00 p.m. EDCT office

January 13: Membership Committee Meeting, 7:30 a.m. EDCT office

January 18: Office Closed (Martin Luther King, Jr. Day)

January 19: Board of Directors meeting, 7:30 a.m., JLN Training Center