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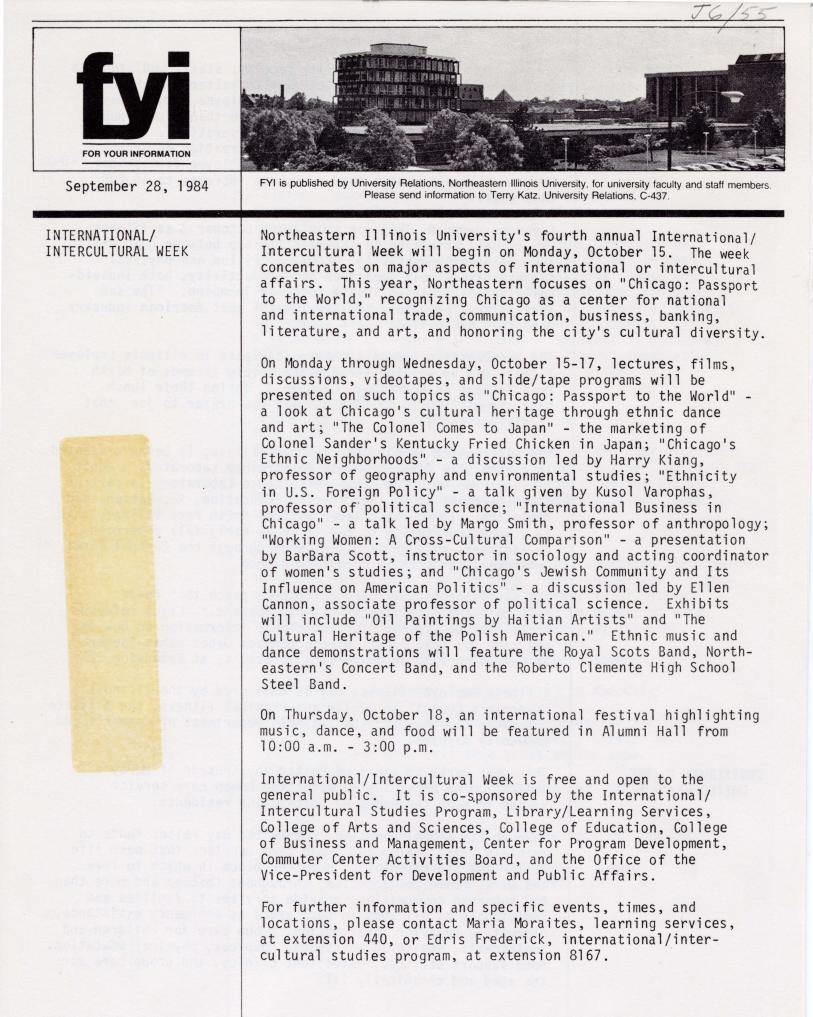
University Relations Staff

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Northeastern Illinois University faculty, staff, and students will be walking or jogging their way to better health and fitness as part of the 1984 Illinois Employee Fitness Day on Wednesday, October 3. Last year, more than 40,000 public and private sector employees from 53 corporations, 34 school districts, 29 hospitals, 11 park and recreation departments, and 54 state agencies participated in employee fitness day. Program planners expect that number to increase to 50,000 this year.

Governor James R. Thompson proclaimed October 3 as fitness day to call attention to the relationship between good health and employee productivity. "Good nutrition and physical fitness have a real impact on our productivity, both individually and as a nation," said Governor Thompson. "The sad fact is that premature employee deaths cost American industry more than \$25 billion every year."

The Northeastern community may participate in Illinois Employee Fitness Day by walking through the lovely grounds of North Park Village on Wednesday, October 3, during their lunch hour, from 12:00 to 12:40 p.m. (If you prefer to jog, that is alright too.)

The walk, which is strictly non-competitive, is being presented in conjunction with the Human Performance Laboratory's Adult Fitness Program. The Human Performance Laboratory is part of the Department of Health, Physical Education, Recreation, and Athletics. If you have never visited North Park Village, this is a good opportunity to see it on an early fall afternoon. Participants will enter the grounds through the Central Park entrance just north of Bryn Mawr Avenue.

All participants will earn an iron-on patch that reads, "Illinois Employee Fitness Day Participant." Light refreshments will be served. For additional information on how to register for this event, please contact Janet Laham-Saeger, at extension 237, or university relations, at extension 221.

Illinois Employee Fitness Day is sponsored by the Illinois Governor's Council on Health and Physical Fitness, the Allstate Insurance Company, and the Illinois Department of Commerce and Community Affairs.

This year marks 50 years of United Way/Crusade of Mercy's dedication to providing an effective human care service system to meet the needs of Chicagoland residents.

Through its annual campaign, the United Way raises funds to maintain vital health and human care services that make life easier and the communities a better place in which to live and work. Some 350 agencies, throughout Chicago and more than 200 suburban communities, provide services to families and individuals of all ages in such areas as emergency assistance, disruptive behavior intervention, group care for children and adolescents, sheltered workshops, hospices, physical education, home support services, outpatient clinics, and group care for the aged and chronically ill.

