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95-19

January 20, 1995

FOR IMMEDIATE RELEASE:

"HIGHLIGHTS OF THE WEEK AHEAD"

JANUARY

23 "Anxious Eating -- What to Do?," an informational forum on anorexia and bulimia, will be offered at 7 p.m. Monday in the Effingham Room of the University Union. Linda Anderson from the Counseling Center will discuss ways individuals who use unusual and dangerous ways to loose or control weight can help themselves or others they are worried about. The forum is free and open to the public. For more information, call EIU's Counseling Center at 581-3413.

"Successful Interviewing Techniques," an EIU Career Planning and Placement Center seminar, will be held at noon on Monday in the Charleston-Mattoon Rooms of the University Union. The seminar is free and open to the public. For more information, call EIU's Career Planning and Placement Center at 581-2412.

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"West African Art: Curios of Life and Function" is now on display through March 5 in the Brainard Gallery in Eastern's Tarble Arts Center. The exhibit, co-sponsored by Eastern's office of African-American Studies, was designed in conjunction with the university's upcoming Black History Month celebration. Included in the exhibit are masks, musical instruments, statues, stools, objects of personal adornment and balance weights. The West African countries of Zaire, Nigeria, Sierra Leone, Liberia, Cameroon, Mali, Upper Volta, Western Sudan, Kenya, Khartoum, Ghana, Guinea and the Ivory Coast are among those represented in the exhibit. For more information, call the Tarble Arts Center at 581-2787. Hours are 10 a.m.-5 p.m. Tuesday-Friday; 10 a.m.-4 p.m. Saturday; and 1-4 p.m. Sunday. Closed Mondays and holidays.

- 24 AIDS educator Beatrice Kerr** will kick-off AIDS Awareness Week at Eastern with a talk on "Living with H.I.V." at 8 p.m. Tuesday in the University Union Grand Ballroom. Admission is \$1 for students and \$3 for the general public. The lecture is sponsored by the University Board Lectures Committee. For more information, call University Board at 581-5117.

A "Resumes and Cover Letters Made Easy" Career Planning and Placement Center seminar will be at noon Tuesday in the Charleston-Mattoon Rooms

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of the University Union. The seminar is free and open to the public. For more information, call Career Planning and Placement at 581-2412.

25 "Diet!!! Oh No!!!" is the title a Counseling Center Life Skills Seminar at noon Wednesday in the Kansas Room of the University Union. Melanie Tracy from Eastern's home economics department will discuss good nutrition habits. For more information, call the Counseling Center at 581-3413.

26 **Musician Roger Day** will perform at 9 p.m. Thursday in the Rathskeller in the University Union. Tickets will be sold at the door. Admission is \$1 for students and \$3 for the general public. For more information, call the University Board at 581-5117.

A "**Job Fair Orientation: Prepare for Success!**" seminar will be presented by Eastern's Career Planning and Placement Center at noon Thursday in the Rathskeller South Balcony in the University Union. The seminar is free and open to the public. For more information, call Career Planning and Placement at 581-2412.

"**Alcohol and You,**" a Counseling Center Life Skills Seminar, will be presented at noon Thursday in the Kansas Room in the University Union. Lynette

Drake from Student Housing at Eastern will discuss why drinking is a problem on college campuses and how to deal with it. The seminar is free and open to the public. For more information, call the Counseling Center at 581-3413.

- 28** Comedian Bob Kubota will perform at 10 p.m. Saturday in the Rathskeller in the University Union. Admission is \$1 for students and \$3 for the general public. For more information, call the University Board at 581-5117.