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Recommended Citation

Georgia Southern University, "Newsroom" (2007). *Newsroom*. 214.
<https://digitalcommons.georgiasouthern.edu/newsroom/214>

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Georgia Southern Psychology Clinic offers stress mastery workshop

NOVEMBER 1, 2007

Learn to tame your stress at 'Stress Mastery for the Holidays,' a workshop offered by the Georgia Southern University Psychology Clinic on Thursday, Nov. 15, at 7 p.m. The workshop will be held at the Statesboro Regional Library, 124 S. Main St., and it is free and open to the public.

The workshop will offer techniques in progressive relaxation, visualization, and breathing to help reduce personal anxiety and tension that often comes with holiday activities.

The workshop is free, but space is limited. Please make a reservation to attend by calling the Psychology Clinic at Georgia Southern University at 912-871-1685.

International Festival brings the world to Bulloch County

NOVEMBER 1, 2007

The City of Statesboro, Ga. and Bulloch County will adopt a world view Saturday, Nov.17, from 10 a.m. to 4 p.m. for the region's 3rd Annual International Festival

(<http://www.georgiasouthern.edu/intfest/festival.htm>).

Held at Mill Creek Regional Park in Statesboro, the festival includes a Global Village featuring educational booths created by area middle school and high school students, an international bazaar, international sports and games, and international culinary delights. A World Stage will feature entertainment with an international flavor.

'The sponsors created this day to provide a positive, interactive environment that respects and values the cultural heritage of everyone who takes part,' said festival coordinator Angie Threatte, who represents Georgia Southern University's Center for International Studies. 'Audiences learn by engaging in a variety of international activities. We invite people of all nationalities and heritages throughout southeast Georgia to come and enjoy the day.'

The International Festival is a collaborative effort among the City of Statesboro, Bulloch County Commissioners, the Bulloch County Schools, the Charter Conservatory for Liberal Arts and Technology, Screven County Schools, Emanuel County Schools, Long County Schools, Statesboro-

Bulloch Parks and Recreation, the Statesboro-Bulloch County Chamber of Commerce, the Statesboro Convention and Visitors Bureau, and Georgia Southern University.

Students from middle schools and high Schools in Bulloch, Emanuel, and Screven Counties will join with Global Ambassador students from Georgia Southern to create country booths for this year's Global Village, which will feature history, information, and artifacts from 16 countries ranging from the Bahamas to Zimbabwe.

Schedule of Events

10:00 a.m.-Thai Dance Group

10:30 a.m.- Bagpipes player Bill Davidson takes

10:45 a.m.- Georgia Southern's Tae Kwan Do Club

11:00 a.m. -M&M Steel Band (Hilton Head)

11:45 a.m.- Chinese Student and Scholars Association folk dance

Noon – Opening remarks by ayor Pro Tem Joe Brannen

Parade of Nations.

1:00 p.m. -The M&M Steel Band

2:00 p.m. – Fushu Daiko Japanese Taiko Drummers (Weston, Fla.)

3:00 p.m. – Awalim Tribal Dance Company

Sponsors for this year's International Festival are Target, Georgia Southern University Campus Life Enrichment Committee, Georgia Southern alumna Hala Moddelmog, Statesboro-Bulloch Parks and Recreation, BB&T, Ranco Tents, Georgia Southern University Provost's Office, Bank of Newington, CORE Credit Union, Citizens Bank of Bulloch County, Park Avenue Bank, Sea Island Bank, Rotary Club of Downtown Statesboro, Walmart, Verizon, Coca-Cola, Subway, The Heritage Bank, Kiwanis Club, Hampton Inn, Cleve White Nissan, Pearce and Pearce, and Farmers and Merchants Bank.