CONTRIBUTE TO THE UNITED WAY

If you wish to contribute to this worthy cause or need additional information, please contact Jim Howe, Department of Personnel, extension 211 or 8318. All contributions may be made in cash, by check, or through payroll deduction.

COMING EVENTS

The following events will take place during October:

"Eleanor Roosevelt's 100th Birthday Celebration" Wednesday, October 10, 9:30 a.m. - 4:00 p.m. Room CC-217 - Free A speech will be presented by June Sochen, professor of history, on "Eleanor Roosevelt in Historical and Cultural Perspective;" a panel discussion with Valerie Simms, associate professor of political science, Salme Steinberg, professor of history, and Paula Pfeiffer, professor of history at Mundelein College; a film presentation of "Eleanor Roosevelt;" and

a celebration birthday with a cake. The event is sponsored by the Women's Studies Program and the Student Association for Women's Studies.

"Women in the 1984 Elections" Friday, October 12, 9:30 a.m. - 3:00 p.m. Room CC-217 - Free Two panel discussions focusing on women in the 1984 elections: "The Politician's View" and "What the Scholars See Coming." The discussions are sponsored by the Department of Political Science, the Political Science Club, and the Student Association for Women's Studies.

UPCOMING IN THE MEDIA

GERALD NEMANIC, professor of English, has announced the programs scheduled for October for his show, "Writing/Chicago," a program devoted to the writers and literary life of Chicago. The show is broadcast on WBEZ-FM (91.5) on Monday mornings at l1:00 a.m. Nemanic is producer and host of the show.

Following are the programs scheduled for October.

October 1 "The Summer Game: Baseball in the City"

October 8 "Chicago Sleuth: Mystery/Detective Fiction in Old Loppy" - Ely Liebow, professor of English, will be a guest on the show.

- October 15 "Puerto Chicago: A Festival of Puerto Rican Poets"
- October 22 "Puerto Chicago II: The Writers and the City"
- October 29 Interview with Michael Anania, author of The Red Menace, his first novel

IN THE MEDIA

SANTOS RIVERA, counselor-coordinator of Proyecto Pa'lante, appeared on WBBM-TV's (Channel 2) "Common Ground" on Saturday, September 29. He participated in a panel discussion on "Hispanic Access and Participation in Higher Education."

WILLIAM WOOTEN, assistant professor of management, was a guest on "News Talk" with Wanda Wells on WFLD-TV (Channel 32) on Wednesday, September 12. He discussed robotics and its psychological impact on America's work force.

HONORS AND ACTIVITIES

CHARLES BARBER, associate professor of history, gave a talk on "Orwell in the Classroom" for Symposium 1984 - To Shape the World We Want" on Tuesday, September 18. He also gave a speech on "From the Banat to the Midwest: A Danube Swabian Journey" before the 19th Annual Northern Great Plains History Conference and Germans From Russia Immigration Centennial Conference, on Saturday, September 29.

THERESA BOOKER, associate professor of reading, was a guest speaker at the Cognitive Education Workshop at Peabody/ Vanderbilt, on August 20-24. The presentation was entitled "Importance of Cognitive-Based Curriculum for Minority Learning, Kindergarten - 12." She also gave a speech on "Reading: A Thinking Process" for Teachers Institute Day in the Harvey Public Schools District #152.

ROBERT HIRSCH, assistant professor of speech and performing arts, wrote an article on "Top Third/Bottom Third: A Humane Approach to Merit Pay for Academic Departments." The article appeared in the August 1984 issue of the ACA Bulletin.

LEONARD KAMINSKY, assistant professor of health, physical education, recreation, and athletics, co-authored an article on "Plasma Volume Changes with Maximal Leg Training in Experienced Weight Lifters." The article was presented at the American Physiological Society's fall meeting in Lexington, Kentucky, during August.

MITCHELL KANTER, assistant professor of health, physical education, recreation, and athletics, co-authored an article on "The Effects of Chronic Aerobic Exercise Training on Hydroperoxide Enzyme Levels and the Cardiotoxic Effects of Adriamycin Administration." He presented this paper at the American College of Sports Medicine's annual meeting during May.

JANE KENAS, staff accompanist in music, performed before the Skokie Central Traditional Synagogue Sisterhood on Sunday, September 9. The program was entitled "Signed: Musically Yours" in concert.

ELY LIEBOW, associate professor of English, will present a paper on "The Medical World and Works of Dr. Joe Bell" at the Bouchercon XV, the internationally known mystery and suspense convention named in honor of Anthony Boucher, former detective/ fiction critic of the <u>New York Times</u>. Liebow will also be one of the committee chairpersons at this convention, which will be held at the Americana Congress Hotel in Chicago on October 26, 27, and 28.