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02/20/1987 - Reviewing The Weekend Feb25 To March3

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EASTERN ILLINOIS UNIVERSITY
Charleston, Illinois

news

February 20, 1987

L & A

FOR IMMEDIATE RELEASE

CHARLESTON, IL--More than 300 women registered last week for events during the second annual Women's Expo March 7 at Eastern Illinois University, and new registration requests are being received every day.

Women who participated last year once again are finding it difficult to choose workshops because "so many of them sound so interesting." Kathy Nichols of Sullivan says, "I wish the Expo could be extended to two days so I could attend more of them."

Nichols, typical of many women who have both a family and a career, is composing room foreman for the News-Progress in Sullivan.

She wants to attend 12 workshops but finds herself forced to choose four or five if she decided not to eat either brunch or lunch.

Among her choices this year are "Fine Tuning and Retraining" which will focus on new technologies, new skills and new occupations in a changing job market for women currently employed, the "ABC's" of starting a business and "Growing in Your Business" which will provide strategies for business and professional growth.

She also indicated an interest in several other workshops including "Changing Times," coping with economic and social change with a focus on grief and the loss process (of spouse, of job, of farm) and the stress resulting from changed expectations.

Because she has aging parents, she expressed an interest in the "Information Please" workshop to discover resources, programs and services for the elderly.

Both Nichols and Cherise Cruit of Findlay, an associate editor of the News-Progress, expressed interest in "Putting Your Best Foot Forward," parts

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one and two. Part one deals with presenting a positive "you" to your family, friends and employers with help from a "pro" on bearing, appearance, actions and attitudes. Part two deals with the complete cycle of packaging one's self professionally with tips on how to put your best foot forward verbally.

Both of them also think "Be a Leader . . . Not a Spectator" is interesting because it will give them an opportunity to make their networks and volunteerism count in helping their communities grow, and they like "How the Other Half Lives" because it will teach them how best to communicate and work with males and help males understand women in the workplace.

Two sessions on "Survival Kit," one dealing with legal and insurance issues and the other with family finance, also appeals to both of them as does the "Health Screening" clinic that will be offered.

Cruit, who still has young children at home, found "Balancing Your Act" of interest. The workshop will help women sort out and identify the roles they play and will cover techniques for integrating new rules of the 80's regulating careers and home for both single and married women.

A volunteer member of her local library board, Cruitt also is interested in attending "On the Bandwagon" which will give tips on how to get the community involved in elections, referenda and volunteer efforts.

In fact, there were only five workshops that they did not list as personal choices between them, but both say they have friends who want to attend them.

They are "Breaking the Sound Barriers" which deals with effective communication between parents and teens during the stormy adolescent years, "Rural Women in Transition" to prepare for first time employment outside the home or farm with emphasis on doing a personal skills inventory and job search.

"Women's Health at Midlife" for women 40 or over (both are under 40), "Survival Kit" which will help widows, single parents or unmarried women learn about money

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management and "Become a Healthy Gray Panther" dealing women's health in later years.

Among the workshop presenters will be Gloria Cooper, Expo '86 keynote speaker and public relations director for Southwestern Michigan College, who returns to lead "How the Other Half Lives." Speaking on business issues will be LuAnne Schwaninger, women's small business advocate from the Illinois Dept. of Commerce and Community Affairs; Carol Sander from the Women's Entrepreneurial Network; and Elizabeth Foley, president and chief executive officer of the Canton Industrial Corp.

Health workshops will be led by Dr. Suzanna Buchanan, M.D. on the staff of Sarah Buch Lincoln Health Center; June Cooper, representing the Hospice program; Dr. Bill Kirk of the EIU psychology department; and members of the nursing staff at SBLHC.

Lou Brown, national leadership chair, Federated Women's Clubs, and Edna Schade, special assistant to Gov. James Thompson for women will lead the sessions on community, and Jane Scherer, University of Illinois Cooperative Extension coordinator, Brenda Crimmins of Lake Land College and Dr. Jane Adams will discuss changing times.

Survival workshop presenters will be Sharyl Bluhm, American Family Life Assurance; Carolyn Stone, owner of Stone Seed Farms; Carolyn Sadler, trust officer; and Rochelle Funderberg, an attorney.

Leading other workshops will be Judy Latta, child-adolescent specialist; Betsy Jefferies, consultant; Mary Ann Pearman, chair of the Edgar County Positive Youth Development Council; Dr. Kirk; and Maggie Lyons, coordinator of the lieutenant governor's Senior Action Council.

"All of the presenters team their expertise with practical experience and a common sense approach," according to Martha Brown, workshop chair.

Registration deadline is Feb. 26; however, it is suggested that women register as soon as possible to assure their choice of workshops and either brunch or lunch.